

September 2018



Monday	Tuesday	Wednesday	Thursday
<p>3</p> <p>CENTRE CLOSED</p>	<p>4</p> <p>Grow with Baby in Dutton Well baby checks 0-18 months 10:30am-12:00pm @ the Dutton Library</p>	<p>5</p>	<p>6</p>
<p>10</p> <p>Baby Days Drop-In Program for caregivers + babies 0-18 months 10:00am-11:30am at WECHC</p>	<p>11</p> <p>Krazy Kitchen Adult cooking program with child-care provided. Take a meal home. 10:00am-12:00pm @ WECHC Register at ext. 2202</p> <p>Culinary Class for Teens aged 13-17 partnering with Optimist Club from 5:30pm-7:00pm @ WECHC Register at ext. 2314</p>	<p>12</p> <p>EARLY ON Playgroup in West Lorne starts back up again 10:00am-11:30am at WECHC</p>	<p>13</p>
<p>17</p> <p>Baby Days Drop-In Program for caregivers + babies 0-18 months 10:00am-11:30am at WECHC</p>	<p>18</p> <p>@ The Kitchen Table Cooking program for youth ages 4:30pm-6:30pm @ WECHC Register at ext. 2299</p>	<p>19</p> <p>EARLY ON Playgroup in West Lorne 10:00am-11:30am at WECHC *Parent Café for parents to relax and socialize in a room separate from their children being cared for in playgroup.* Register at ext. 2299</p> <p>Grow with Baby in Rodney Well baby checks 0-18 months 1:30pm-3:00pm @ Tiny Tots Building in Rodney</p>	<p>20</p> <p>Culinary Class for Teens aged 13-17 partnering with Optimist Club from 5:30pm-7:00pm @ WECHC Register at ext. 2314</p>
<p>24</p> <p>Baby Days Drop-In Program for caregivers + babies 0-18 months 10:00am-11:30am at WECHC</p> <p>Grow with Baby West Lorne Well baby checks 0-18 months 9:30am-11:30am @ WECHC</p>	<p>25</p> <p>Stroller Walk 10:45am-1:00pm Register at ext. 2202 *this is the last Stroller Walk of the year*</p> <p>Rodney Youth Drop-In Night Ages 10+ @ Rodney Rec Centre 6pm-10pm</p>	<p>26</p> <p>EARLY ON Playgroup in West Lorne 10:00am-11:30am at WECHC</p>	<p>27</p> <p>Kitchen Kids Cooking program for children ages 3-6 years 5:30pm-7:00pm Register at ext. 2202</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 or call ext 2314 for more information

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

Registration is now open.

Spots limited.

Sept 18th, 2018

4:30pm-6:30pm

Cooking class for youth ages 10-12 to learn to cook independently.

10 full-time spots available.

Call ext. 2299 to register

Krazy Kitchen

Next available:

October 9th, 2018

10:00am to 12:00pm (Noon)

Parents learn to cook and child-care is provided.

Call ext. 2202 to register

Cookin' Kids

Next available:

December 4th, 2018

4:30-6:00pm

Ages 7 to 9 cook a meal to take home for their family

Call ext. 2202 to register

Kitchen Kids

Next available:

January 24th, 2019

5:30-7:00pm

Ages 3 to 6 learn to cook with a parent or caregiver.

Call ext. 2202 to register

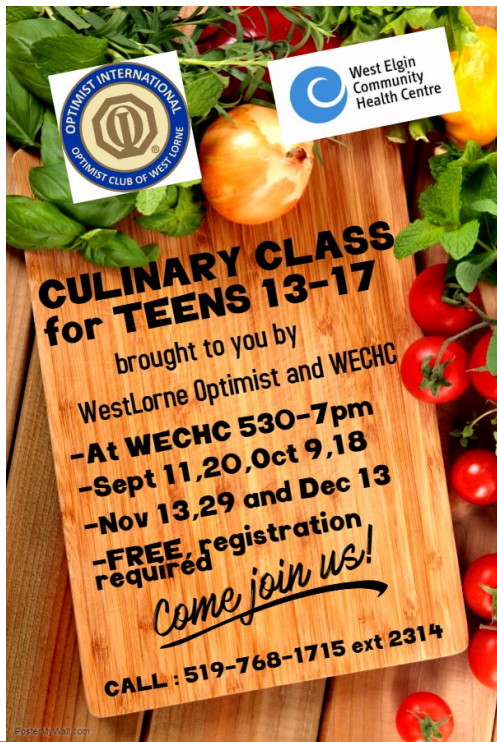
Culinary Cooking Class for Teens

Ages 13-17

WECHC partnering with Optimist Club

Only 10 spots available!

Call ext. 3214 to register



@ the Kitchen Table

A cooking class for youth ages 10-12 to learn to cook independently. We are beginning this program again on the third Tuesday of every month, starting on September 18th, 2018.

Spots are limited so sign-up now!

Call Rachel at ext. 2299 to register.

Stroller Walk and Lunch

Walk and lunch 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 free meal.

September 25th from 10:45am-1:00pm is the last one of the year. Full at this time.

Call Cindy @ ext. 2202 to register

Post-Natal Fitness

This 6 week fitness program for mom's with new babies will be running again from 11am-noon here at the WECHC, Childcare is provided.

Spots are limited.

Call Cindy @ ext. 2202 to register

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.