

June 2018

Monday	Tuesday	Wednesday	Thursday
<p>4</p> <p>Baby Days (Drop-In) Ages 0-18 months 10:00-11:30am @ WECHC</p>	<p>5</p> <p>Cookin' Kids For children 7-9 years from 4:30-6:00pm @ WECHC call ext.2202 to register.</p> <p>No Grow With Baby in Dutton</p>	<p>6</p> <p>EarlyON PLAYGROUP 10am to 11:30 am for 0-6 year olds and their caregiver @ WECHC</p>	<p>7</p> <p>Postnatal Fitness For mom's that have a child 18 months or younger 11am-NOON @ WECHC Call ext. 2202 to register.</p>
<p>11</p> <p>Baby Days (Drop-In) Ages 0-18 months 10:00-11:30am @ WECHC</p>	<p>12</p> <p>Krazy Kitchen: 10:00 am to 12:00 noon @ the WECHC for parents to learn to cook. Childcare is provided. Call ext. 2202 to register.</p>	<p>13</p> <p>NO Playgroup Today at WECHC! Contact EarlyON for more information @ 519 631 9496.</p>	<p>14</p> <p>Postnatal Fitness For mom's that have a child 18 months or younger 11am-NOON @ WECHC Call ext. 2202 to register.</p>
<p>18</p> <p>Baby Days (Drop-In) Ages 0-18 months 10:00-11:30am @ WECHC</p>	<p>19</p>	<p>20</p> <p>Parent Café 10-11am @ WECHC Call ext. 2292 to register</p> <p>LAST EarlyON PLAYGROUP @ WECHC 10 am to 11:30 am.</p> <p>Grow with Baby—Rodney Well baby checks for infants 0-18 months old. 1:30-3:00pm @ Tiny Tots Building in Rodney.</p>	<p>21</p> <p>Postnatal Fitness For mom's that have a child 18 months or younger 11am-NOON @ WECHC Call ext. 2202 to register.</p>
<p>25</p> <p>Baby Days (Drop-In) Ages 0-18 months 10:00-11:30am @ WECHC</p> <p>Grow with Baby West Lorne Well baby checks for infants 0-18 months old. 9:30am-11am @ WECHC</p>	<p>26</p> <p>Stroller Walk & Lunch For parents with children under 18 months to enjoy getting moving with a stroller and a walk to the park, and to enjoy a lunch with other parents. 11am-1pm @ WECHC Registration required, spots limited Please call Cindy ext. 2202</p>	<p>27</p> <p>NO EarlyOn at WECHC. Moving to park location for the summer. Please contact EarlyON for more information @ 519 631 9496.</p>	<p>28</p> <p>Postnatal Fitness For mom's that have a child 18 months or younger 11-12:00 @ WECHC Call ext. 2202 to register.</p> <p>Kitchen Kids 2 1/2 to 6 year olds 5:30 pm to 7:00 pm @ WECHC Call ext. 2202 or 2299 to register</p>

Let's Connect Team

519-768-1715 www.wechc.on.ca

Debi, Registered Nurse...ext. 2312

Kim, Registered Dietitian...ext. 2292

Cindy, Registered Early Childhood Educator...ext. 2202

Kristyn, Child and Youth Worker...ext.2314

Rachel, Child and Youth Worker... ext. 2299

WHAT'S HAPPENING

a newsletter for families with children 0-18 years of age

THE TEEN CORNER

Do you have a youth grade 8 + who is interested in being part of the WECHC Youth Advisory Committee? Contact Kristyn @ kmunroe@wehc.on.ca

Don't forget to LIKE the West Elgin Community Health Centre's Facebook page to keep up to date on programming and events!



@ The Kitchen Table
Will begin again October, 2018. Registration is NOT yet open at this time.

Krazy Kitchen

Next available:
July 10th, 2018

10:00am to Noon

Parents learn to cook and childcare is provided.
Ext. 2202 to register

Cookin' Kids

Next available:
July 5th, 2018

TWO SPOTS:

10:30-Noon

3:30-5:00pm

Ages 7 to 9 cook a meal to take home for their family
Ext. 2202 to register

Kitchen Kids

Next available:
August 23rd, 2018

10:00am-Noon

Ages 2 1/2 to 6 cook with a parent/guardian.

Call ext. 2202 to register.

15th Annual Teddy Bear Picnic

When: Wednesday, August 1, 2018
Where: Sons of Scotland Park, Dutton
Time: 10am—1pm



Bring your teddy bears and blankets!
Lots of activities and entertainment!

This is a **FREE** community event for families with children ages 0-6.

A light lunch and dessert will be provided.

Register before July 31st to be entered into a draw to win a Build-A-Bear!!!

Call Cindy at ext. 2022 to register



Baby Days Drop-In (0-18 months)

A time for caregivers and babies to sing songs, read books, play with toys and socialize



Mondays from 10am-11:30am

Drop-in, no registration necessary

Contact Cindy ext. 2202 or Rachel ext. 2299 for further information

Stroller Walk and Lunch

Walk and talk for parents of children under 18 months. Get moving with your stroller for a walk at the park where we will sing songs and then walk back to the centre to enjoy a meal with other parents.

Stroller Walk Dates: June 26th, July 24th, August 28th and September 25th from 11am—1pm

Next available: July 24th, 2018
Call Cindy @ ext. 2202 to register.



Keep your eyes out for RALPH THE BEAR!
He will be out and about in the community promoting our Teddy Bear Picnic!
Follow him on Instagram @ralphWEHC

We apologize once again for waitlists and we will do our best to accommodate you in a program as early as a spot is available.



West Elgin
Community
Health Centre

If you would like to be on the West Elgin Community Health Centre Let's Connect mailing list and receive our monthly newsletter and upcoming events please e-mail kmunroe@wehc.on.ca

Every
One
Matters.