



Revised April 1, 2010



April 2010

Programs offered at

Our Place, Family Resource and Early Years Centre

154 Gatewood Road, Kitchener N2M 4E4 Telephone: (519) 571-1626 Fax: (519) 571-0621
www.ourplacekw.ca and www.earlyyearsinfo.ca

Registration

REGISTRATION for the April programs will begin on **Wednesday March 31st from 6:30-8:00 p.m. IN PERSON ONLY.** ***Payment for programs must be made at time of registration, if you require financial assistance please call 519-571-1626 ext. 25 before registration starts***


Register for: *Coffee Club, *Creative Cooking, Family Math, Fit Kids, Infant Massage, *Learning Begins, *Make the Connection and Outdoor Science.

Registration will continue Thursday April 1st after 1:30 p.m. for the following programs: Family Math, Fit Kids, Infant Massage and Outdoor Science

*Starting April 1st, registration for programs requiring payment will be taken each day starting at 10:30am **IN PERSON ONLY.** These programs include:

Coffee Club, Creative Cooking, Learning Begins and Make the Connection


Register for One is Fun, Toddler Time and the Speaker Series one week at a time, starting the week before each group.

 Please remember to arrive on time. **Pre-registered spaces in the programs will only be held until 9:15 a.m. for mornings and 1:00 p.m. for afternoons. Please call if you cannot attend or are going to be late.**


Tuesday April 13th speaker morning will have \$5.00 fee and due upon arrival that morning. This fee will include a tasting sample and cookbook.

Our Place will be closed Friday April 2nd, Saturday April 3rd and Monday April 5th. We will re-open Tuesday April 6th at 9:00

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Programs at Our Place are for Children from birth to 6 years and their parents or caregivers.
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Parents and caregivers are required to remain at the Centre during the programs.
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Many children attending our programs have severe allergies. Help keep them safe by not bringing peanuts or nut products into our Centre. Thank you for your co-operation



Attention all Adults and Children:
Please do not wear boots or wet shoes in the gym or classrooms.
Remember to bring your inside shoes!
Programs may be held in the Outdoor Learning Area at any time during the day...so please come prepared!

Centre Hours

Monday to Thursday
9:00 a.m. to 4:00 p.m.

Friday
9:00 a.m. to 3:00 p.m.

Saturday
9:30 a.m. to 12:00 p.m.

Monday /Wednesday
6:30 to 8:00 p.m.

****this calendar shows what programs are running daily, please refer to description for exact program times****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Morning Drop In Playtime— ORANGE ROOM 'Learning is Child's Play' at <i>Howard Robertson</i> Home Childcare Providers-- GYM Afternoon Drop In Playtime School Readiness Programs Parents together Mother Connection	2 Centre Closed	3 Centre closed
5 Centre Closed	6 Morning Drop In Playtime School Readiness Programs Parents Together Speaker- <i>'Put Pork on Your Fork' with Ontario Pork</i> Women Moving Forward Music and Movement Afternoon Drop In Playtime Growing Healthy Together Baby Blanket Time 'Learning is Child's Play' at <i>AR Kaufman</i> Get Set Learn 2 at <i>Howard Robertson Public School</i>	7 Morning Drop In Playtime School Readiness Programs Parents together Parenting in a New Society Coffee Club Speech/Language Support Infant Development Playgroup Music and Movement Afternoon Drop In Playtime Get Set Learn Evening It take Two to Talk Fathering Now Drop In Playtime Outdoor Science Music and Movement	8 Morning Drop In Playtime— ORANGE ROOM 'Learning is Child's Play' at <i>Howard Robertson</i> Home Childcare Providers-- GYM Learning Begins Afternoon Drop In Playtime School Readiness Programs Parents together Mother Connection Creative Cooking Family Math at <i>King Edward</i>	9 Morning Drop In Playtime Artastic Baby Blanket Time One is Fun Toddler Time Preschool Fun Family Storytime Infant Massage Music and Movement Afternoon Drop In Playtime Infant Massage	10 Morning Drop In Playtime— GYM Dad's and Kids Drop In- GYM Music and Movement
12 Morning HBHC –Meet the Nurse Drop In Playtime School Readiness Programs Parents Together Healthy Living Series Stork Secrets Preparing for Parenthood Music and Movement Afternoon 'Learning is Child's Play' at <i>King Edward</i> Fit Kids Get Set Learn Evening Drop In Playtime Family Math Baby Blanket Time Sleepyhead Storytime	13 Morning Zero2Six Support Drop In Playtime School Readiness Programs Parents Together Speaker- <i>'Building Healthy Families' with Wendy Desombre, CNW \$5.00 fee</i> Music and Movement Afternoon Drop In Playtime Growing Healthy Together Baby Blanket Time 'Learning is Child's Play' at <i>AR Kaufman</i> Get Set Learn 2 at <i>Howard Robertson Public School</i>	14 Morning Drop In Playtime School Readiness Programs Parents Together Parenting in a New Society Coffee Club Music and Movement Afternoon Drop In Playtime Get Set Learn Evening It take Two to Talk Fathering Now Drop In Playtime Outdoor Science Music and Movement	15 Morning Drop In Playtime— ORANGE ROOM 'Learning is Child's Play' at <i>Howard Robertson</i> Home Childcare Providers-- GYM Learning Begins Afternoon Drop In Playtime School Readiness Programs Parents Together Mother Connection Creative Cooking Family Math at <i>King Edward</i>	16 Morning Drop In Playtime Artastic Baby Blanket Time One is Fun Toddler Time Preschool Fun Family Storytime Infant Massage Music and Movement Afternoon Drop In Playtime Infant Massage	17 Morning Drop In Playtime— ORANGE ROOM Dad's and Kids Drop In- GYM Music and Movement
19 Morning HBHC –Meet the Nurse Drop In Playtime School Readiness Programs Parents Together Healthy Living Series Stork Secrets Preparing for Parenthood Music and Movement Afternoon 'Learning is Child's Play' at <i>King Edward</i> Fit Kids Get Set Learn Play and Learn Evening Drop In Playtime Family Math Baby Blanket Time Sleepyhead Storytime	20 Morning Drop In Playtime School Readiness Programs Parents Together Speaker- Parent Council Women Moving Forward Music and Movement Afternoon Drop In Playtime Growing Healthy Together Baby Blanket Time 'Learning is Child's Play' at <i>AR Kaufman</i> Get Set Learn 2 at <i>Howard Robertson Public School</i>	21 Morning Drop In Playtime School Readiness Programs Parents Together Parenting in a New Society Coffee Club Speech/Language Support Infant Development Playgroup Music and Movement Afternoon Drop In Playtime Get Set Learn Play and Learn Evening It take Two to Talk Fathering Now Drop In Playtime Outdoor Science Music and Movement	22 Morning Drop In Playtime— ORANGE ROOM 'Learning is Child's Play' at <i>Howard Robertson</i> Home Childcare Providers-- GYM Learning Begins Afternoon Drop In Playtime School Readiness Programs Parents Together Mother Connection Creative Cooking Family Math at <i>King Edward</i>	23 Morning Drop In Playtime Artastic Baby Blanket Time One is Fun Toddler Time Preschool Fun Family Storytime Infant Massage Music and Movement Afternoon Drop In Playtime Infant Massage	24 Morning Drop In Playtime— ORANGE ROOM Dad's and Kids Drop In- GYM Music and Movement
26 Morning HBHC –Meet the Nurse Drop In Playtime School Readiness Programs Parents Together Healthy Living Series Stork Secrets Preparing for Parenthood Music and Movement Afternoon 'Learning is Child's Play' at <i>King Edward</i> Fit Kids Get Set Learn Play and Learn Evening Drop In Playtime Family Math Baby Blanket Time Sleepyhead Storytime	27 Morning Zero2six Support Drop In Playtime School Readiness Programs Parents Together Speaker- <i>'Friends Forever' with Angie King, PHW</i> Music and Movement Afternoon Drop In Playtime Growing Healthy Together Baby Blanket Time 'Learning is Child's Play' at <i>AR Kaufman</i> Get Set Learn 2 at <i>Howard Robertson Public School</i>	28 Morning Drop In Playtime School Readiness Programs Parents Together Parenting in a New Society Coffee Club Music and Movement Afternoon Drop In Playtime Get Set Learn Play and Learn Evening It take Two to Talk Fathering Now Drop In Playtime Outdoor Science Music and Movement	29 Morning Drop In Playtime— ORANGE ROOM 'Learning is Child's Play' at <i>Howard Robertson</i> Home Childcare Providers-- GYM Make the Connection Afternoon Drop In Playtime School Readiness Programs Parents Together Mother Connection Creative Cooking Family Math at <i>King Edward</i>	30 Morning Drop In Playtime Artastic Baby Blanket Time One is Fun Toddler Time Preschool Fun Family Storytime Infant Massage Music and Movement Afternoon Drop In Playtime Infant Massage	

REGISTERED PROGRAMS

Weekly Registered Programs:


Guest Speaker Series Parents and caregivers can participate in workshops dealing with a variety of parenting topics. Guest speakers specialize in the specific topics, presentations are interactive and ideas are shared that parents and caregivers can take away and practice with the children. Children can be pre-registered in the School Readiness Programs during this time if space permits. **Tuesdays from 9:30-11:15 a.m.** ****Register for speaker weekly.**

One is Fun! Parents and caregivers of children from **12-24 months** meet and socialize together. The Early Childhood Education Teacher will lead the group in singing songs, rhymes and stories with the parents and children. Also experience craft and snack time. Feel free to ask the teacher questions about Child Development and interact with other parents. **FRIDAY'S session #1- 9:15-10:15, session #2-10:45 to 11:45 a.m.** **Register weekly for this program, space is limited in the room.**





Toddler Time-Parents and caregivers of children from **24-36 months** meet and socialize together. The Early Years Staff will lead the group in singing songs, rhymes and stories with the parents and children. Also experience craft and snack time. Feel free to ask questions about Child Development and interact with other parents. ****this program is not suitable for children under 24 months** FRIDAY'S session #1- 9:15-10:15, session #2-10:45 to 11:45 a.m.** **Register weekly for this program, space is limited in the room.**

PROGRAM	AGE	TIME	DATES	COST
<p><u>Coffee Club</u></p> <p>Come and join us for coffee and a light snack while we share the events of the day to day life as a parent/partner/friend. Each week we will discuss current events, parenting issues, relationships, finding time for yourself and whatever else is on your mind. This is a program facilitated by Our Place's Peer Health Worker, Angie King. <u>*Attendance for all six sessions is important for the success of this program-please only register if you can attend all six sessions. Payment for programs are due at time of registration, if you are need of financial assistance please call 519-571-1626 ext 25*</u></p> <p style="text-align: center;"><u>**School Readiness programs available**</u></p>	--	Wednesday 9:30-11:15 a.m.	April 7 to May 12	\$12 <u>Material cost</u>
<p><u>Creative Cooking</u></p> <p>Are you tired of the same old macaroni and cheese, spaghetti or chicken legs? Sign up for <u>Creative Cooking</u> and you will learn to make the ordinary "extraordinary! We'll take simple ingredients, that don't cost a lot, and turn them into something you'd be proud to serve to the special people in your lives--your family! Presented by Wendy Desombre, Our Place's Community Nutrition Worker. (6 week program). <u>Payment for programs are due at time of registration, if you are need of financial assistance please call 519-571-1626 ext 25</u></p> <p style="text-align: center;"><u>**School Readiness programs available**</u></p> <p><i>***Please note; the kitchen will be unavailable during program time. Workshop room 2 will be open for Parents Together**</i></p>	--	Thursday 1:15-3:00 p.m.	April 8 to May 13	\$15 <u>Material cost</u>
<p><u>Family Math</u></p> <p>In this <u>6 week</u> program parents and children ages 3-6 years can learn about incorporating math into everyday activities with children to prepare for learning math in school. Math is learned through songs, games and activities.</p> <p style="text-align: center;"><u>** Sibling care is not available during this program**</u></p>	3-6 years	Monday 6:30-8:00 p.m.	April 12 to May 17	NO COST
<p><u>Fit Kids</u></p> <p>Come and join us for this program, for families and caregivers with children 2-6 years. Our Educators will offer your family a time to play, exercise and create a healthy snack together. See calendar for a week to week guide of topics. (6 week program)</p> <p style="text-align: center;"><i>*younger siblings from birth to two are welcome to attend*</i></p>	2-6 years old	Monday 1:00-2:30 p.m.	April 12 to May 17	NO COST

REGISTERED PROGRAMS

PROGRAM	AGE	TIME	DATES	COST
<p><u>Infant Massage</u></p> <p>Parents with babies under 1 will learn how to massage their babies in a comfortable and relaxing environment. Our facilitators are certified members of the International Association of Infant Massage and will teach techniques that will help to relax the baby and relieve common physical discomforts. (4 week program)</p> <p style="text-align: center;"><i>**limited sibling care available for the afternoon session only**</i></p>	Birth to 12 months	Friday 10:45-11:45 a.m. OR Friday 1:00-2:00 p.m.	April 9 to 30	NO COST
<p><u>Learning Begins</u></p> <p>This three-part interactive workshop will provide parents, families and other caregivers of children from, with vital information about the essential role they play in a baby's brain development. (3 week program)</p> <p><u>Payment for programs are due at time of registration, if you are need of financial assistance please call 519-571-1626 ext 25*</u></p> <p style="text-align: center;"><i>*Limited School Readiness programs for children.*</i></p>	birth to 2 years	Thursday 9:30-11:30 a.m.	April 8 to 22	\$10 <i>Material cost</i>
<p><u>Make the Connection</u></p> <p>A fun and interactive program for parents with babies, from birth to twelve months, to develop strong attachment skills and help the baby to feel safe, good about herself, discover his world and knowing when to take a moment to stay connected. Parents and babies come together during a portion of the group for videotaping, songs and stories. <u>Payment for programs are due at time of registration, if you are need of financial assistance please call 519-571-1626 ext 25*</u></p> <p style="text-align: center;"><i>*Infant and limited sibling program available during this group. *</i></p>	Birth to 12 months	Thursday 9:30-11:30 a.m.	April 29 to June 29	\$12 <i>Material cost</i>
<p> <u>Outdoor Science</u></p> <p>This program will help children build life skills such as; communication, problem solving and socializing by using a child's natural curiosity of how the world works. Held in the <u>Outdoor Learning Area</u>, Early Years staff will engage families by using the outdoor environment as the learning stage. This program will run rain or shine—so please come prepared!</p> <p style="text-align: center;"><i>**Geared to ages 2-6 years of age however siblings birth to two are welcome.</i></p>	Two to six years	Wednesday 6:30-7:30 p.m.	April 7 to May 12	NO COST
<p><u>Parenting in a New Society</u></p> <p>We welcome parents from different countries to meet weekly to learn about life in Canada, parenting resources, ourselves and make new friends! Program delivered by Focus for Ethnic Women. (8 week program)</p> <p style="text-align: center;"><i>*School Readiness Programs available for children during this group. *</i></p>	--	Wednesday 9:30-11:15 a.m.	Mar 10 to April 28	NO COST
<p><u>Parent Council</u></p> <p>Parents and Caregivers meet monthly in an advisory capacity to provide input in program planning and activities at Our Place. They share the goal of helping to strengthen the sense of community at Our Place. In addition, the Parent Council considers ideas and strategies that help meet the needs of all other Parents and Caregivers who participate in the centre. Meetings are open for all who are interested in participating in an ongoing basis and/or offering suggestions.</p> <p style="text-align: center;">**RSVP to: parentcouncil@ourplacekw.ca</p> <p style="text-align: center;">**limited childcare available**</p>	--	Tuesday 9:30-11:00 a.m.	April 20	NO COST

PARENT/CAREGIVER AND CHILD TOGETHER DROP-IN PROGRAMS

PROGRAM	AGE	TIME	DATES	COST
<p><u>Art-Tastic</u></p> <p>Come out and explore your creativity in a room full of various art supplies. This program provides the opportunity for families and children to have the freedom to explore and create wonderful artistic masterpieces in an art filled environment.</p> <p style="text-align: center;">Drop In anytime during this program</p> <p style="text-align: center;"><i>*younger siblings from birth to two are welcome to attend*</i></p>	2 – 6 years	Friday 9:00-11:00 a.m.	ongoing	NO COST
<p><u>Baby Blanket Time</u></p> <p>Parents of babies 12 months and younger can meet and socialize together. Learn songs, rhymes and finger plays to play with your baby. After the songs, stay to play with the teachers and other parents. Bring your baby's favourite blanket along!</p>	Birth to 12 months	 Monday 6:30-7:00 p.m. Tuesday 1:00-2:00 p.m. Fridays 9:15-10:15 a.m.	ongoing	NO COST
<p><u>Drop In Playtime</u></p> <p>Parents, caregivers and children can play and learn together. We offer an assortment of gross motor activities for all age groups in the gymnasium. Play with your children and meet other families in this unique setting.</p> <p style="text-align: center;">**please note: only the orange room will be open for families Saturday mornings, the gym is not available**</p> <p>A wonderful addition to our Drop in Playtime is the Outdoor Learning Area. Great opportunities for gross motor development await children outside. We encourage our families to use the Outdoor Learning Area as an opportunity for children to enrich their learning experiences.</p>	Birth to six years	Monday to Friday 9:30-11:30 am Tuesday to Friday 12:30-2:30 pm Saturday 9:30-11:30 am Mon/Wed 6:30-8:00 pm	ongoing	NO COST
<p><u>Family Story Time</u></p> <p>Families/caregivers come together with children from to listen and participate in fun and interactive stories and activities that will promote literacy within the family. Stories offered by an Early Learning Staff in the library.</p>	birth to 6 years	Friday 10:30-11:00 a.m.	ongoing	NO COST
<p><u>Home Childcare Providers Network</u></p> <p>This <u>DROP IN</u> program is geared to those running a Home Childcare business. The <u>GYM</u> will be available for providers and the children to play and learn together. An Early Years staff will provide a quality School Readiness and Music and Movement program that will enrich both caregiver and child.</p> <p>**A Home Childcare Provider is a person whose employment is to provide early learning and care for young children. Providers are welcome to register for the weekly Speaker Series. **</p>	Birth to six years	Thursday 9:30-12:00	ongoing	NO COST
<p><u>Music and Movement</u></p> <p>A time for families/caregivers to move and groove together. A great way for children and parents/caregivers to let off a little steam in the gymnasium, while moving, singing and exercising together.</p> <p style="text-align: center;"><i>*this program will not run Thursday's*</i></p>	Birth to 6 years old	Monday to Saturday 11:30-12:00 Wednesday 7:30-8:00 p.m.	ongoing	NO COST
<p> <u>Preschool Fun</u></p> <p>Parents and caregivers of children from 3-6 years play together in various activities that include creative, free play and circle time—all part of School Readiness. The program includes creative play both indoor and outdoors (weather permitting). Feel free to ask questions about Child Development and interact with other parents.</p> <p style="text-align: center;"><i>**this program is not suitable for children under the age of 3**</i></p>	3-6 years	Friday 9:15-10:15 a.m.	Ongoing	NO COST
<p>  <u>Sleepyhead Storytime</u></p> <p>A time for parents/caregivers and children to participate together in circle time while an Early Childhood Educator reads different stories each week from the Resource Library. Pajamas are welcome!</p>	Birth to 6 years	Monday 7:15-8:00 p.m.	ongoing	NO COST

DROP IN PROGRAMS

**THESE PROGRAMS ARE ON A 'FIRST COME FIRST SERVE BASIS'—SPACE IS LIMITED
IN THE SCHOOL READINESS PROGRAMS**

PROGRAM	AGE	TIME	DATES	COST
<p><u>School Readiness Programs</u></p> <p>Early Childhood Educators create a fun, stimulating and interactive environment to enhance your child's readiness to learn. Four developmentally appropriate classrooms will be available. A variety of fun activities that will help language, literacy and socialization skills are offered including creative, free play, and circle time, all part of School Readiness. Children can explore and learn with other children and staff while their parents participate in Parenting Programs. Parents are also welcome to stay and participate with their child. School Readiness programs may be held in the Outdoor Learning Area at any time during the day...so please come prepared! Pre-registered spaces available during some parenting programs.</p> <p><u>** Monday A.M. infant room, Wednesday A.M. and Thursday P.M. drop in spaces for children's program are limited**</u></p> <p><u>*** Parents and Caregivers are required to remain at the Centre during the children's programs.</u></p>	Birth to 6 years	Monday, Tuesday, Wednesday 9:15-11:15 a.m. Thursday afternoon 1:00-3:00 p.m.	Ongoing	NO COST
<p><u>Parents Together Drop-In</u></p> <p>A Program where parents and caregivers can meet to share ideas, parenting/caregiving challenges and receive peer support from other parents and caregivers. Parents/Caregivers can read and relax while their children are involved in our School Readiness Programs. The Resource Library and the Parents Together Room are available for use during this time <u>**No Pre-Registration available for this program. Children can participate in the School Readiness Programs if space is available.</u></p>	--	Monday, Tuesday, Wednesday 9:30-11:15 a.m. Thursday afternoon 1:15-3:00 p.m.	Ongoing	NO COST
<p><u>Healthy Living Series</u></p> <p>This new <u>DROP IN</u> self-guided program will cover all areas relating to Healthy Living. Information and activities on nutrition, building self-esteem and keeping physically fit will be available each week in the Orange room. Come dressed to work out! We will have a fitness video available for those interested in working out. This program is proudly supported by the Peer Health and Community Nutrition Worker program at Our Place.</p>	--	Monday 9:30-11:15 a.m.	Ongoing	NO COST

PROGRAMS JUST FOR FATHERS

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN	COST
<p><u>Dad's and Kids Drop In</u></p> <p>Calling all Dads, Grandpa's and Father Figures of Kids...come out on Saturday mornings to spend time with other families in the gym. It's a great way to spend time with the kids, participate together in fun and games, songs and stories, friendship and laughter! Kids, and adults, can make new friends and sing along at Circle Time. This program is offered by a Dad, who also has young children.</p> <p style="text-align: center;"><u>**program cancelled April 3**</u></p>	--	Saturday 9:30-11:30 a.m.	Ongoing until May 15th	Drop In	NO COST
<p><u>Fathering Now</u></p> <p>During this <u>eight week program</u> Dads and Father Figures will address themes and issues relevant to today's Fathers. Topics include: fathering role, co-parenting, discipline, the importance of play, child development and more. There will also be an opportunity for dads and kids to come together for activities. A light dinner will be provided. This program is open to all fathers/father figures with children up to age six. <u>This program is generously sponsored by Our Place Family Resource and Early Years Centre and the Community Action Program for Children.</u> Please call 519-573-9540 or e-mail fatheringnow@gmail.com to register.</p>	Birth to six years	Wednesday 6:30-8:00 p.m.	Mar 31 to May 19	Please call 519-573-9540 or e-mail fatheringnow@gmail.com to register	NO COST

SPECIAL INTEREST PROGRAMS

Special Interest Programs are referral programs with community agencies

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN	COST
<p><u>Get Set Learn!</u></p> <p>This eight week program is offered in partnership with Project READ Literacy Network for parents receiving Ontario Works. We will provide the opportunity to learn and practice strategies for helping children to read, write and do math--all school readiness activities. This 2 hour class, twice per week, is offered for 8 weeks and is a lot of fun! * <i>Children can participate in School Readiness Programs during this group.</i>*</p>	--	Monday and Wednesday 1:00-3:00 p.m.	April 7 to June 14 *no program May 24*	** <u>Registration is limited.</u> ** Contact Project Read to register (519) 893-7597	NO COST
<p><u>Growing Healthy Together</u></p> <p>This program is suitable for pre-natal women with limited supports in the community. The group will learn about eating well for you and your baby, get tips on cooking and meal preparation, meet other women, share questions and concerns about your pregnancy and prepare for birth and your new baby. Also available--healthy snacks, free food vouchers, market dollars, free child care and bus tickets, support from health care professionals, breastfeeding support and information about community services. <i>The Growing Healthy Two-gether Program is part of a national project called the Canada Prenatal Nutrition Program and is funded by Public Health Agency of Canada and the Region of Waterloo Public Health Department.</i></p>	--	Tuesday 1:00-2:30 p.m.	April 6 to June 29 <u>Cancelled</u> May 25	Register with Public Health at 883-2267	NO COST
<p><u>Infant Development Playgroup</u></p> <p>A parent-child playgroup only for families who are working with the Region of Waterloo Infant and Child Development Program and are receiving Early Intervention Services (for children with a developmental delay.)</p>	--	Wednesday 9:30-11:30 am	April 7 and April 21	**This is a closed group **Registration will not be taken.	NO COST
<p><u>It Takes Two to Talk</u></p> <p>This is a family focused program for parents of children who are delayed in their language development. It addresses the need for early intervention and the importance of parents' involvement. Parents learn how to help their child take turns in everyday interactions and develop more advanced communication skills.</p>	--	Wed. 6:00-8:00 p.m.	March 31 to May 12	**This program is only offered to families working with KidsAbility.**	NO COST
<p><u>Play and Learn (P.A.L.)</u></p> <p>Family & Children's Services and Our Place partner to offer this unique program for parents and children, covering topics such as Play, Praise and Rewards, Effective Limit Setting and Handling Misbehaviour. Programs available to children and parents individually and then they come together during the group to practice the skills they have learned. **program cancelled May 24th**</p>	3-6 years	Monday and Wednesday 1:00-3:00 p.m.	April 19 To June 23	Call 519-571-1626 ext 32 To register	NO COST
<p><u>Preparing for Parenthood</u></p> <p>This is a prenatal support program for parents <i>anytime during pregnancy</i>. Learn about pregnancy, baby care, healthy eating. Share questions and concerns about your pregnancy and meet other pregnant women! Information shared through workshops and guest speakers. Partners and support people are welcome to attend with the pregnant mother. This program is ideal for families with limited family supports.</p>	--	Monday 10:00-11:30 a.m.	April 12 to May 10	Register with Wanda Kampijan 571-1626 Ext. 25	
<p><u>Stork's Secrets</u></p> <p>Mothers of babies <u>under two years</u> have an opportunity to talk with peers about their experiences with the changes and challenges of the Post Partum Adjustment Period. Moms will discuss their feelings of anxiety, depression and feeling overwhelmed. Information on the Post Partum Adjustment Period, Coping strategies Self Care, Parenting Issues and Health will be provided. School Readiness programs available during group. <i>Offered by Our Place Family Resource and Early Years Centre with the generous support of Mosaic Family and Counselling Centre and the Community Action Plan for Children</i></p>	--	Monday's 9:30-11:15 a.m.	April 12 to May 17	Register with Jennifer Jordan 571-1626 Ext. 26	NO COST
<p><u>The Mother Connection</u></p> <p>This group will provide mom's with an opportunity to celebrate their stories of success and share their fears of parenting a young child with Down Syndrome <i>Offered by The Down Syndrome Society.</i></p>		Thursday 1:15-3:00 p.m.	April 1 to June 24	Register with Cherie Blair at 747-9490	NO COST

SERVICES at OUR PLACE

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN	COST
<p><u>Breastfeeding Buddies</u></p> <p>Trained volunteers who provide 1:1 on-site or telephone support for breastfeeding moms and help connect them with community supports and resources. They listen, provide encouragement, respond to questions/ concerns, share common experiences and information.</p> <p><u>Please see reception for information on how to contact the Breastfeeding Buddies</u></p>	--	--	--	--	NO COST
<p><u>Community Outreach Worker</u></p> <p>DO YOU HAVE CHILDREN AND NEED HELP FINDING RESOURCES FOR YOUR FAMILY? A Community Outreach Worker can assist you to find ways to connect with services you and your family may need. <i>Funded by the Region of Waterloo Social Services</i></p>		Tuesday and Wednesday 9:00 a.m. to 4:00 p.m.		Please call (519) 571-1626 ext. 23 for more information	
<p><u>Healthy Babies Healthy Children: Meet with the Nurse:</u></p> <p>Public Health Nurse will be available at Our Place to meet with pregnant women and parents of children birth-6 years. The Nurse will help find the answers to health related questions, do health assessments and make referrals to community services and resources. ** For individual appointments contact the Front Desk at Our Place in person or phone 571-1626. Drop In Support also available</p>		Monday 9:00 a.m. to 12:00 p.m.	Ongoing	Drop In	
<p><u>Family Resource and Toy Lending Library</u></p> <p>Books, Resource Kits, Toys and Videos available for parents and caregivers to sign out. We have a computer with internet access that adults can use along with many other resources. Staff will be available to assist in finding information on child development, parenting, family life and community resources. We have a laminator and a dye cutter also! Many ideas on choosing age appropriate activities and books for children will be offered. Drop in to visit and play in the Library. ***please note; the library closes each day from 12:00-12:30 p.m.***</p>	--	Mon to Thurs 9:00 a.m. to 3:00 p.m. Friday 9:00 a.m. to 12:00 p.m. Saturday 9:30 a.m. to 12:00 p.m. Mon/Wed 6:30 to 8:00 p.m.	Ongoing	Drop In	\$15 for toy lending member- ship
<p><u>KidsAbility Preschool Speech and Language</u></p> <p>A Speech Language Pathologist from KidsAbility will offer weekly Speech and Language Support for children, parents, caregivers and staff. **For an individual meeting please book your appointment at the Reception Desk at Our Place or phone 571-1626. Drop In Support also available.</p>	--	Wednesday 9:30 to 11:15 a.m.	April 7 and April 21	Register	NO COST
<p><u>Zero2Six</u></p> <p>Do you have questions about your child's social and emotional development or behaviour?? Individual consultation sessions with the Zero2Six specialist (KidsLink/Lutherwood) will provide resources, strategies and answers questions related to your child's behaviour or specific parenting challenges with your child under age 6. Appointments can be made at Our Place, in person or by calling 571-1626</p>	Birth to 6 years	Tuesday 9:00 a.m. to 12:00 p.m.	April 13 and April 27	Register	NO COST