



lumenus
Community Services

Better Beginnings Now (BBN)

PARENTING RESOURCE PROGRAM



Dates & Times:



November 12th, 2026 - June 17th, 2027

Thursdays 1:00pm – 3:00pm

**TNO EarlyON Centre
Thornccliffe Park Community Hub**
45 Overlea Blvd, Unit 200
Toronto, ON M4H 1C3

The **Parenting Resource Program** is a free weekly program offered for parents and caregivers with babies from 0 to 18 months.

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 TTC tickets provided

Please remember to bring your indoor socks and baby blankets!

In Partnership with:



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