



www.groupeaction.ca

Hawkesbury Family Centre

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Facebook



January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Hawkesbury Family Centre wishes you a Happy New Year 2024		3 9:00 - 11:00 am Learn Through Play My backpack	4 9:00 - 11:00 am Watch me grow 9:00 - 11:00 am Learn Through Play 24 months and under Infant Massage	5 9:00-11:00 am Learn Through Play Between moms My favorite recipe
8 9:00 - 11:00 am Learn Through Play Literacy day 1:00 - 3:00 Developmental screening clinic By appointment only	9 9:00 - 11:00 am Learn Through Play House Committee	10 9:00 - 11:00 am Learn Through Play Sensory fun 12:30-2:30 pm Munchkin Registration required	11 9:00 - 11:00 am Watch me grow 9:00-11:00 am Learn Through Play 24 months and under Infant Massage 12h30-14h30 Bouts de choux Registration required	12 9:00-11:00 am Learn Through Play Make and Take
15 9:00 - 11:00 am Learn Through Play Literacy day 9:00-11:00 am Centre Novas	16 9:00 - 11:00 am Learn Through Play Science and construction	17 9:00 - 11:00 am Learn Through Play Literacy day 12:30-2:30 pm Munchkin Registration required	18 9:00 - 11:00 am Watch me grow 9:00 - 11:00 am Learn Through Play 24 months and under Messy Day 12h30-14h30 Bouts de choux Registration required	19 9:00-11:00 am Learn Through Play Make and Take
22 9:00 - 11:00 am Learn Through Play Nursery rhyme time	23 9:00 - 11:00 am Learn Through Play Move and grow	24 9:00 - 11:00 am Learn Through Play Active kids club 9:00 - 10:00 am Introduction to solid foods (English) Myriam Dagenais (Teams platform) Registration required 12:30-2:30 pm Munchkin Registration required	25 9:00 - 11:00 am Watch me grow 9:00-11:00 am Learn Through Play 24 months and under Baby parachute fun 12h30-14h30 Bouts de choux Registration required	26 9:00-11:00 am Learn Through Play Having fun with science
29 9:00 - 11:00 am Learn Through Play Sensory fun	30 9:00 - 11:00 am Learn Through Play Loose parts	31 9:00 - 11:00 am Learn Through Play Yoga for little ones 12:30-2:30 pm Munchkin Registration required	<div>HELLO Winter</div>	

January 2024



Active kids club

A parent-child workshop to prioritize physical activity.

Baby parachute fun

Come and explore something new, with some parachute fun for baby and you while singing songs and rhymes.

Between moms

Parents come to talk about various subjects.

Crazy kitchen

A new way to discover how our kitchen tools can be used to create different games.

Having fun with science

A workshop that allows children to learn new scientific experiences while nourishing their natural curiosity.

House committee

Meeting to exchange ideas and suggestions to improve the services offered to families.

Infant massage

Five sessions of infant massage promoting healthy touching and communication between parent and child. Relaxation techniques will help soothe your baby and stimulate calmness for both of you. This workshop is given by a certified educator.

Learn through play and Learn through play – 24 months and under

Come and have fun with your children while promoting their physical, social, emotional, cognitive and language development. A great opportunity to exchange with other parents and socialize with people from your community.

Literacy day

Children discover the alphabet through fun and interactive activities that stimulate curiosity towards literacy.

Loose parts

Loose parts are materials that can be moved, carried, combined, redesigned, lined up, taken apart and put back together in multiple ways.

Make and take

This children's workshop will let them create a special craft to bring home.

Messy day

It's time to take the paint out and introduce children to different colors!!

My backpack

Families will choose a backpack which includes activities that stimulate your child's literacy skills, imagination, and creativity.

Move and grow

Come develop your child's gross motor capabilities through a variety of activities using muscles and motor abilities.

Munchkin

This group workshop offers 3 and 4 year old children the opportunity to acquire the necessary abilities in all aspects of their development.

Nursery rhyme time

Join this workshop of Songs and Rhymes to please your little ones.

Science and construction

Discover a variety of materials and explore what we can do with them.

Sensory Fun

Sensory activities that help children learn new sensory experiences while nourishing their natural curiosity.

Watch me grow: This service helps families track their young child's growth and development. It's a developmental screening, assessment, referral, and education service for families of young children from birth up to the age of 6 years old. <https://eohu.ca/en/classes-clinics/watch-me-grow>

Yoga for little ones: Yoga helps the little ones develop concentration skills, self-esteem and body awareness using postures and specific exercises.

Workshops

January 15: 9:00 to 11:00 am: Centre Novas "POWER COMES THROUGH KNOWLEDGE (French): Prevention of sexual abuse among our children is necessary to keep them safe. Get informed, ask questions. A counsellor from the Centre Novas, is present to help you learn how to talk about this with your kids 0 to 6 years old. (body parts, bad touches, secrets, self-esteem, etc.)"

January 24: 9:00 - 11:00 am: Introduction to solid foods (English): Is your baby ready for solid foods? Do you have questions about introducing solids, food allergies or different approaches to weaning? During this virtual workshop hosted by a clinical dietitian, you will learn about complementary feeding and other baby nutrition topics.