



lumenus
Community Services

Better Beginnings Now (BBN)

STRONG START EARLY PARENTING PROGRAM

AGES: BIRTH TO 18 MONTHS
COST: FREE



The **Strong Start Early Parenting Program** is a free weekly program offered for parents and caregivers with babies from birth to 18 months. 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 10th, 2026 to
December 17th, 2026**

THURSDAYS - 10:00am to 12:00pm

EarlyON @ Mothercraft

32 Heath St W, Toronto, ON M4V 1T3



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 and/or office@mothercraft.org
- Call our department directly at: **1 833 (499 3377) x4333**
- This program is funded by The United Way in collaboration with many organizations