

Come Learn, Play, and Meet New Friends

G.L. Armstrong EarlyON Program

G.L. Armstrong School, 460 Concession Street, Hamilton

(Entrance and parking off East 19th Street)

Parent / Caregiver and Child Interactive Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday
8:45 a.m. to 12:00 p.m.	8:45 a.m. to 12:00 p.m.	8:45 a.m. to 12:00 p.m.	8:45 a.m. to 12:00 p.m.

G.L. Armstrong EarlyON Family Service Schedule

Services	Description	Time and Location
Ask the Public Health Nurse	The Public Health Nurse will be available to answer questions about breastfeeding, child safety (such as car seats and safe sleep), child development (such as milestones and toilet learning), healthy eating, and parenting issues such as sleep, crying and challenging behaviours. The Public Health Nurse also has information regarding programs and services for families.	Tuesday, October 29 10:00 – 11:00 a.m.

All programs are free of charge

**Pour les services en français, veuillez appeler le Centre de Santé en composant le
905-528-0163 poste 3228**

For more information call 905-574-9344 x818

www.hamilton.ca/EarlyONcentres

www.todaysfamily.ca