



**EarlyON**

Child and Family Centre

# Building Your Bounce

**Learn to take care of you in this relaxed 4 week program.  
Bring out the best in you, to be your best in parenting or caregiving.**

**Monday Morning  
Lindsay EarlyON  
November 6, 20, 27, Dec 4  
(no program Nov 13)**

**9:15 am to 11:30 am**



**Learn and talk with others.**

**Only share information you are comfortable  
sharing.**



**FREE**

**Child care on site & snack  
Limited spaces - Ask for details!**



**Registration Required:  
registration@oeeyc.ca or 705-324-7900**