

September 2020 Program Schedule

Childreach • 265 Maitland St., London, ON N6B 2Y3 • Phone 519-434-3644 • www.childreach.on.ca

	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
IN PERSON PROGRAMS are now available indoors & outdoors! Registration is required. Go to http://childreach.eventbrite.ca	10:00 – 11:30 am Playroom (starts September 14)	10:00 – 11:30 am Playroom (starts September 8) 10:00-10:30 am or 10:45-11:15 am Songs & Stories in the Park at West Lions Park	10:00 – 11:30 am Wild Child Outdoor Playgroup at Westminster Ponds 10:00-10:30 am or 10:45-11:15 am Songs & Stories in the Park at Doidge Park (starts September 9)	10:00 – 11:30 am Wild Child Outdoor Playgroup at Westminster Ponds	9:30-10:15 am Pop-Up Play with Joanna & Marg 10:30-11 am Songs & Stories for Infants in the Park at West Lions Park (starts September 11)	10:00 – 11:30 am Wild Child Outdoor Playgroup at Medway Forest (starts September 12)
ONLINE PROGRAMS Like & Follow us on social media for fun and engaging learning activities for you and your child. <ul style="list-style-type: none"> • Childreach Facebook Page • Knollwood Facebook Page • Wild Child Facebook Page • Childreach on Instagram 	10:30 am Let's Go to the Apple Orchard! with Lorena & Brooke via Childreach FB page on September 28 3 pm Stories for school aged children with Lara via Instagram	11:00 am Stories in English and Spanish with Omayra & Sam via Childreach FB page		10:00 am Songs with Paula & her guitar via Childreach FB page	11:00-11:45 am Pop-Up Play with Joanna & Marg (no program on Sep 11)	

VIRTUAL & IN-PERSON PARENT & CHILD ACTIVITIES – All programs require registration at <http://childreach.eventbrite.ca> .. Programs may change at any time to respond to health and safety issues accordingly.

Friday Pop-Up Play with Joanna & Marg

Join us for fun and engaging learning opportunities for you and your child. You can choose between an in-person experience at Childreach or a Zoom experience at your home.

Friday, September 4 – Experiment with pantry science in the playroom at 9:30 am OR via Zoom in your own kitchen at 11 am. (Ages 2.5 to 6yrs)

Friday, September 11 – Outdoor messy play in Childreach's parking lot at 10 am.

Friday, September 18 – Loose parts play in the playroom at 9:30 am OR via Zoom in your living room at 11 am.

Friday, September 25 – Share your talents and skills in a family talent show in the playroom at 9:30 am OR via Zoom at 11 am.

Nature's Mini Atelier

The Atelier is an outdoor studio at Westminster Ponds for young artists' expression and creative experimentation. Each week new materials will appear in the Atelier; your pint-sized Picasso will learn special art techniques, expand exploration, and use treasures from nature to enrich their experience. (Ages 2.5-6 yrs) **Tuesdays, September 1 - 29, 10:00-11:00 am**

Wild Babies – Outdoor Infant Playgroup (0-12 months)

Get messy, get dirty, and explore the outdoors at Westminster Ponds. Babies will interact with the environment and stimulate their natural curiosity through this nature play and outdoor exploration program that engages infants' senses! *Bring a carrier, and dress appropriately for the weather. **Mondays, September 14, 21 & 28, 10:30 – 11:00 am**

OFFLINE PARENT & CHILD ACTIVITIES – Register to arrange for pick-up of your activity packages

Take Home Art Kit (3-6 yrs)

We've put together a take home art kit with four projects for you and your child to create at home. Pick-up your kits August 30 – September 4 between 9am and noon. Videos posted on the Childreach FB page every Friday at 10 am.

KinderKit: Weekly inspiration for 4-6 year olds learning and playing at home. Pick-up your kit from Childreach on Fridays 9am-12pm for week ahead beginning September 4.

VIRTUAL PROGRAMS via ZOOM

Parent Circle – COVID Edition - Join other parents for a round table conversation about the many transitions your family is experiencing this fall. **Wednesday, September 16, 6:30-8:30 pm**

Renegade Rules – To Yell or Not to Yell - Challenge the status quo and explore how to raise confident & compassionate children. This session will explore all things yelling...the good, the bad, and the ugly. **Wednesday, September 23, 6:30-8 pm**

Mindful Parenting Are you wanting a calmer, more relaxed home? Learn how becoming a mindful parent can help. We will discuss the importance of noticing our own feelings when in conflict with your child, learning to pause before responding, listening carefully to a child's viewpoint even when disagreeing with it, and more. **Tuesday, September 29, 10:30 am-12 pm**

Sleep and Your Infant

Meet virtually with a Parent Educator and other parents to discuss your infant's sleep and learn about their development and how that can impact sleep. Come with questions.

Wednesday, September 16 OR Wednesday, September 30, 10-11:30 am

Sleep and Your Toddler

Meet virtually with a Parent Educator and other parents to discuss toddler's sleep, their development and reasons why their sleep can be impacted. Come with your questions.

Wednesday, September 23, 10-11:30 am

PARENT SUPPORT GROUPS & SERVICES

Young Parents - a parenting group for moms and dads up to age 23 and their children. Drop-in, with a maximum of 15 people. **Mondays starting September 14, 4-6 pm at Childreach**

Mother Reach PMAD Support Group

A support group for pregnant and new moms who are experiencing depression & anxiety. No registration required. On-line support via a private Zoom group. Email cborn@childreach.on.ca for more information. New Moms are always welcome. **Thursdays, 1 pm**

One on One Parenting Support

Meet virtually, one on one with a Parent Support Educator via Zoom to ask your parenting questions, problem solve and gain another perspective. Arrange a time that works best for you with Paula at pdibbits@childreach.on.ca or Charity at cborn@childreach.on.ca.

Sleep and Your Baby

Meet virtually, one to one with Paula, a Parent Support Educator, who will help you get to know more about your baby's sleep patterns and how to respond. Email pdibbits@childreach.on.ca to arrange a time that works best for you.

Resource Centre & Toy Library Lending via curbside pick-up available Monday – Friday from 9 am to 12 pm. Place up to 4 items on hold at <http://library.childreach.on.ca/> or call Patti at 519-434-3644 x. 602, and then ring the doorbell when you arrive. Resource Centre Maker Space is available by appointment. Call 519-434-3644 x. 602 to make arrangements.

WHAT TO KNOW BEFORE YOU VISIT

We have missed you! When you visit, there will be health screenings, and we ask you to please respect physical distancing of 2 metres between social circles, mandatory masks indoors on everyone 12 years or older, lots of handwashing and sanitizing, and no food or drink. Be generous and kind with each other as families learn to physical distance in our play spaces. Please postpone your visit if you or a member of your family is unwell. If you have any questions about your next visit, contact us at 519-434-3644 or info@childreach.on.ca. We look forward to welcoming you back at a time that's right for your family.