



# Cambridge Family Early Years Centre

## Winter Schedule 2012

Jan 9 to March 31

149 Ainslie Street N  
Cambridge, ON  
N1R 3P4  
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	Program	Days	Time	Dates	Location
<b>REGISTERED</b>	<b>Baby Basics</b>	Tuesdays	1:00 to 2:00	See back	Main Site
	Baby Food Preparation	Mondays	9:30 to 11:15	Jan 23, Feb 13 & 27, Mar 26	Main Site
	<b>Baby Massage (infant &amp; parent)</b>	Thursdays	1:00 to 2:30	Jan 26 & Mar 8	Main Site
	Colour it Up	Wednesdays	9:30 to 11:30	Mar 21 to Apr 25	Main Site
	<b>Community Kitchen</b>	Wednesdays	9:30 to 11:15	See back	Main Site
	Future Save	Tuesdays	9:30 to 11:15	Jan 17 & 24	Main Site
	<b>Growing Healthy Together (host site)</b>	Wednesday	1:30 to 3:00	Mar 21	Main Site
	Guest Speaker Series	Tuesdays	9:30 to 11:30	See back	Main Site
	<b>Infant Mother Goose</b>	Wednesdays	1:00 to 2:00	Jan 11 to Feb 29	Main Site
	<b>Infant Mother Goose @ The Terrace</b>	Mondays	1:15- 2:45	Jan 9 to Mar 5 (excl. Feb 20)	St Andrews Long Term Care
	<b>Key to Kindergarten</b>	Tuesdays	1:00 to 3:00	Jan 17 to Mar 6	Main Site
	Monica Ainslie Angels (host site)	Tues and Thurs	6:00 to 7:00	ongoing	Main Site
	<b>Tumbles &amp; Tunes</b>	Tuesdays	1:00 to 2:00	Jan 10 to Mar 6	Main Site
	Two to Talk (host site)	Wednesdays	1:00 to 3:00	Jan 25 to Mar 7	Mainsite
	<b>"Up to You" Motivational Learning Group</b>	Fridays	9:30 to 11:30	Feb 10 to Apr 13 (excl. Mar 16 & Apr 6)	Main Site
	Winning at Parenting	Fridays	9:30 to 11:30	Jan 13 & 27	Main Site
<b>Young Parents Connect</b>	Thursdays	1:00 to 3:00	Jan 19 to Mar 8	Main Site	
<b>DROP IN</b>	Family Playtime (ages 0 to 6)	Mondays and Fridays	9:15 to 11:15	ongoing	St. Andrews Church
		Wednesdays	9:15 to 11:15	ongoing	St John's on the Hill
		Mondays	9:00 to 11:00	ongoing	St Peter School
		Thursdays	1:00 to 3:00	ongoing	St Gregory's Church
		Saturdays	9:30 to 11:30	Jan 14 to Mar 3 (excl. Feb 18)	Main Site
		Fridays	9:30 to 11:30	ongoing	Main Site
		Wednesdays	1:00 to 3:00	ongoing	Main site
	Tues and Thurs	6:00 to 7:30	ongoing	Main Site	
	<b>Good Beginnings Drop-in (ages 0 to 6)</b>	Mon, Tues, Wed, Thurs	9:30 to 11:30	ongoing	Main Site
	Peer Parenting	Mondays	9:30 to 11:30	ongoing	Main Site
<b>Small Wonders (0 to walking)</b>	Mondays	1:00 to 3:00	ongoing	Main Site	
Talking Together in English	Thursdays	9:30 to 11:00	ongoing	Main Site	
<b>Toy/Resource Library</b>	Mon to Thurs	9:30 to 11:30	ongoing	Main Site	
	Wed	1:00 to 3:00	ongoing	Main Site	
	Thurs	6:30 to 7:30	ongoing	Main Site	
<b>CONSULT SERVICE</b>	<b>Breast Feeding Buddy</b>	Mondays	9:45 to 11:15	ongoing	Main Site
	<b>Community Outreach Program</b>	Mon to Thurs	9:30 to 3:00	ongoing	Main Site
	Speech & Language from KidsAbility	Wednesdays	9:35 to 11:15	ongoing	Main Site
	<b>Vision Screening/Eye Examinations</b>	Thursdays	9:30 to 3:30	Jan 12, Feb 2, & Mar 8	Main Site
	<b>Zero to Six Consultation</b>	Mondays	9:00 to 12:00	Jan 16, Feb 6 & 27, Mar 5 & 19	Main Site

The Centre will be closed Feb 18 to 20/2012, and no programs will run March 12 to 16/2012.

## DROP-IN PROGRAMS

**Family Playtime** Parents and caregivers are welcome to bring their children (ages 0-6 years) to explore our toys, books and dramatic play areas. Childcare facilitators offer craft ideas and lead families in circle time songs and activities.

**Good Beginnings Playgroups** (cut off time is 10:30) This program helps build educational, social and creative skills in three age appropriate rooms with activities such as crafts, dramatic play, sensory play, snack and circle time (3 months to 6 yrs.) **NOTE:** Parents must remain on site but not in childcare rooms.

**Peer Parenting** Why does my child do that? When should I start toilet training? Help, my child had a temper tantrum at the grocery store! Every Monday parents/caregivers of our Good Beginnings program will have the opportunity to share parenting tips and techniques and a whole lot more. No registration is required. If there is a specific topic that you would like addressed please see *Megan Kerr, Peer Health Worker*, or leave her a message at the front desk.

**Small Wonders:** An informative but informal discovery of the wonders of baby's first year (0 – walking with parent/caregiver) (no siblings).

**Talking Together in English** Join others to improve your English language speaking skills.

**Toy/Resource Library** Our knowledgeable librarian is available to help parents select toys, children's books, parenting books and magazines from our extensive lending library. Note: Borrowed items may be returned to the receptionist during office hours.

## REGISTERED PROGRAMS

**Baby Basics 101: Adjusting to Parenthood Jan 31**

**Baby Basics 102: Calming Your Crying Baby Feb 14**

**Baby Basics 103: Sleep Issues Feb 21**

**Baby Basics 104: When to Call the Doctor Feb 28**

**Baby Basics 105: Communicating & Playing with Baby Mar 6**

A Public Health Nurse and CFEYC staff will share important tips with parents on the above topics. Join other parents for one or all of the sessions. *No Childcare available, babes in arms welcome. Cost: Free*

**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. *Cost: \$5.00 Limited childcare is available.*

**Baby Massage:** Here is an opportunity to learn the benefits and techniques of baby massage. Please bring a baby blanket and two receiving blankets. *Cost: \$6.00 No sibling care.*

**Colour It Up...Go for More Vegetables and Fruit!** This program is designed to assist parents and their families increase the amount of fruits and vegetables in their diet. It gives participants the knowledge, skills, and new ideas to eat more vegetables and fruit and achieve the recommended 7 to 8 Food Guide Servings each day *Cost: Free Limited childcare is available*

**Our Programs Are Popular. If you are pre-signed for a program or seminar, you will need to be here by: 9:15 for morning programs, 1:00 for afternoon programs, and 6:00 for evening programs. Thank-you**

## Community Kitchen

Here is a chance to have fun with other parents trying out new recipes and sharing your culinary skills. All participants go home with dinner for the whole family that you can either enjoy that evening or freeze for another hectic day. An ingredient list of the recipes is available at reception. All recipes are Halal. *Pre-registration required for each session (maximum 3 sessions per person) Limited childcare available Cost: See below*

Jan 11 Pasta Primavera with Chicken \$10.00

Jan 18 Cheesy Beef Casserole \$10.00

Jan 25 Strawberry Jam \$8.00

Feb 1 Curry Chicken \$11.00

Feb 8 Stuffed Peppers \$8.00

Feb 15 Chicken in a Coconut Coriander Sauce \$10.00

Feb 22 Lasagna \$12.00

Feb 29 Chicken Pot Pie with Bisquick Biscuits \$10.00

Mar 7 Chicken Patties \$8.00

**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. Limited *Childcare is available, babes in arms welcome. 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. *Cost: Free Limited sibling care available.*

**Infant Mother Goose @ Terrace is at 255 St Andrews Street** with senior citizens. *Cost: Free No Sibling care*

**Key To Kindergarten** This course is for children who will be going to school in September. School readiness activities are the focus. We will be introducing and guiding the children in a routine schedule similar to JK. Please fill out an application form or see Brenda Dunnings, Childcare Supervisor. Cost: \$20.00 (due when registration is confirmed)

**Tumble & Tunes:** An exciting hour of actions, songs and games with gross motor play and music for children ages 2.5 to 4 years. *Cost: Free Siblings may attend Stay & Play with adult.*

**“Up 2 U” Motivational Learning Group** Participants will have the chance to look at their own personal assets, examine values and set goals. We will be learning about the stages of change, what makes change difficult, the impact of our feelings, self-confidence, stress and self-care. This group is offered for Family Outreach clients. To register please contact our Family Outreach Worker. *Limited childcare. Cost: Free*

**Winning at Parenting:** At this mini workshop parents will have an opportunity to view and discuss parenting guru Barbara Coloroso's empowering, entertaining video. Explore her humorous approach to mealtime, bedtime, chores and getting the children off to school on time. *Limited Childcare Available Cost: Free*

## Guest Speaker Series

Jan 31 **Toilet Learning** Kim Bourne, Public Health Nurse, will discuss signs of when your child is ready for toilet learning, how to help your child learn to use the toilet, night time toilet learning, and practical tips for success.

Feb 7 **Play Potential** Heidi Olson, Integrated Support Facilitator from Erinoakkids, will discuss how parents/caregivers can maximize the learning potential through play and other activities, in the home and in the community.

Feb 14 **Valentine Craft** Make a beautiful bouquet of chocolate kisses rosebuds for your special Valentine(s)! Cost: \$7.00

Feb 21 **Optimizing your Mood – Treating Depression, Anxiety, and other Mood Disorders (including SAD)** Mood disorders are one of the most common conditions primary care providers face in their office. More and more patients are turning towards alternative solutions. This seminar will cover causes and treatments for various mood disorders that Dr. Reid and Dr. Thammasouk have seen clinically effective for many of their patients.

Feb 28 **Promote Problem Solving and Peer Relationships – Why Can't They Just Get Along?** “I'm telling.” “He did it first.” Are your children not getting along? This workshop will provide caregivers with information about why children sometimes struggle to play well together. Effective strategies and activities will be provided to guide your children in play and promote positive relationships. (Recommended for parents/caregivers of children ages 2-6 years)

Mar 6 **Bookmaking** Making books is a wonderful way to help children learn about reading and writing. We'll discuss the stages of writing and what makes a good children's book. Participants will also have an opportunity to work on a homemade book for their child.

Mar 20 **Reflexology** is a natural art going back thousands of years to Egyptian times. It is based on the principle that there are zones and reflexes on the feet, hands and ears which correspond to each part, gland and organ of the body. Reflexologist, Matilde Chatham, will provide an overview of this therapy and its benefits.

Mar 27 **Reinventing Leftovers** You wouldn't throw your money in the garbage, so why toss out last night's leftovers? Learn tasty new ways to reinvent your food that your family will love.

**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. *Limited childcare available Cost: Free*

## In-House Services

(For appointments call 519 740 8353)

**CFEYC Books for Birthdays:** In the month of your child's birthday receive a free book (ask reception for details).

**Breastfeeding Buddies:** Trained breastfeeding peers to help with your questions and concerns (please book an appointment with reception).

**The Community Outreach Program** is a community-based program created to prevent and reduce the depth of child poverty in the Waterloo Region. The outreach worker's goal is to assist children and families to access services they need in their own community (please book an appointment with reception).

The University of Waterloo, Optometrist Department is on site for **Vision Screening and Eye Examinations** (please book an appointment with reception).

A **Speech & Language Pathologist** from KidsAbility is available for consultation (please book an appointment with reception).

**Zero2Six Consultation:** Behavioural Consultants from Kidslink are on-site to answer your questions and offer personalized support regarding your child's behaviour (please book an appointment with reception).

*NOTE: The Healthy Baby, Healthy Children “Meet with the Nurse” Program is no longer available. Kim, our Public Health Nurse, will now be available to support parents through many different programs at the CFEYC. For further information please enquire with reception.*

**The CFEYC is a host site for the following programs. For more information please call the appropriate agency. Thank you.**

**Growing Healthy Together**, Region of Waterloo Public Health 519 883 2267

**Monica Ainslie Angels**, Monica Ainslie Place 519 624 0481

**It Takes Two to Talk**, Kidsability 519 621 7580 x407

Find out about more fun, free programming in your neighbourhood at these Early Years Sites!

- ❖ Greenway Chaplin Community Centre serving Avenue Rd area 519 623-4220
- ❖ Kinbridge serving South Galt area 519 740-8565
- ❖ Langs Farm Village Association serving the Preston area 519 653-1470
- ❖ Preston Heights Community Group 519 650-2971
- ❖ Silver Heights Resource Centre serving Hespeler area 519 654-2227