



Midtown Kingston Health Home
A part of Kingston Community Health Centres (KCHC)
Maison de santé de Midtown Kingston
Un site des Centres de santé communautaire de Kingston

GROWING TOGETHER WALK & TALK



Join us for a weekly outdoor group designed for **pregnant people, parents, and caregivers** with children ages 0–4.

EACH SESSION INCLUDES:

- A relaxing group walk
- Guest speakers, story time, and conversation during tummy time
- Outdoor play for older children (*bubbles, chalk, and games*)
- Snacks provided

Each week offers something new. Come connect, learn, and enjoy a fun and welcoming morning together.

DATES & TIMES

Wednesdays, June 3 to August 26, 2026
9:30 AM to 11:30 AM

Location: Lake Ontario Park



GOOD TO KNOW:

- Drop-in (no registration required)
- Please bring your stroller, walking gear, and a blanket
- Transportation support available

Contact us for more information:
mkhgroups@kchc.ca