



Child and Family Centre

Strollers in Motion

Get active and learn key tips for living healthy. Join us for presentations each week on a variety of Healthy Living topics, followed by a stroller walk. Enjoy the great outdoors, explore our neighbourhoods and connect with other young families.



You will have the opportunity to chat with other parents about the challenges and rewards of parenting, while walking at a pace that's comfortable for you.

We do ask that your children remain in their stroller for the duration of the walk.

Many families choose to continue a "walking club" with the new friends and connections made following this program.

Please note that in the event of rain, an alternative program may be offered at the Centre.