

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 SUMMER Drop-In Schedule – July & August, 2019

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

Ask the Public Health Nurse

The Public Health Nurse will be available on the following dates 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.

Date	Time
Tuesday, July 16, 2019	10:30 – 11:30 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