

MINTO

EarlyON

Child and Family Centre

OPEN For Drop In Tuesday, Wednesday and Friday 10:00–3:30
Lunch Served Tuesday, Thursday and Friday
12:00-1:00

Closed Thursday 1:00-2:30 for group
Wednesday Baking-In-A-Bag
CLOSED 12:00-1:00 for lunch



What is “EarlyON”?

EarlyON Child and Family Centres provide opportunities for children from birth to 6 years of age to participate in play and inquiry-based programs, and support parents and caregivers in their roles. A safe and welcoming environment open to all families across Ontario, with qualified professionals and quality programs. Families and caregivers will be able to find support, advice, make personal connections and access a network of resources

The Minto Centre in partnership with the NWHU and CPNP are offering



Healthy For Life

In six short group sessions you will learn to:

- Shop for healthy food
- Plan and cook healthier meals
- Get more active
- Manage stress
- Set and reach realistic goals

Join this FREE program and receive give-aways, snacks, take-home meals and prizes

Sign up at the Minto Centre

Baking-in-a-Bag—Wednesdays



you can stop by to pick up baking-in-a-bag.

From 10:00– 12:00 and
1:00-3:30

CLOSED 12:00-1:00.



WoMan's Kitchen Every second

Tuesday at 1:00

Sign up at the Centre.

CHECK OUT OUR PROGRAMS AT
THE MINTO CENTRE.

WE SERVE LUNCH & SNACKS,
READ WITH YOUR CHILDREN.

WE OFFER RESOURCE CONNECTIONS
AND SUPPORT FOR PARENTS/
CAREGIVERS

CPNP Program: Therese Niznowski

Working together with the NeChee centre is offering a “Healthy Family Parent Group” Wednesdays from 12:00-2:00.

Sign up required. Call Sunny
At 468-5440. or
Therese at 467-2765



Pregnant?

Interested in learning about healthy eating during pregnancy?
For more information call
Therese at 467-2765