



Oak Park Neighbourhood Centre



PRESCHOOL PROGRAMS

Family Drop-in & Circle
Mon. to Thurs. 10 - 11:30am
ROCK visits every Tuesday
Public Health visit 1st Mon mth.

Baby Rhyme Time
0 – 15 month Fri 10-11:30
Library visits 3rd Friday
Public health 4th Friday

ROCK Drop-In “Reach Out”
Tuesday mornings 10-11am
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
hiyokochickclub@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

**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

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
Tues. & Fri. 1 to 4pm
1-800-315-4417 to register
Weekly Seniors Weds 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