





Renfrew County and District Health Unit **PARENT CHILD DROP-INS**

For children from
birth to 6 years of age

A Public Health Nurse is available to discuss infant nutrition, growth and development, breastfeeding and other parenting issues.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Whitney 1st MONDAY St. Martin of Tours Catholic School 62 Post Street 10:30 a.m.—11:30 a.m. • open from September to May</p>	<p>Renfrew Every TUESDAY Renfrew Public Library 13 Railway Avenue 1:30 p.m.—4:00 p.m.</p>	<p>Petawawa Every WEDNESDAY PMFRC Southside Community Centre 1578 Wolfe Avenue 1:30 p.m.—3:30 p.m.</p>	<p>Calabogie 2nd THURSDAY Greater Madawaska Public Library 4984 Calabogie Road 10:30 a.m.—11:30 a.m.</p>	<p>Pembroke Every FRIDAY Pembroke Public Library 237 Victoria Street 10:00 a.m.—11:30 a.m.</p>
	<p>Cobden 2nd TUESDAY Cobden Agricultural Hall 43 Astrolabe Road 10:00 a.m.—11:30 a.m. • closed for July and August</p>	<p>Arnprior 1st, 2nd, 3rd & 4th WEDNESDAY OEYS/AFPRC Kenwood Corp Centre 16 Edward Street South, Suite 130 9:30 a.m.—11:30 a.m.</p>	<p>Barry's Bay 3rd THURSDAY St. John Bosco School 99 Peter Street 10:00 a.m.—11:30 a.m. • closed for July and August</p>	<p>Pt. Alexander 2nd & 4th FRIDAY Family Enrichment Network (OEYS) 34465 Highway 17 West Municipal Building 10:00 a.m.—11:00 a.m.</p>
	<p>Killaloe 2nd TUESDAY Killaloe Public School 100 Queen Street 10:00 a.m.—11:00 a.m. • closed for July and August</p>	<p>Chalk River 1st & 3rd WEDNESDAY Family Enrichment Network (OEYS) 19 Railway Street 10:00 a.m.—11:00 a.m.</p>	<p>Deep River 4th THURSDAY Family Enrichment Network (OEYS) Mackenzie Community School 87 Brockhouse Way 10:00 a.m.—11:00 a.m. • closed for July and August</p>	
		<p>Beachburg 3rd WEDNESDAY St. Andrew's United Church (please use back door) 1774 Beachburg Road 9:30 a.m.—11:00 a.m.</p>		
		<p>Eganville 3rd WEDNESDAY Grace Lutheran Church 14 Bonnechere Street West 10:00 a.m.—11:30 a.m. • closed for July and August</p>		

Renfrew County and District Health Unit
Family Health Intake Line: 613-735-8651, Ext. 589
or 1-800-267-1097, Ext. 589
www.rcdhu.com

All Drop-Ins are closed on statutory holidays