



lumenus
Community Services

BETTER BEGINNINGS NOW



STRONG START EARLY PARENTING PROGRAM

ABOUT THE PROGRAM

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

Program goals include:

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

Program activities include:

- Songs and rhymes
- Floor time activities for babies
- Discussions on various parenting topics
- Snacks and tokens are provided

Don't forget your indoor socks!

DATE AND TIME:

TUESDAYS

10:00 am – 12:00 pm
Don Valley East EarlyON
Child and Family Centre
332 Consumers Rd, North
York, ON M2J 1P8

WEDNESDAYS

1:00 pm – 3:00 pm
Jenner Jean-Marie Community
Centre
48 Thorncliffe Park Dr, East
York

THURSDAYS

1:30 am – 3:30 pm
Edithvale Community Centre
131 Finch Avenue West
North York
Preschool Room

For more information & registration, call 647-529-4511 or [email: asasani@lumenus.ca](mailto:asasani@lumenus.ca)
THIS PROGRAM IS FUNDED BY THE UNITED WAY