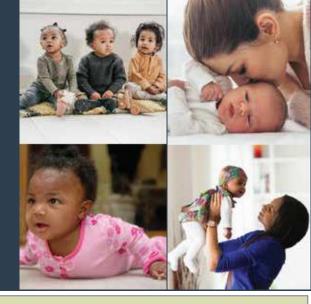


## **BETTER BEGINNINGS NOW**

## STRONG START EARLY PARENTING PROGRAM



DATE & TIME: July – August 2023

Wednesdays
1:00pm - 3:00pm

Lumenus Community Services 155 McNicoll Avenue, Toronto, ON M2H 2C1 Room 106

*Tusedays* 10:00am - 12:00pm

Don Valley East EarlyON Child and Family Centre 322 Consumers Rd, North York, ON M2J 1P8 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.