



Oak Park Neighbourhood Centre



PRESCHOOL PROGRAMS

Family Drop-in & Circle

Mon. to Thurs. 10 - 11:30am
ROCK visits every Tuesday
Public Health visit 1st Weds mth.

Baby Rhyme Time

0 – 18 month Fri 10-11:30
Library visits 2nd Friday
Public health 3rd Friday

ROCK Drop-In “Reach Out”

Tuesday mornings 9:30-11am
Visit with ?’s about child behaviour,
social, or emotional well being

German Play Group

annelisa_adam@yahoo.ca

Japanese Play Group

Thurs. 12:15-2:00
hiyokochiclub@gmail.com

Infant Food Bank

Mon-Fri 10am-2pm
Donations accepted

La Hora Del Cuentro

Tuesdays 10- 11:30am
hello@opnc.ca

HIPPY– Home Instruction for
Parents of Preschool Youngsters
coordinator@hippyoakville.org

Half-day Preschool \$ 12 a day
Mon.-Fri. mornings or afternoons for
ages 2.5-5

CHILD & YOUTH PROGRAMS

Before & After School Program \$

Gr. JK to 8 Mon- Fri.
7:30-8:30 am & 3 - 6pm
youth@opnc.ca

Acorns Education \$

Mandarin language program
acornseducation9@gmail.com

Little Yogis Academy \$

halton@littleyogisacademy.com

Wu’s Taekwondo \$

bwugbrown@gmail.com

Wei yan Art Studio \$

yuran527@yahoo.ca

Takallam Academy \$

Arabic language instruction
info@takallam.ca

Summer Camp & PD Day Program \$

7-12yrs. Mon – Fri 1-5pm
youth@opnc.ca

SOS Kids \$

Babysitting & home safe
www.sosfistaid.ca

Guides \$

www.girlguides.ca

ADULT PROGRAMS & POVERTY SUPPORTS

First Aid Clinics \$

www.sosfirstaid.ca

Adult Recreation Summer Camp \$

16yrs. and up Mon-Fri 1-5pm

Free Mobility Support Program

Providing & purchasing mobility
equipment. Donations accepted
hello@opnc.ca

Churchill Neighbourhood Centre

125 North Serv Rd E. Poverty
supports and harm reduction.
navigator@opnc.ca

Free Seniors Programs 50+

Lifemark Exercise Programs
Mon & Tues 1 to 4pm
1-800-315-4417 to register
Once a month Seniors Friday chat
hello@opnc.ca

Tawasol Newcomer Support

mayeabdelshafy@yahoo.com

Finding Hope Support Group

Wed. 10 - 11:30am hope@opnc.ca

Yoga \$

susannetoito@gmail.com

Food Bank, Clothing, Household & Housing Supports

Registration req’d hello@opnc.ca

Utilities, OESP & Budget Support

Weds. & Thurs. 11:30 - 2:00pm
community@opnc.ca

Free Income Tax Completion

support@opnc.ca

Micro Loan Program

Interest Free short term loans
support@opnc.ca

SUPPORT, CONNECT, CONTRIBUTE

People Belong, Families are Strong, Neighbours Care, Everyone Shares

Annual suggested tax receipted family donation of \$60 a year for drop-in programs. (waived on request).
Registered Charity 85540 2244 RR0001

2200 Sawgrass Dr. Oakville & 125 North Service Rd. E. (905) 257-6029 www.opnc.ca, hello@opnc.ca