



Revised January 21, 2010



February 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 February programs will begin on **Monday January 25th** starting at 1:30 p.m. *****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***, **Fit Kids**, **Infant Massage**, **Lullabies to Literacy**, **Make the Connection for Dad's*** and **Vision Screening**.

***Starting January 25th**, registration for programs requiring payment will be taken each day starting at 10:30am **IN PERSON ONLY**. These programs include:


Coffee Club, Creative Cooking and Make the Connection for Dad's

Pre-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.**

***Early Years Programs are free to participate however some programs require a small fee for materials. ***

A Citizenship Court ceremony will be held in the gym at Our Place on Friday February 26th. Please note the gym will not be available for Drop In Playtime that day.

 **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!

Programs at Our Place are for Children from birth to 6 years and their parents or caregivers.

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


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

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
Please note: Monday infant and Wednesday/Thursday Drop In spaces are limited					
<p>1 Morning HBHC-Meet the Nurse Drop In Playtime School Readiness Programs Parents together Healthy Living Series Stork Secrets Preparing for Parenthood Music and Movement</p> <p>Afternoon 'Learning is Child's Play' at King Edward Fit Kids</p> <p>Evening Drop In Playtime Sleepyhead Storytime</p>	<p>2 Morning Drop In Playtime School Readiness Programs Parents Together Speaker—'Put Pork on Your Fork'—Ontario Pork Music and Movement</p> <p>Afternoon Drop In Playtime Growing Healthy Together Baby Blanket Time 'Learning is Child's Play' at AR Kaufman Family Math at Sandhills Public School</p>	<p>3 Morning Drop In Playtime School Readiness Programs Parents together Parenting in a New Society The Coffee Club Speech/Language Support Music and Movement</p> <p>Afternoon Drop In Playtime</p> <p>Evening It Takes Two to Talk Make the Connection 1-2 Drop In Playtime Baby Blanket Time Music and Movement</p>	<p>4 Morning Drop In Playtime— ORANGE ROOM 'Learning is Child's Play' at Howard Robertson Home Childcare Providers-- GYM Copeing with Toddler Behaviour</p> <p>Afternoon Drop In Playtime School Readiness Programs Parents together Mother Connection Creative Cooking VISION SCREENING</p>	<p>5 Morning Drop In Playtime Artastic Baby Blanket Time Infant Massage One is Fun Toddler Time Music and Movement</p> <p>Afternoon Drop In Playtime Infant Massage Outdoor Science</p>	<p>6 Morning Morning Drop In Playtime— ORANGE ROOM Dad's and Kids Drop In- GYM Make the Connection for Dad's Music and Movement</p>
<p>8 Morning HBHC -Meet the Nurse Drop In Playtime School Readiness Programs Parents together Healthy Living Series Stork Secrets Preparing for Parenthood Music and Movement</p> <p>Afternoon 'Learning is Child's Play' at King Edward Fit Kids</p> <p>Evening Drop In Playtime Sleepyhead Storytime</p>	<p>9 Morning Zero2Six Support Drop In Playtime School Readiness Programs Parents Together Speaker-'A United Parenting Approach'—Zero2Six Women Moving Forward Music and Movement</p> <p>Afternoon Drop In Playtime Growing Healthy Together Baby Blanket Time 'Learning is Child's Play' at AR Kaufman Family Math at Sandhills Public School</p>	<p>10 Morning Drop In Playtime School Readiness Programs Parents together Parenting in a New Society The Coffee Club Infant Development Playgroup Music and Movement</p> <p>Afternoon Drop In Playtime</p> <p>Evening It Takes Two to Talk Make the Connection 1-2 Drop In Playtime Baby Blanket Time Family Math Music and Movement</p>	<p>11 Morning Drop In Playtime— ORANGE ROOM 'Learning is Child's Play' at Howard Robertson Home Childcare Providers-- GYM Copeing with Toddler Behaviour</p> <p>Afternoon Drop In Playtime School Readiness Programs Parents together Mother Connection Creative Cooking</p>	<p>12 Morning Drop In Playtime Artastic Baby Blanket Time Infant Massage One is Fun Toddler Time Family Storytime Music and Movement</p> <p>Afternoon Drop In Playtime Infant Massage Outdoor Science</p>	<p>13 CENTRE CLOSED "Crop for Kids" is a fundraiser for Our Place. This scrapbooking event will be held from 9:00am to 5:00pm at the centre. The cost is \$20 for the entire day and registration can be taken after 10:30am daily at the front desk.</p>
<p>15 CENTRE CLOSED</p>	<p>16 Morning Drop In Playtime School Readiness Programs Parents Together Speaker-Parent Council Meeting Women Moving Forward Music and Movement</p> <p>Afternoon Drop In Playtime Growing Healthy Together Baby Blanket Time 'Learning is Child's Play' at AR Kaufman Family Math at Alpine Public School</p>	<p>17 Morning Drop In Playtime School Readiness Programs Parents together Parenting in a New Society Speech/Language Support The Coffee Club Music and Movement</p> <p>Afternoon Drop In Playtime</p> <p>Evening It Takes Two to Talk Make the Connection 1-2 Drop In Playtime Baby Blanket Time Family Math Music and Movement</p>	<p>18 Morning Drop In Playtime— ORANGE ROOM 'Learning is Child's Play' at Howard Robertson Home Childcare Providers-- GYM</p> <p>Afternoon Drop In Playtime School Readiness Programs Parents together Mother Connection Creative Cooking</p>	<p>19 Morning Drop In Playtime Artastic Baby Blanket Time Infant Massage One is Fun Toddler Time Music and Movement</p> <p>Afternoon Drop In Playtime Outdoor Science</p>	<p>20 Morning Drop In Playtime— ORANGE ROOM Dad's and Kids Drop In- GYM Make the Connection for Dad's Music and Movement</p>
<p>22 Morning HBHC -Meet the Nurse Drop In Playtime School Readiness Programs Parents together Healthy Living Series Stork Secrets Music and Movement</p> <p>Afternoon 'Learning is Child's Play' at King Edward Fit Kids Lullabies to Literacy</p> <p>Evening Drop In Playtime Sleepyhead Storytime</p>	<p>23 Morning Zero2six Support Drop In Playtime School Readiness Programs Parents Together Speaker-'Post Partum Depression'—Paula Quarrie Women Moving Forward Music and Movement</p> <p>Afternoon Drop In Playtime Growing Healthy Together Baby Blanket Time 'Learning is Child's Play' at AR Kaufman Family Math at Alpine Public School</p>	<p>24 Morning Drop In Playtime School Readiness Programs Parents together Parenting in a New Society Creative Cooking Infant Development Playgroup Music and Movement</p> <p>Afternoon Drop In Playtime</p> <p>Evening It Takes Two to Talk Make the Connection 1-2 Drop In Playtime Baby Blanket Time Music and Movement</p>	<p>25 Morning Drop In Playtime— ORANGE ROOM 'Learning is Child's Play' at Howard Robertson Home Childcare Providers-- GYM Copeing with Toddler Behaviour</p> <p>Afternoon Drop In Playtime School Readiness Programs Parents together Mother Connection Coffee Club</p>	<p>26 Morning Drop In Playtime—gym not available today Artastic Baby Blanket Time Infant Massage One is Fun Toddler Time Family Storytime Music and Movement</p> <p>Afternoon Centre closed for staff training</p>	<p>27 Morning Drop In Playtime— ORANGE ROOM Dad's and Kids Drop In- GYM Make the Connection for Dad's Music and Movement</p>

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>Coffee Club</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>	--	Thursday 1:15-3:00 p.m.	Feb 25 to April 2	\$12 <i>for</i> <i>materials</i>
<p>COPEing with Toddler Behaviour</p> <p>COPEing with Toddler Behaviour is an <u>8-week</u> course for parents of 12 to 36 month olds to learn new ideas and strategies for toddlers using an active learning model, to prevent disruptive behaviour. Parents learn how to foster a positive parent-child relationship, have appropriate developmental expectations, tailor their parenting to their child's temperament, and use strategies to prevent and respond to challenging behaviours. **No program February 18th**</p> <p style="text-align: center;"><u>**School Readiness programs available**</u></p>	12-36 months	Thursday 9:30-11:30 a.m.	Jan 7 to March 4	NO COST
<p>Creative Cooking</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>	--	Wednesday 9:30-11:15 a.m.	Feb 24 to March 31	\$15 <i>for</i> <i>materials</i>
<p>Family Math</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>** School Readiness program available for siblings **</u></p>	3-6 years	Wednesday 6:30-8:00 p.m.	Jan 13 to Feb 17	NO COST

REGISTERED PROGRAMS

PROGRAM	AGE	TIME	DATE S	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. (5 week program) <i>*younger siblings from birth to two are welcome to attend*</i></p>	2-6 years old	Monday 1:00-2:30 p.m.	Feb 22 to Mar 22	NO 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) <i>**no program March 5th**</i></p>	Birth to 12 months	Friday 10:45-11:45 a.m.	Feb 19 to March 12	NO COST
<p><u>Lullabies to Literacy</u></p> <p>This Family Literacy program builds on the understanding that learning begins at birth and that parents are their child's first teachers. This program will set the stage of literacy development that promotes using materials and activities of daily life as learning opportunities. Areas highlighted; talking and listening, songs and rhymes, storytelling and building self-esteem. <i>*Limited School Readiness programs for siblings.*</i></p>	birth to 36 months	Monday 1:00-2:30 p.m.	Feb 22 to Mar 29	NO COST
<p><u>Make the Connection 1-2</u></p> <p>A fun and interactive program for parents with toddlers to develop strong attachment skills. Learn new strategies to help your toddler feel secure, accept your toddler's feelings and set limits with love. Parents and toddlers come together during a portion of the group for videotaping, songs and stories. <i>*Limited School Readiness programs for children.*</i></p>	Birth to 24 months	Wednesday 6:00-8:00 p.m.	Jan 13 to Mar 3	\$12 <i>for materials</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 snow, rain or shine—so please come prepared! <i>**Geared to ages 2-6 years of age however siblings birth to two are welcome.</i></p>	2-6 years	Friday 1:30-2:30 p.m.	Jan 15 to Feb 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) <i>*School Readiness Programs available for children during this group.*</i></p>	--	Wednesday 9:30-11:15 a.m.	Jan 13 to Mar 3	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. **RSVP to: parentcouncil@ourplacekw.ca **limited childcare available**</p>	--	Tuesday 9:30-11:00 a.m.	Feb 16	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	Tuesday 1:00-2:00 p.m. Wednesday 6:30-7:30 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>**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> <p style="text-align: center;">***PROGRAM CANCELLED ALL DAY FRIDAY FEBRUARY 26TH***</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 10:00-10:30 a.m.	February 12 & 26	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;">*this program will not run Thursday's*</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>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 6:30-8:00 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 February 13th**</u></p>	--	Saturday 9:30-11:30 a.m.	ongoing	Drop In	NO COST
<p><u>Make the Connection—FOR DADS</u></p> <p>A fun and interactive program for DAD'S with babies, from birth to twelve months, to develop strong attachment skills and help the baby to feel safe, good about him/herself, discover his world and knowing when to take a moment to stay connected. Dad's and babies come together during a portion of the group for videotaping, songs and stories. (No program February 13 or April 3) 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</p> <p style="text-align: center;"><u>*Infant and limited sibling program available during this group.*</u></p>	Birth to 12 months	Saturday 9:45-11:45 a.m.	Feb 6 to Apr 10	Register	\$12 material cost

SPECIAL INTEREST PROGRAMS

Special Interest Programs are referral programs with community agencies

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN	COST
<p><u>Growing Healthy Together</u> 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.	Jan 5 To March 30	<i>Register with Public Health at 883-2267</i>	NO COST
<p><u>Infant Development Playgroup</u> 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	Feb 10 and 24	**This is a closed group **Registration will not be taken.	NO COST
<p><u>It Takes Two to Talk</u> 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.	January 13 to March 3	**This program is only offered to families working with KidsAbility.**	NO COST
<p><u>Preparing for Parenthood</u> 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. <i>**limited sibling care available**</i></p>	--	Monday 10:00-11:30 a.m.	Jan 4 to Feb 8	Register with Wanda Kampijan 571-1626 ext 25	NO COST
<p><u>Stork's Secrets</u> Mothers of babies under two years 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. Children's 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.	Feb 22 to Mar 29	Register with Jennifer Jordan 571-1626 Ext. 26	NO COST
<p><u>The Mother Connection</u> 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's Syndrome Offered by The Downs Syndrome Society.</p>		Thursday 1:15-3:00 p.m.	Jan 7 to Mar 25	Register with Cherie Blair at 747-9490	NO COST
<p><u>Women Moving Forward</u> This 9 week program is for women who have experienced abuse in intimate relationships to help them better understand the effects of woman abuse and its impact on children. Women will have an opportunity to meet with other women, process their own experiences of abuse and explore how they can move forward. Children's programs and assistance with transportation will be offered. **Offered by Family and Children Services. <i>***program cancelled March 16***</i></p>	--	Tuesday 9:30-11:15 a.m.	Feb 9 To Apr 20	<u>Registration is limited.</u> Register with Jennifer Hamilton at 576-1329 ext. 3393	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 Service not available February 15th</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.	February 3 & 17	Register	NO COST
<p><u>Vision Screening</u></p> <p>The University of Waterloo, School of Optometry will be performing vision screenings for children 6 months to 6 years of age. The vision screening examination will include an assessment on your child's visual acuity, eye coordination and depth perception. Questions you may have regarding you or your child's vision can be answered.</p>	6 month s to 6 years old	Thursday 1:20 to 3:45 p.m.	Feb 4	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 3 years	Tuesday 9:00 a.m. to 12:00 p.m.	February 9 and 23	Register	NO COST