



Our Place  
Family Resource and  
Early Years Centre

# July/August 2010



Revised July 12, 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](http://www.ourplacekw.ca) and [www.earlyyearsinfo.ca](http://www.earlyyearsinfo.ca)

# Registration

**REGISTRATION** for the July/August programs will begin on **Wednesday June 23<sup>rd</sup> from 6:30-8:00 p.m. in person.**

Register for: **Family Math, Fun in the Outdoors, Infant Massage, Kindergarten Readiness, Parenting in a New Society and Savouring Summer**

Registration will continue Thursday June 24<sup>th</sup> after 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\*\*\***

**\*\*After June 23<sup>rd</sup>, registration for programs requiring payment can be taken each day at 10:30am IN PERSON ONLY.**

These programs include: **Savouring Summer**

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Please remember to arrive on time. ***Please call if you cannot attend or are going to be late for a registered program.***

**\*\*\*Please note; most programs end by 2:45 p.m. daily. Check program descriptions for current times and dates\*\*\***

Programs may be held in the Outdoor Learning Area at any time during the day. Please apply sunscreen with a minimum of SPF 15 before arriving at the centre and we encourage children to wear covering on their heads to minimize exposure to direct sunlight. For the safety of all of our families, these guidelines should be followed when participating in any outdoor programs.

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 3:00 p.m.

Friday AND Saturday  
CLOSED

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
<b>MONTH OF JULY</b>			<b>July 1</b>	2	3
			Centre Closed	Centre Closed	Centre Closed
<b>5 Morning</b> HBHC –Meet the Nurse Drop In Playtime Music and Movement  <u>Afternoon</u> Drop In Playtime Infant Massage  <u>Evening</u> Drop In Playtime Baby Blanket Time Sleepyhead Storytime	<b>6 Morning</b> Drop In Playtime Infant Massage Music and Movement  <u>Afternoon</u> Drop In Playtime Growing Healthy Together	<b>7 Morning</b> Drop In Playtime Parenting in a New Society Skills of Success Music and Movement  <u>Afternoon</u> Drop In Playtime Artastic  <u>Evening</u> Drop In Playtime Infant Massage Fun in the Outdoors	<b>8 Morning</b> Drop In Playtime Savouring Summer Family Play in the Park— Victoria Park Music and Movement  <u>Afternoon</u> Drop In Playtime Kindergarten Readiness Baby Blanket Time	9  Centre Closed	10  Centre Closed
<b>12 Morning</b> HBHC –Meet the Nurse Drop In Playtime Together for a Better Start YMCA Settlement Worker Music and Movement  <u>Afternoon</u> Drop In Playtime Infant Massage  <u>Evening</u> Drop In Playtime Baby Blanket Time Sleepyhead Storytime	<b>13 Morning</b> Drop In Playtime Together for a Better Start YMCA Settlement Worker Infant Massage Music and Movement  <u>Afternoon</u> YMCA Settlement Worker Drop In Playtime Growing Healthy Together	<b>14 Morning</b> Drop In Playtime Together for a Better Start YMCA Settlement Worker Parenting in a New Society Skills of Success Music and Movement  <u>Afternoon</u> Drop In Playtime Artastic  <u>Evening</u> Drop In Playtime Infant Massage Fun in the Outdoors	<b>15 Morning</b> Drop In Playtime Savouring Summer Family Play in the Park— Victoria Park Music and Movement  <u>Afternoon</u> Drop In Playtime Kindergarten Readiness Baby Blanket Time	16  Centre Closed	17  Centre Closed
<b>19 Morning</b> HBHC –Meet the Nurse Drop In Playtime Together for a Better Start YMCA Settlement Worker Music and Movement  <u>Afternoon</u> Drop In Playtime Infant Massage  <u>Evening</u> Drop In Playtime Baby Blanket Time Sleepyhead Storytime	<b>20 Morning</b> Drop In Playtime Together for a Better Start YMCA Settlement Worker Infant Massage Music and Movement  <u>Afternoon</u> YMCA Settlement Worker Drop In Playtime Growing Healthy Together	<b>21 Morning</b> Drop In Playtime Together for a Better Start YMCA Settlement Worker Parenting in a New Society Skills of Success Music and Movement  <u>Afternoon</u> Drop In Playtime Artastic  <u>Evening</u> Drop In Playtime Infant Massage Fun in the Outdoors	<b>22 Morning</b> Drop In Playtime Savouring Summer Family Play in the Park— Victoria Park Music and Movement  <u>Afternoon</u> Drop In Playtime Kindergarten Readiness Baby Blanket Time	23  Centre Closed	24  Centre Closed
<b>26 Morning</b> HBHC –Meet the Nurse Drop In Playtime Together for a Better Start YMCA Settlement Worker Music and Movement  <u>Afternoon</u> Drop In Playtime Infant Massage  <u>Evening</u> Drop In Playtime Baby Blanket Time Sleepyhead Storytime	<b>27 Morning</b> Drop In Playtime Together for a Better Start YMCA Settlement Worker Infant Massage Music and Movement  <u>Afternoon</u> YMCA Settlement Worker Drop In Playtime Growing Healthy Together	<b>28 Morning</b> Drop In Playtime Speech/Language Support Together for a Better Start YMCA Settlement Worker Parenting in a New Society Skills of Success Music and Movement  <u>Afternoon</u> Drop In Playtime Artastic  <u>Evening</u> Drop In Playtime Infant Massage Fun in the Outdoors	<b>29 Morning</b> Drop In Playtime Savouring Summer Family Play in the Park— Victoria Park Music and Movement  <u>Afternoon</u> Drop In Playtime Kindergarten Readiness Baby Blanket Time	30  Centre Closed	31  Centre Closed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August 2</b>  Centre Closed  <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 10px auto;"> <b>MONTH OF AUGUST</b> </div>	<b>3 Morning</b> Drop In Playtime Together for a Better Start YMCA Settlement Worker Infant Massage Music and Movement  <u><b>Afternoon</b></u> YMCA Settlement Worker Drop In Playtime Growing Healthy Together	<b>4 Morning</b> Drop In Playtime Speech/Language Support Together for a Better Start YMCA Settlement Worker Skills of Success Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime Artastic  <u><b>Evening</b></u> Drop In Playtime Infant Massage Fun in the Outdoors	<b>5 Morning</b> Drop In Playtime Savouring Summer Family Play in the Park— Victoria Park Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime Kindergarten Readiness Baby Blanket Time	<b>6</b> Centre Closed	<b>7</b> Centre Closed
<b>9 Morning</b> HBHC –Meet the Nurse Drop In Playtime Family Math Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime Infant Massage  <u><b>Evening</b></u> Drop In Playtime Baby Blanket Time Sleepyhead Storytime	<b>10 Morning</b> Drop In Playtime Family Math Infant Massage Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime Growing Healthy Together	<b>11 Morning</b> Drop In Playtime Skills of Success Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime Artastic  <u><b>Evening</b></u> Drop In Playtime Infant Massage Fun in the Outdoors	<b>12 Morning</b> Drop In Playtime Savouring Summer Family Play in the Park— Victoria Park Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime Kindergarten Readiness Baby Blanket Time	<b>13</b> Centre Closed	<b>14</b> Centre Closed
<b>16 Morning</b> HBHC –Meet the Nurse Drop In Playtime Family Math Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime Infant Massage  <u><b>Evening</b></u> Drop In Playtime Baby Blanket Time Sleepyhead Storytime	<b>17 Morning</b> Drop In Playtime Family Math Infant Massage Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime	<b>18 Morning</b> Drop In Playtime (orange room only) Skills of Success Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime Artastic  <u><b>Evening</b></u> Drop In Playtime Infant Massage Fun in the Outdoors	<b>19 Morning</b> Drop In Playtime Savouring Summer Family Play in the Park— Victoria Park Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime Kindergarten Readiness Baby Blanket Time	<b>20</b> Centre Closed	<b>21</b> Centre Closed
<b>23 Morning</b> HBHC –Meet the Nurse Drop In Playtime Family Math Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime Infant Massage  <u><b>Evening</b></u> Drop In Playtime Baby Blanket Time Sleepyhead Storytime	<b>24 Morning</b> Drop In Playtime Family Math Infant Massage Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime	<b>25 Morning</b> Drop In Playtime Music and Movement  <u><b>Afternoon</b></u> Toddler Time Drop In Playtime Artastic  <u><b>Evening</b></u> Drop In Playtime Infant Massage Fun in the Outdoors	<b>26 Morning</b> Drop In Playtime Savouring Summer Family Play in the Park— Victoria Park Music and Movement  <u><b>Afternoon</b></u> Drop In Playtime Kindergarten Readiness Baby Blanket Time	<b>27</b> Centre Closed	<b>28</b> Centre Closed
<b>30</b>	<b>31</b>	<b>September 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p><b>The centre will be closed from Monday August 30 to Tuesday September 7<sup>th</sup>. Regular fall programming will begin Wednesday September 8<sup>th</sup> at 9:00 a.m.</b></p> </div>					

# REGISTERED PROGRAMS

PROGRAM	AGE	TIME	DATES	COST
<p><b><u>Family Math</u></b></p> <p>In this program, parents and children ages <b>3-6 years</b> can learn about bringing math into everyday activities and to prepare children for learning math in school. Math is learned through fun songs, games and activities. <b><u>Please register if you are available to attend all 6 days.</u></b>  <b>**Limited sibling care available for children under 3 years.**</b></p>	3-6 years	Monday and Tuesday  9:30-11:00 a.m.	August 9 to 24	NO COST
<p><b><u>Fun in the Outdoors</u></b></p> <p>Come out and have 'Fun in the Outdoors'! Parents and children <b>birth to 6 years</b> will learn through interactive activities how to have fun while being safe outdoors. 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!  <b>**Geared to ages birth-6 years of age however siblings ages 7-12 are welcome.</b></p> <p><b>**Two sessions offered, families may only sign up for one session at a time. If there is space available prior to the start of the first session, families may sign up for more than one session.**</b></p>	Birth to six years	Wednesday  6:30-7:30 p.m.	#1- July 5-26  #2-Aug 9-23	NO COST
<p><b><u>Infant Massage</u></b></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><b>**This program is offered Monday afternoon's, Tuesday morning's and Wednesday evenings. You may only sign up for one session at a time. If there is space available prior to the start of the first session, parents may sign up for more than one session.</b></p> <p style="text-align: center;"><b>**limited sibling care Monday afternoons**</b></p>	Birth to 12 months	Monday 1:00-2:00 pm  <b>OR</b>  Tuesday 10:00-11:00 a.m.  <b>OR</b>  Wednesday 6:30-7:30 pm	#1-July 5-26 #2- August 9-23  #1- July 6-27 #2- August 3-24  #1-July 7-28 #2- August 4-25	NO COST
<p><b><u>Kindergarten Readiness</u></b></p> <p>This program offers guidance, information and resources to parents on how to prepare their child for kindergarten. During this workshop the children will participate in activities that promote a familiarity to the Kindergarten environment. This program is geared to families with children from 3-5 years.  <b>**Limited sibling care available for children under 3 years.**</b></p>	3-5 years	Thursday  1:00-2:30 p.m.	July 8 to August 26	NO COST
<p><b><u>Parenting in a New Society</u></b></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 <b>Focus for Ethnic Women</b>. (4 week program)  <i>*Preschool Program not available for children during this group. *</i></p>	--	Wednesday  9:30-11:30 a.m.	July 7 to 28	NO COST
<p><b><u>Savouring Summer—Across the Nations</u></b></p> <p>Come and join us for this four week program that will provide fun, friends and food! Each week will focus on a theme that incorporates different cultures, traditions and food from around the world. Presented by Helen AlaRashi, our New Canadian Peer Health Worker, Wendy Desombre, our Community Nutrition Worker and Angie King, our Peer Health Worker.  <b>** limited spots in children's program **</b></p>	--	Thursday  9:30-11:30 a.m.	July 8 to 29 <b>OR</b> August 5 to 26	\$12 for materials

# PARENT AND CHILD TOGETHER PROGRAMS

PROGRAM	AGE	TIME	DATES	COST
<p><b><u>Art-Tastic</u></b></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;"><b><i>Drop In anytime during this program</i></b></p> <p style="text-align: center;"><i>*younger siblings from birth to two are welcome to attend*</i></p>	2 – 6 years	Wednesday 1:00-2:30 p.m.	July 7 to August 25	NO COST
<p><b><u>Baby Blanket Time</u></b></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.  Thursday 1:00-2:00 p.m.	July 5- August 23  July 8- August 26	NO COST
<p><b><u>Drop-In Playtime</u></b></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. <u>Parents are required to stay with their children in the gymnasium at all times.</u></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;"><b>**no program Monday August 2<sup>nd</sup>**</b></p> <p style="text-align: center;"><b>***Wednesday August 18<sup>th</sup> in orange room only***</b></p>	Birth to six years	Monday to Thursday 9:00-11:30 am AND 12:30-2:45 pm  AND Monday/Wednesday 6:30-8:00 pm	July 5 To August 26	NO COST
<p><b><u>Music and Movement</u></b></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;"><b>**no program August 2<sup>nd</sup>**</b></p>	Birth to 6 years	Monday to Thursday 11:30-12:00	July 5 To August 26	NO COST
<p><b><u>Sleepyhead Storytime</u></b></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> <p style="text-align: center;"><b>**no program August 2<sup>nd</sup>**</b></p>	Birth to 6 years	Monday 7:15-8:00 p.m.	July 5 to August 23	NO COST



## SERVICES at OUR PLACE

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN	COST
<p><b><u>Breastfeeding Buddies</u></b></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><b><u>Please see reception for information on how to contact the Breastfeeding Buddies</u></b></p>	--	--	--	--	NO COST
<p><b><u>Community Outreach Worker</u></b></p> <p>DO YOU HAVE CHILDREN (<i>under 18</i>) AND NEED HELP FINDING RESOURCES FOR YOUR FAMILY? A <b>Community Outreach Worker</b> 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 Department.</i></p>		Tuesday and Wednesday  9:00 a.m. to 3:00 p.m.		Please call (519) 571- 1626 ext. 23 for more information	
<p><b><u>Family Resource and Toy Lending Library</u></b></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.</p> <p><b>**A \$15 fee for the year is required for a membership to the Toy Lending Library.</b></p> <p><b>***please note; the library closes each day from 12:00-12:30 p.m.***</b></p> <p style="text-align: center;"><b>**library closed August 2<sup>nd</sup> **</b></p>	--	Monday to Thursday 9:00 a.m. to 3:00 p.m.  Mon/Wed 6:30 to 8:00 p.m.	July 5 to August 26	Drop In	\$15 for toy lending member ship
<p><b><u>Healthy Babies Healthy Children: Meet with the Nurse:</u></b></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.</p> <p><b>** For individual appointments contact the Front Desk at Our Place in person or phone 571-1626. Drop In Support also available</b></p> <p><b>**service not available August 2<sup>nd</sup>**</b></p>	--	Monday  9:00 a.m. to 12:00 p.m.	July 5 to August 23	Drop In	NO COST
<p><b><u>KidsAbility Preschool Speech and Language</u></b></p> <p>A Speech Language Pathologist from KidsAbility will offer weekly Speech and Language Support for children, parents, caregivers and staff.</p> <p><b>**For an individual meeting please book your appointment at the Reception Desk at Our Place or phone 571-1626. Drop In Support also available.</b></p>	--	Wednesday  9:00 to 11:30 a.m.	July 28 and August 4	Register	NO COST
<p><b><u>YMCA Settlement Worker</u></b></p> <p>The main role of the Settlement Worker at Our Place, will be to meet with newly arrived immigrants and help them with information and access to existing settlement services in community, language training, career and employment, education and schools, housing, health care, the law, immigration and many other issues. Make an appointment or drop in.</p> <p style="text-align: center;"><b>**service not available August 2<sup>nd</sup>**</b></p>	--	Monday 9:00 a.m. to 12:30 p.m.  Tuesday 9:00 a.m. to 3:00 p.m.  Wednesday 9:00 a.m. to 1:00 p.m.	July 12 to August 4	Register at 519-501- 3981	NO COST