



lumenus
Community Services

BETTER BEGINNINGS NOW



Jan. 2023

STRONG START EARLY PARENTING PROGRAM

FUNDED BY UNITED WAY

A free weekly Early Parenting Program offered for parents and caregivers with babies from birth to one year old.

- Learn what to expect as your baby grows
- Learn strategies for coping with parenthood
- Read baby cues and play with your baby
- Help your baby feel close to you
- Learn about feeding and nutrition
- Socialize and meet other parents

Groups meet once a week:

- Songs and Rhymes
- Floor time activities for babies
- Discussion on various parenting topics
- Snack and tokens provided

Our Strong Start Early Parenting Program is operating in-person

Address: Edithvale Community Centre, PreSchool Room 131 Finch Ave West North York

Date & Time: Every Thursday 1:30pm - 3:30pm

For more information & registration, please call 647- 529- 4511 or Email: asasani@lumenus.ca