



lumenus
Community Services

Better Beginnings Now (BBN)

STRONG START EARLY PARENTING PROGRAM

AGES: BIRTH TO 1 YR
COST: FREE



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:

September 2nd, 2025 – June 16th, 2026

TUESDAYS - 9:30am to 11:30am

EarlyON

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

September 4th, 2025 – June 18th, 2026

THURSDAYS - 9:30am to 11:30am

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 PRESTO tickets provided

Please remember to bring your indoor socks and baby blankets!

Contact Us:

- E-mail our department directly at: 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