



## STRONG START EARLY PARENTING PROGRAM



The **Strong Start Early Parenting Program** is a free weekly program offered for parents and caregivers with babies from birth to one year old. It includes opportunities for parents to connect, share experiences, and learn about parenting skills and child development. Parents will also have access to evidence-based parenting programs such as Nobody’s Perfect and Make the Connection.



### Dates & Times:

**TUESDAYS - 9:30am to 11:30am**

#### EarlyON

121 Parkway Forest Drive, North York, ON M2J 5H4

**THURSDAYS - 1:00pm to 3:00pm**

#### Edithvale Community Center

131 Finch Ave. W, North York, ON M2N 2H8

### What is the program about?

- 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

*Please remember to bring your indoor socks and baby blankets!*

### Contact Us:

- E-mail our department directly at: [asasani@lumenus.ca](mailto:asasani@lumenus.ca)
- Call our department directly at: **1 833 (499 3377) x4333**
- This program is funded by The United Way in collaboration with many organizations