

Cambridge Family Early Years Centre
149 Ainslie Street North,
Cambridge, ON
N1R 3P4

Phone 519 740 8353

2010 Winter Parenting Programs

Baby Food Preparation: Preparing your own baby food can be cost effective and healthier with no preservatives or added sugars and salt. Learn how easy it is to make your own baby food for your little one.
Thursdays: Jan 14, Feb 11, or Mar 25 Time 9:30 to 11:15 *Limited childcare is available. Cost: \$2.00*

Baby Massage: Here is an opportunity to learn the benefits and techniques of baby massage. Please bring a baby blanket and two receiving blankets. We will be offering three separate classes, please sign up for one only.
Tuesday, Jan 12 Time 1:00 to 12:30
Tuesday, Mar 9 Time 1:00 to 2:30
or Thursday Feb 18 Time 6:00 to 7:30 *No childcare is available. Cost: \$5.00*

Cooking Tips 101: Spices Did you know that curry powder is based largely on four spices: cumin, coriander, fenugreek and turmeric with the option of many other ingredients being included? Join, Abiha, Nutrition Worker, and learn to identify & prepare various spices, and how to tastefully use them.
Tuesdays, Feb 9 & 16 Time: 9:30 to 11:30 *Limited Childcare. Cost \$5.00*

Future Save: Did you know that the Government of Canada will give up to \$9220 towards your child's post-secondary education? This mini-series will explain R.E.S.P.'s, C.E.S.G., and C.L.B.'s and how to apply for them. Budgeting help and saving tips will also be discussed. Participants must attend all sessions.
Fridays, Feb 26, Mar 5 & 12 Time: 9:30 to 11:30 *Limited childcare available. Cost: Free*

Healthy Food Pantry on a Budget Here is an opportunity to learn some new tips on how to feed your family healthy meals on a tight budget.
Mondays, Mar 22 & 29 Time: 9:30 to 11:30 *Limited childcare available Cost: Free*

Infant Mother Goose: A group for parents and infant (0 to walking), focusing on the pleasures and power of rhyme, songs and stories.
Wednesdays, Jan 20 to Mar 10 Time: 12:30 to 1:30 *Limited sibling care available. Cost: Free*
Infant MG @ Terrace is at 255 St Andrews St with senior citizens.
Mondays, Jan 11 to Mar 8 (excluding Feb 15) *Cost: Free No Sibling care*

Learning Begins Do you know what it takes to help your baby become "smarter for life?" This workshop provides parents of children ages 0-2 with info on how to foster their infant's brain development.
Tuesdays, Mar 23 & 30, Apr 6 Time: 1:00 to 3:00 *Limited childcare available Cost: Free*

Parenting Your Toddler Toddlers behaviour can sometimes be a challenge for parents. Learn to understand behaviors that are common for toddlers and strategies that will assist you and your child through this exciting developmental stage.
Fridays, Jan 15 to Feb 19 Time: 9:30 to 11:30 *Limited Childcare Available Cost: Free*

Play and Learn This program helps children (ages three to five) develop the necessary social skills required for successful school entry. To have your child be considered for this program please leave contact information with reception. This program is offered in conjunction with Family & Children's Services of Waterloo Region.
Mondays (children only) and Wednesdays, Jan 25 to Mar 31 (excluding Feb 15, Mar 15 & 17)
Sibling care available on Wednesday. Cost: Free

Restaurant Nutrition and Label Reading Whether you are dining out or cooking a full course dinner for your family this presentation will help you to make informed, healthier food choices. A Community Nutrition Worker will help you to understand Nutritional Facts Tables, Ingredient Lists, and tips on how to make the most of your dining out experience.
Mondays, Jan 11 & 18 Time: 9:30 to 11:30 *Limited childcare available Cost: Free*

Young Parents Connect: This is an informal support group for young parents. It provides an opportunity to meet other parents, share concerns and questions about parenting and how to make healthy food choices within your budget. A snack is provided and all participants receive a cookbook, food certificates and bus tickets.
Thursdays, Jan 21 to Apr 1 (Excluding Mar 18) Time: 1:00 to 3:00
Limited childcare available Cost: Free

For further information or to register please call us at 519 740 8353