



lumenus
Community Services

BETTER BEGINNINGS NOW

STRONG START EARLY PARENTING PROGRAM



DATE & TIME

Fridays

10:00am - 12:00pm

Oriole Community Centre
2975 Don Mills Road North York
Playroom

Thursdays

1:30pm - 3:30pm

Edithvale Community Centre
131 Finch Avenue West North York
Preschool Room

Wednesdays

01:00 pm – 03:00 pm

Jenner Jean-Marie Community
Centre
48 Thorncliffe Park Dr, East York

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

FOR MORE INFORMATION & REGISTRATION, CALL **647-529-4511** OR EMAIL:
ASASANI@LUMENUS.CA

THIS PROGRAM IS FUNDED BY THE
UNITED WAY

be seen. be heard. be well.

