



lumenus
Community Services

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

Tuesdays
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.

