

Health Promotion and Nutrition Program

Find out about good food for your family. Group discussions about health, nutrition and physical activities for Somali families and newcomers. (Somali and Arabic sessions).

Call Somali Immigrant Aid (416) 243-1988



Be Creative

Enjoy arts & crafts like: sewing, drumming, drama, making jewelry or dance. Free T.T.C., child minding, and snacks. English is not required.

Programs for adults and children
Call Art Starts (416) 656-9994 ext. 3

Program Without Walls agencies include:

- ◆ Macaulay Child Development Centre (*lead agency*)
- ◆ Art Starts Neighbourhood Cultural Centre
- ◆ Somali Immigrant Aid Organization
- ◆ St. Bernadettes Family Resource Centre
- ◆ Toronto Public Health
- ◆ Yorktown Child and Family Centre

Program Without Walls is funded by the Public Health Agency of Canada through Community Action Program for Children (CAPC)

**For more information call
Program Without Walls
(416) 789-7441 X 314**

Free Help for Parents & Children



Are you pregnant or a parent with children 0-6 years old?

Canada

PROGRAM WITHOUT WALLS INVITES YOU TO...

Learn from a parent support worker

Parent education and support in your home. Find out about your community. Offered in English, Hindi, Italian, Somali, Spanish, Vietnamese, Portuguese, Punjabi, Urdu

Call Macaulay (416) 789-7441 ext. 315



Children's Programs

Sign your child up for a morning nursery school and take time for yourself. Ages 2^{1/2} to 5 years. Registration required. English is not required to attend.

Call St. Bernadette's (416) 397-6300



Learn About Parenting

Nobody's Perfect

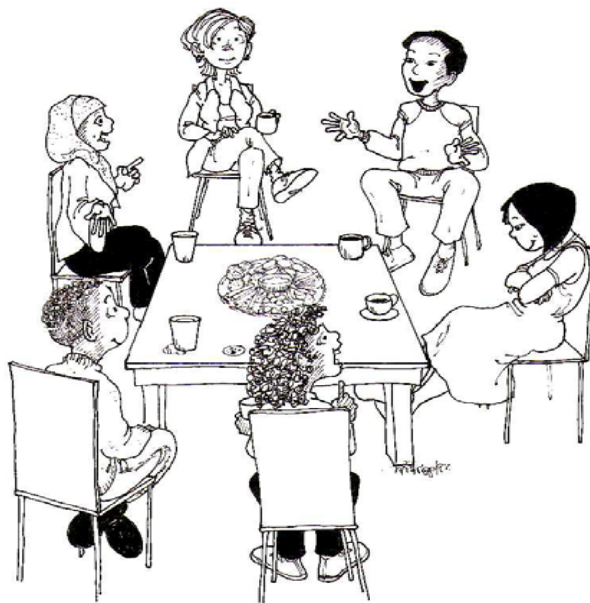
Discuss common parenting concerns. Led by parent facilitators. 8 weeks. Free TTC and childcare.

Call Health Connection (416) 338-7600

Early Years Parenting Program

Find solutions to parenting questions. Children learn new skills. 9 weeks. Free TTC. Offered in English and Spanish

Call Yorktown (416) 394-2424



Learn About Parenting

Living and Learning with Baby

Learn about baby care and parenting. For parents with babies 6-weeks to 6-months old. Free childcare. Offered in English.

Call Health Connection (416) 338-7600



Make The Connection

Learn about how you can say "no" with love and help your baby:

- Feel loved and secure
- Understand and talk
- Discover their world

9 weeks. Free TTC.

Call Health Connection (416) 338-7600