

# JULY & AUGUST 2018

## OUR PLACE SUMMER CENTRE HOURS

**Monday to Thursday**

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

**Wednesday**

3:00 to 7:00 p.m.

**Friday**

CLOSED in July & August

**Saturday**

CLOSED in July & August

**COME ANYTIME  
TO OUR FAMILY  
DROP IN**



Calendar Revised  
June 19, 2018

## Your Family Belongs

Looking for a safe and welcoming place for you and your family? EarlyON Child and Family Centres in the Waterloo Region are open to all and are offered at no cost.

In this welcoming environment, parent, caregivers and children share experiences, feel supported and engage in exploration and play.

**EarlyON Child and Family Centre Programs and Services offered at:  
Our Place Family Resource and Early Years Centre  
154 Gatewood Road,  
Kitchener N2M 4E4;  
ENTRANCE B**

(Parking lot access off Blueridge Ave)

Telephone: (519) 571-1626

Fax: (519) 571-0621

[www.ourplacekw.ca](http://www.ourplacekw.ca)

and [www.earlyyearsinfo.ca](http://www.earlyyearsinfo.ca)

*Note: Calendars are updated frequently – please check the most current one which is posted on our website. Each calendar version is dated so you know which one is most up-to-date.*

# DROP-IN PLAY SPACES



EarlyON Child and Family Centres are accessible and open various hours throughout the day, evening and weekends. Family rooms, kitchens and play spaces are available for your family to use at your convenience.

Drop in and structured programs are offered for children ages birth to six years as well as community resources and information sessions for parents and caregivers.

**DROP IN TO OUR WELCOMING ENVIRONMENT WHERE YOU AND YOUR CHILD CAN ENJOY PLAYING TOGETHER AND CONNECTING WITH OTHER CHILDREN AND THEIR FAMILIES. DROP IN PLAY SPACES: Include our LIBRARY, ORANGE ROOM, GYM, OUTDOOR LEARNING AREA AND KITCHEN.**

## DROP IN PLAY SUMMER HOURS:

Monday	9:00 – 3:00 pm
Tuesday	9:00 – 3:00 pm
Wednesday	9:00 – 7:00 pm
Thursday	9:00 – 3:00 pm
Friday	CLOSED
Saturday	CLOSED

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# DROP-IN PROGRAMS – JULY

\*\*Please refer to description for program times for each program\*\*

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p style="text-align: center;"><b>CENTRE CLOSED FOR CANADA DAY</b></p>	<p>3 <b><u>Morning</u></b> Apprendre ensemble! Drop In Play Baby and Me Music and Movement Field Trip - offsite</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Growing Healthy Together Music and Movement</p>	<p>4 <b><u>Morning</u></b> Drop In Play Music and Movement Drop in Sensory Play One is Fun</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Drop In Sensory Play Baby &amp; Me Discovery Music and Movement</p> <p style="text-align: center;"><b><u>Evening (3-7 pm)</u></b> Drop In Play Drop In Sensory Play Music and Movement</p>	<p>5 <b><u>Morning</u></b> Drop In Play Music and Movement Family Play in the Park at Victoria Park</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Music and Movement</p>
<p>9 <b><u>Morning</u></b> Drop In Play Music and Movement</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Artistic Infants Baby and Me Drop In Play Music and Movement</p>	<p>10 <b><u>Morning</u></b> Apprendre ensemble! Drop In Play Baby and Me Music and Movement Field Trip - offsite</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Growing Healthy Together Music and Movement</p>	<p>11 <b><u>Morning</u></b> Drop In Play Music and Movement Drop in Sensory Play One is Fun</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Drop In Sensory Play Baby &amp; Me Discovery Music and Movement</p> <p style="text-align: center;"><b><u>Evening (3-7 pm)</u></b> Drop In Play Drop In Sensory Play Music and Movement</p>	<p>12 <b><u>Morning</u></b> Drop In Play Music and Movement Family Play in the Park at Victoria Park</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Music and Movement</p>
<p>16 <b><u>Morning</u></b> <i>WFRN Resource Coach</i> Drop In Play Music and Movement</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Artistic Infants Baby and Me Drop In Play Music and Movement</p>	<p>17 <b><u>Morning</u></b> Apprendre ensemble! Drop In Play Baby and Me Music and Movement Field Trip - offsite</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Growing Healthy Together Music and Movement</p>	<p>18 <b><u>Morning</u></b> Drop In Play Music and Movement Drop in Sensory Play One is Fun Breastfeeding Workshop</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Drop In Sensory Play Baby &amp; Me Discovery Music and Movement</p> <p style="text-align: center;"><b><u>Evening (3-7 pm)</u></b> Drop In Play Drop In Sensory Play Music and Movement</p>	<p>19 <b><u>Morning</u></b> Drop In Play Music and Movement Family Play in the Park at Victoria Park</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Music and Movement</p>
<p>23 <b><u>Morning</u></b> Drop In Play Music and Movement</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Artistic Infants Baby and Me Drop In Play Music and Movement</p>	<p>24 <b><u>Morning</u></b> Apprendre ensemble! Drop In Play Baby and Me Music and Movement Field Trip - offsite</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Growing Healthy Together Music and Movement</p>	<p>25 <b><u>Morning</u></b> Drop In Play Music and Movement Drop in Sensory Play One is Fun</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Drop In Sensory Play Baby &amp; Me Discovery Music and Movement</p> <p style="text-align: center;"><b><u>Evening (3-7 pm)</u></b> Drop In Play Drop In Sensory Play Music and Movement</p>	<p>26 <b><u>Morning</u></b> Drop In Play Music and Movement Family Play in the Park at Victoria Park</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Music and Movement</p>
<p>30 <b><u>Morning</u></b> Drop In Play Music and Movement</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Artistic Infants Baby and Me Drop In Play Music and Movement</p>	<p>31 <b><u>Morning</u></b> Apprendre ensemble! Drop In Play Baby and Me Music and Movement Field Trip - offsite</p> <p style="text-align: center;"><b><u>Afternoon</u></b> Drop In Play Music and Movement</p>		

# DROP-IN PROGRAMS – AUGUST

\*\*Please refer to description for program times for each

Monday	Tuesday	Wednesday	Thursday
		<p><b>1</b>      <u><b>Morning</b></u>                      Drop In Play                      Music and Movement                      Drop in Sensory Play                      One is Fun</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Drop In Play                      Drop In Sensory Play                      Baby &amp; Me Discovery                      Music and Movement</p> <p style="text-align: center;"><u><b>Evening (3-7 pm)</b></u>                      Drop In Play                      Drop In Sensory Play                      Music and Movement</p>	<p><b>2</b>      <u><b>Morning</b></u>                      Drop In Play                      Music and Movement                      Family Play in the Park at Victoria Park</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Drop In Play                      Music and Movement</p>
<p>6</p> <p style="text-align: center;"><b>CENTRE CLOSED FOR CIVIC HOLIDAY</b></p>	<p><b>7</b>      <u><b>Morning</b></u>                      Apprendre ensemble!                      Drop In Play                      Baby and Me                      Music and Movement                      Field Trip - offsite</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Drop In Play                      Music and Movement</p>	<p><b>8</b>      <u><b>Morning</b></u>                      Drop In Play                      Music and Movement                      Drop in Sensory Play                      One is Fun</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Drop In Play                      Drop In Sensory Play                      Baby &amp; Me Discovery                      Music and Movement</p> <p style="text-align: center;"><u><b>Evening (3-7 pm)</b></u>                      Drop In Play                      Drop In Sensory Play                      Music and Movement</p>	<p><b>9</b>      <u><b>Morning</b></u>                      Drop In Play                      Music and Movement                      Family Play in the Park at Victoria Park</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Drop In Play                      Music and Movement</p>
<p><b>13</b>      <u><b>Morning</b></u>                      Drop In Play                      Music and Movement</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Artistic Infants                      Baby and Me                      Drop In Play                      Music and Movement</p>	<p><b>14</b>      <u><b>Morning</b></u>                      Apprendre ensemble!                      Drop In Play                      Baby and Me                      Music and Movement                      Field Trip - offsite</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Drop In Play                      Music and Movement</p>	<p><b>15</b>      <u><b>Morning</b></u>                      Drop In Play                      Music and Movement                      Drop in Sensory Play                      One is Fun</p> <p style="text-align: center;"><u><b>Afternoon</b></u>  <i>WFRN Resource Coach</i>                      Drop In Play                      Drop In Sensory Play                      Baby &amp; Me Discovery                      Music and Movement</p> <p style="text-align: center;"><u><b>Evening (3-7 pm)</b></u>                      Drop In Play                      Drop In Sensory Play                      Music and Movement</p>	<p><b>16</b>      <u><b>Morning</b></u>                      Drop In Play                      Music and Movement                      Family Play in the Park at Victoria Park</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Drop In Play                      Music and Movement</p>
<p><b>20</b>      <u><b>Morning</b></u>                      Drop In Play                      Music and Movement</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Artistic Infants                      Baby and Me                      Drop In Play                      Music and Movement</p>	<p><b>21</b>      <u><b>Morning</b></u>                      Apprendre ensemble!                      Drop In Play                      Baby and Me                      Music and Movement                      Field Trip - offsite</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Drop In Play                      Field Trip - offsite                      Music and Movement</p>	<p><b>22</b>      <u><b>Morning</b></u>                      Drop In Play                      Music and Movement                      Drop in Sensory Play                      One is Fun</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Drop In Play                      Drop In Sensory Play                      Baby &amp; Me Discovery                      Music and Movement</p> <p style="text-align: center;"><u><b>Evening (3-7 pm)</b></u>                      Drop In Play                      Drop In Sensory Play                      Music and Movement</p>	<p><b>23</b>      <u><b>Morning</b></u>                      Drop In Play                      Music and Movement                      Family Play in the Park at Victoria Park</p> <p style="text-align: center;"><u><b>Afternoon</b></u>                      Drop In Play                      Music and Movement</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p><b>OUR PLACE IS CLOSED FROM AUGUST 27<sup>th</sup> – SEPTEMBER 3<sup>rd</sup></b>  <b>WE WILL RE-OPEN ON TUESDAY SEPTEMBER 4<sup>th</sup> at 9:00 am</b></p>			

# REGISTERED PROGRAMS – JULY & AUGUST

**\*\*Please refer to description for program times for each program\*\***

MONDAY	WEDNESDAY	THURSDAY
Community of Learning Mondays 9:30 - 11:00 am July 16 – August 20	Infant Massage @ Victoria Hills Community Centre (offsite) Wednesdays 9:30 – 10:30 am July 4 – July 25	Infant Massage @ Our Place Thursdays 1:00 – 2:00 pm Session #1 July 5 – July 26 Session #2 August 2 – August 23
Stork Secrets @ Our Place Mondays 9:30 – 11:00 am July 16, 23 and 30; August 13 and 20	Baby Connections @ Victoria Hills Community Centre (offsite) Wednesdays 9:30 – 10:30 am August 1 – August 22	The Family Kitchen Thursdays 1:00 – 2:30 pm July 5 – August 23
TUESDAY	Starting School In Canada Tuesdays & Wednesdays 1:00 – 2:30 pm July 10 – August 8	Stork Secrets @ EarlyON Roger Street Thursdays 9:30 – 11:00 am July 19, August 2 and August 16
Starting School In Canada Tuesdays & Wednesdays 1:00 – 2:30 pm July 10 – August 8	Fit for Life Wednesdays 5:00 – 6:30 pm July 11 – August 22	
Growing Healthy Together Tuesdays 1:00 – 2:30 pm July 3 – July 24	Sleep Sessions Wednesday Evenings twice monthly 5:30 – 7:00 pm July 11 and July 25 August 8 and August 22	
	Me? Breastfeed Workshop Wednesday July 11 6:15 – 8:30 pm	

## PROGRAM REGISTRATION INFORMATION

**REGISTRATION** for JULY & AUGUST programs will begin on **Monday June 18 at 10:30 am**

- Community of Learning – 6 week program
- Fit for Life – Weekly Registration for July & August
- The Family Kitchen – Weekly Registration for July & August
- Infant Massage - Session #1 (July) and Session #2 (August)
- Me? Breastfeed – July 11

**Offsite Programs- Registration begins June 5<sup>th</sup> with City of Kitchener ActiveNet**

- Infant Massage at Victoria Hills #23574
- Baby Connections at Victoria Hills Community Centre #23575

**\*Sleep session Registration** – can be done anytime online at [www.earlyyearsinfo.ca/sleep-sessions](http://www.earlyyearsinfo.ca/sleep-sessions)

**\*Preparing for Parenthood registration** – can be done anytime online at [www.earlyyearsinfo.ca](http://www.earlyyearsinfo.ca)



OUR PLACE is committed to ensuring that upon request we will provide any document in an accessible format and communication supports can be provided if requested. All of our AODA (Accessibility for Ontarians with Disabilities Act) Policies and Procedures are posted on our website and are also available in accessible formats if requested. If you would like to make a request please contact us at [ourplace@ourplacekw.ca](mailto:ourplace@ourplacekw.ca)

*The **Accessibility for Ontarians with Disabilities Act**, or **AODA**, aims to identify, remove, and prevent **barriers** for people with **disabilities**. The AODA became law on June 13, 2005 and applies to all levels of government, non-profits, and private sector businesses in Ontario that have one or more employees.*

# DROP IN PROGRAMS

Program	Age	Time/Location	Dates	Register/ Drop In
<p><b>Apprendre ensemble!</b>            Joignez d'autres enfants et familles dans en jeu et l'exploration qui soutiennent le développement de l'apprentissage du français. Il s'agit d'un programme d'accueil dirigé par les parents, avec le soutien des éducateurs ou éducatrices de la petite enfance inscrites, pour les enfants de moins de 6 ans et leurs parents / adultes attentionnés. Venez jouer et apprendre ensemble.</p>	Naissance à 6	Mardi matins 9h00-11h30	Programme Ouvert	Programme ouvert
<p><b>Artistic Infants</b>            It's never too early to support your child's self-expression! This program will allow families with babies under 12 months to explore different infant-safe paint materials and sensory food exploration. Be sure to bring extra clothes and a towel for drying your baby as this creative process will get MESSY!  <b>** sign in will begin 15 minutes before each class **</b></p>	Birth to 12 months	Monday 1:00 - 1:45 pm <b>OR</b> 2:00 - 2:45 pm	Ongoing <b>**cancelled on July 2 &amp; Aug. 6**</b>	Drop In
<p><b>Baby and Me</b>            Foster attachment and learning through the discovery of music, language and rhyming. Connect with our educators and other parents with babies under 1 year.  <b>** sign in will begin 15 minutes before each class **</b></p>	Birth to 12 months	Monday 1:00 - 1:45 pm <b>OR</b> 2:00 - 2:45 pm	Ongoing <b>**cancelled on July 2 &amp; Aug. 6**</b>	Drop In
		Tuesday 9:30 – 10:30 am	Ongoing	Drop In
<p><b>Baby and Me Discovery</b>            Early brain development is heightened by interactions that include all five senses. This program will focus on activities that foster attachment and learning through the use of music and other sight, sound, smell, touch and taste sensory experiences. Families are also able to seek parenting information, resources, referrals and support through their peers and our Early Learning Staff.</p>	Birth to 12 months	Wednesday 1:00 - 2:30 pm	Ongoing	Drop In
<p><b>Drop In Music and Movement</b>            Imagination and creativity are developed and explored through rhymes, songs, finger plays, and gross motor activities. Support your child's language development and experience the benefits of physical activity.</p>	Birth to 6 years	Monday to Thursday 11:30 am - 12:00 pm <b>And</b> 2:30 – 3:00 pm	Ongoing <b>**cancelled on July 2 &amp; Aug. 6**</b>	Drop In
		Wednesday evenings 6:30 pm – 7:00 pm		
<p><b>Drop-In Play</b>            Come any time. Join other children and families in play and exploration. An Early Learning professional is available to provide support and information around early learning topics, community resources, programs and referrals. Play Space location may change depending on the day and time – please ask front reception what spaces are available. Drop in Play spaces include: Gym, Orange room, and Resource Library              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 6 years	Monday, Tuesday and Thursdays 9:00 – 3:00 pm	Ongoing <b>**cancelled on July 2 &amp; Aug. 6**</b>	Drop In
		Wednesdays 9:00 – 7:00 pm		
<p><b>Drop In Sensory Play</b>            Spend time with your child in a calming environment designed for sensory stimulation of all types. This ASD-friendly program is open to all children birth-6 years and their parents, caregivers or therapists.</p>	Birth to 6 years	Wednesdays 9:00 am – 7:00 pm	Ongoing	Drop In
<p><b>Family Play in the Park at Victoria Park</b>            Families can join in on playtime and fun together at the Victoria Park Playground. We will be offering a 30 minute session of Music and Movement and a 30 minute Story Time** session. Please bring sunscreen, hats and snacks.</p>	Birth to 6 years <i>*siblings 7 and over are welcome</i>	Thursday 10:30 – 11:30 am	Ongoing	Drop In
<p><b>One is Fun</b>            Parents and children will join together in learning through exploration, play and inquiry. There is opportunity to connect, ask questions and share experiences.</p>	12-24 months	Wednesday 9:00 – 11:30 am	Ongoing	Drop In

<p><b>Stork Secrets at Our Place</b> This Peer support program is geared to Pregnant and Postpartum Mother's with an infant under age 2 and adjusting to changes and challenges of parenthood. Participants will have the chance to: discuss coping strategies to help get through the difficult days, meet other mothers who are experiencing the same feelings, develop friendships, learn about other community programs and strengthen connections with their infant.</p>	Adults & Children together	Mondays 9:30 - 11:00 am	July 16, 23 and 30; August 13 and 20	For more info call OUR PLACE 519-571-1626 ext 25
<p><b>Stork Secrets at EarlyON YMCA (Roger Street)</b> This Peer support program is geared to Pregnant and Postpartum Mother's with an infant under age 2 and adjusting to changes and challenges of parenthood. Participants will have the chance to: discuss coping strategies to help get through the difficult days, meet other mothers who are experiencing the same feelings, develop friendships, learn about other community programs and strengthen connections with their infant.</p>	Adults & Children together	Thursdays OFFSITE at EarlyON YMCA Roger Street 9:30 - 11:00 am	July 19, Aug. 2 and Aug. 16	For more info call OUR PLACE 519-571-1626 ext 25
<p><b>Field Trips</b> Join us in exploring the K-W community together. Program staff will meet you at a different location each week. Bring your strollers, bikes and wagons etc. and see what our lovely city has to offer. Program will run on TIME but feel free to come earlier or stay later to continue exploring, or maybe enjoy the summer weather and have a picnic lunch together with other families and friends.</p>	Birth to 6 years *siblings 7 and over are welcome	Tuesday 9:30 – 11:30 am *offsite locations* Rain or Shine	Ongoing July 3 – August 21	Drop In

## FIELD TRIP DATES AND LOCATIONS

### Tuesdays 9:30 – 11:30 am RAIN OR SHINE

JULY 3	<p><b>WALTER BEAN TRAIL WALK AT RIM PARK</b> <i>Located at the RIM park access point at 2001 University Ave E, Waterloo</i> Bring your running shoes, strollers, and wagons and join us for a walk along the Walter Bean Trail. Meeting location will be at the playground structure at RIM park. We will be leaving the park to begin our walk at 9:45 am.</p>
JULY 10	<p><b>WILMOT RECREATION COMPLEX PLAYGROUND AND SPLASHPAD</b> <i>Located at 1291 Nafziger Rd, Baden</i> Join us for some fun in the water. There is also a playground structure available for drier play.</p>
JULY 17	<p><b>HURON NATURAL AREA</b> <i>Located at 801 Trillium Drive, Waterloo</i> Join us for a trail walk followed by some play in the natural playscape. We will leave for the trail walk at 9:45 am from the covered pavilion near the parking lot.</p>
JULY 24	<p><b>CREEKSIDE CHURCH INDOOR PLAYGROUND WATERLOO LOCATION</b> <i>Located at 660 Conservation Drive, Waterloo</i> Join us in exploring the indoor playground during our private booking of the space. Please note socks <b>MUST</b> be worn in order to participate.</p>
JULY 31	<p><b>BREITHAAPT PARK SPLASH PAD</b> <i>Located at 806 Union St, Kitchener</i> Join us for some fun in the water. There is also a playground structure available for drier play.</p>
AUGUST 7	<p><b>WATERLOO SAND AND WATER PARK</b> <i>Located in Waterloo Park across from the Waterloo Rec Centre at 100 Father David Bauer Drive, Waterloo</i> Bring your shovels and pails and help us make sand castles in the natural playscape.</p>
AUGUST 14	<p><b>EMERGENCY SERVICES DAY</b> <i>Located at Our Place</i> Come out and see a Fire Truck, Police Car, and an Ambulance up close. Bring your camera along to take pictures of the kids on and in the vehicles. <b>Please be aware that all service vehicles will be on duty and may be called away at any time to deal with an emergency.</b></p>
AUGUST 21	<p><b>CREEKSIDE CHURCH INDOOR PLAYGROUND KITCHENER LOCATION</b> <i>Located at 1356 Weber St East, Kitchener</i> Join us in exploring the indoor playground during our private booking of the space. Please note socks <b>MUST</b> be worn in order to participate. <b>*Please note this location has a maximum capacity of 50 children. Entrance is on a first come first serve basis*</b></p>

# REGISTERED PROGRAMS

PROGRAM	AGE	TIME	DATES	Register/ Drop In
<p><b><u>Baby Connections</u></b> The Baby Connections program was developed as a resource to help parents/caregivers introduce early literacy skill development to their infants who are 6-12 months. Join us to gain confidence in playing with and promoting literacy and learning with your baby and receive a free Baby Connections Resource Kit.</p> <p>ADDRESS OF VICTORIA HILLS COMMUNITY CENTRE: 10 CHOPIN DRIVE, KITCHENER</p>	<p>Parents &amp; Infants</p> <p>6 - 12 months</p>	<p>Wednesday @ Victoria Hills Community Centre 9:30 – 10:30 am</p>	<p>Aug. 1 – Aug. 22</p>	<p>Register with City of Kitchener ACTIVENet #23575</p>
<p><b><u>Community Of Learning</u></b> The community of learning is designed to further recognize the importance and impact of parental understanding of their role as their child's first influencer and of how their children learn best. Together we will deepen our understanding of pedagogy and family involvement in their children's early learning and development through intentional activities, observations and reflective conversations.*** Children and parents will be in separate rooms for part of the morning and then come together to engage in play.***This program requires pre-registration.</p>	<p>Adults &amp; Children together</p>	<p>Monday 9:30 – 11:00 am</p>	<p>July 16 – Aug. 20 *6 weeks</p>	<p>Register</p>
<p><b><u>Fit for Life</u></b> A physical literacy program which builds on the fundamental skills of gross motor development, interactive snack preparation, hands on activities, and offers parent resources; all working together to build lifelong healthy lifestyle choices. <i>*younger &amp; older siblings are welcome to join in*</i></p>	<p>Adults &amp; Children together</p> <p>Children 2-6 years</p> <p><i>*siblings welcome</i></p>	<p>Wednesday 5:00 – 6:30 PM</p>	<p>Ongoing July 11 – August 22</p>	<p>Register Weekly with Our Place</p>
<p><b><u>Infant Massage</u></b> Parents with babies under 12 months will learn how to massage their babies in a comfortable and relaxing environment. Our facilitators are trained by the International Association of Infant Massage and will teach techniques that will help to relax the baby and relieve common physical discomforts. 4 week class.</p> <p>ADDRESS OF VICTORIA HILLS COMMUNITY CENTRE: 10 CHOPIN DRIVE, KITCHENER</p>	<p>Parents &amp; Infants</p> <p>Birth to 12 months</p>	<p>Thursday @ Our Place 1:00 – 2:00 pm</p> <p>Wednesday @ Victoria Hills Community Centre 9:30 – 10:30 am</p>	<p>Session #1 July 5 – July 26</p> <p>Session#2 Aug 2 – Aug 23</p> <p>July 4 – July 25</p>	<p>Register with Our Place</p> <p>Register with City of Kitchener ACTIVENet #23574</p>
<p><b><u>Sleep and Your New Baby</u></b> Region of Waterloo Public Health and the Waterloo Region Ontario Early Years Centres are inviting you and your baby to a free session to help you get to know more about your baby's sleep patterns and how to respond. This program is for parents of newborns from birth to 12 weeks of age. Check out the link for dates, times and registration details. <a href="http://www.earlyyearsinfo.ca/sleep-and-your-new-baby-registration.html">http://www.earlyyearsinfo.ca/sleep-and-your-new-baby-registration.html</a> <i>*You may bring a family member or friend for support*</i></p>	<p>Birth to 12 weeks</p>	<p>Wednesdays *Twice Monthly 5:30 – 7:00 pm</p>	<p>July 11, July 25, August 8 OR August 22</p>	<p>Register Online *after your baby is born</p>
<p><b><u>The Family Kitchen @ Our Place</u></b> Join Early Years staff in the kitchen to learn strategies about how to make cooking fun for the whole family! Our focus is how to increase our daily intake of fruits and vegetables. For adults and children 2-6 years old. <i>*younger and older siblings are welcome to attend*</i></p>	<p>Adults &amp; Children together</p> <p>Children 2-6 years</p> <p><i>*siblings welcome</i></p>	<p>Thursday 1:00 – 2:30 pm</p>	<p>Ongoing July 5 – August 23</p>	<p>Register Weekly with Our Place</p>



# PROGRAMS OFFERED WITH PARTNERING AGENCIES

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN
<p><b><u>Growing Healthy Together</u></b> This program is for pregnant women needing support. The group will learn about having a healthy pregnancy, including healthy eating, get tips on cooking and meal preparation, meet other women, share questions and concerns about their pregnancy and prepare for birth and their new baby. Also available--healthy snacks, food gift cards, free Early Learning programs (for children up to age 6), bus tickets, support from health care professionals, breastfeeding support and get information about other community services.</p> <p><i>**The Growing Healthy Together Program is part of a national project called the Canada Prenatal Nutrition Program and is funded by Public Health Agency of Canada, Carizon Family and Community Services and the Region of Waterloo Public Health Department.**</i></p>	Adult	Tuesday 1:00 - 2:30 pm	Ongoing July 3 – July 24  <i>*Program is hosted at Our Place</i>	Register with Public Health at <b>519-743-6333 ext 383</b>  OR Drop in Is Always welcome
<p><b><u>Me Breastfeed? Workshop</u></b> A free prenatal workshop to learn more about breastfeeding. Open to all pregnant women. Offered at Our Place by Breastfeeding Buddies Program Volunteers from Kitchener Downtown Community Health Centre</p>	Adult	Wednesday 6:15 – 8:30 pm	July 11	Register by phone at 519-571-1626
<p><b><u>Breastfeeding Workshop</u></b> Are you breastfeeding and returning to work/school soon? Are you wondering how breastfeeding and your job will work for you and your baby? Are you considering weaning, pumping or hand expressing? Come and learn some tricks about how to make the transition back to work/school while breastfeeding easier! In this session you will learn about your rights at work, breastmilk storage, and how to prepare for this new chapter in parenthood! *children are welcome in group*</p>	Adults & Children	Wednesday 10:00 am – 12:00 pm	July 18	Drop In
<p><b><u>Starting School in Canada</u></b> Starting School in Canada is for Newcomer parents and their children (ages 3-6). Children and parents will explore, play and learn with other families and educators in an environment based on the kindergarten curriculum. Parents will learn about school expectations, positive parenting, literacy, health and nutrition. Children (3–6 years) will have the opportunity to participate in play-based learning experiences to support their transition to the Canadian school system.</p>	Adults & Children  Children 3-6 years	Tuesday and Wednesdays 1:00 – 2:30 pm	July 10 – August 8	Register with Tad @ 519-501-3981 or YMCA 519-742-8220

## SERVICES

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN
<p><b><u>Breastfeeding Buddies</u></b> 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>	**Please ask the Front Reception Staff how to access this service			
<p><b><u>Family Outreach Program</u></b> Do you have children and need help finding resources for your family? A Family Outreach Worker can assist you to find ways to connect with services you and your family may need. The Family Outreach Program is operated by House of Friendship.</p>	Adult	Mondays, Tuesdays & Wednesdays 9:00am to 3:00 pm	Ongoing	To book an appointment call Mehdiya 519-498-7492
<p><b><u>Family Resource Library</u></b> This welcoming environment offers space for parents and children to explore and play. A variety of books and other materials are available for use while visiting the library. Connect with Early Years Staff to assist in finding information on child development, parenting, family life and community resources.</p>	Adult and Birth to 6 years	<u>Monday to Thursday</u> 9:00 am - 3:00 pm  <u>Wednesday</u> 9:00 - 7:00 pm	Ongoing	Drop In
<p><b><u>Waterloo Region Family Network Resource Coach</u></b> Waterloo Region Family Network (WRFN) focuses on supporting all families impacted by special needs; with or without a diagnosis and regardless of age. Erin is available to connect with families to provide support for their unique needs and help with navigating community resources in order to make informed decisions. Drop in service, no appointment required.</p>	Birth to Adults	9:30 – 10:30 am	Monday July 16	Drop In
		1:30 – 2:30 pm	Wednesday .August 15	

# General Information

## Refund and Cancellation Policy:

Our programs are free, however in some cases there may be a fee for materials. Refunds requested before the program starts will be subject to a \$5 administration fee. Refunds cannot be processed once programs have started.

## Centre Housekeeping



Before taking any photos or videos in the centre please check with the staff. We ask that you please consider the privacy of others.



If you or your child(ren) are ill, we ask you do not attend programs. If you are registered in a program, we ask you call the centre and let us know you will not be attending that day. We have a Health Policy for Families and Children for your reference available at the front reception.



Programming can be held out in the Outdoor Learning Area at any point during the Early Learning Programs. We ask that you dress your child for the weather conditions outside.



Please remember to bring dry shoes for you and your child For safety reasons, we cannot allow wet boots or shoes into the gym, classrooms or workshop rooms.



Parents and caregivers are required to remain at the Centre at all times during our programs.



We strive to be Nut-Free And Sesame-Free: Many people attending our programs have severe allergies. Help keep them safe by not bringing **sesame, peanuts or any nut/sesame products** into our Centre.



We strive to be Scent-Free: Please avoid using any scented products when you visit our centre.



Stroller Parking is available by the gym. We ask that you **PARK** your stroller there while you are visiting our centre.

**Tours are available. Call the front desk for more information @ 519-571-1626.**

**In our efforts to ensure the safety of everyone in our centre:** We ask that if you have a ride that is coming to the centre to pick you up – please let the front desk reception know. If we know that you are expecting someone to check in and ask for you, we will ask them to sign in and they can come to find you. If we do not know of any pick up arrangements, we will ask the person to wait in the front hall while we come and find you. We ask that everyone signs in as they arrive in the centre as this helps keep Our Place a safer place for everyone.