



# Cambridge Family Early Years Centre



# Winter Schedule 2010

Jan 4 to April 2

149 Ainslie Street N  
Cambridge, ON  
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	Program	Days	Time	Dates	Location
<b>REGISTERED</b>	<b>Baby Food Preparation</b>	Thursdays	9:30to 11:15	Jan 14, Feb 11, or Mar 25	Main Site
	<b>Baby Massage</b> (infant & parent)	See dates	See dates	Jan 12 & Mar 9 (1 to 2:30) or Feb 18 (6 to 7:30)	Main Site
	<b>Community Kitchen</b>	Wednesdays	9:30 to 11:15	See back	Main Site
	<b>Cooking Tips 101: Spices</b>	Tuesdays	9:30 to 11:30	Feb 9 & 16	Main Site
	<b>Future Save</b>	Fridays	9:30 to 11:30	Feb 26, Mar 5 & 12	Main Site
	<b>Guest Speaker Series</b>	Mondays	9:30 to 11:30	See back	Main Site
	<b>Healthy Food Pantry on a Budget</b>	Mondays	9:30 to 11:30	Mar 22 & 29	Main Site
	<b>Infant Mother Goose</b> (some sibling care)	Wednesdays	12:30-1:30	Jan 20 to Mar 10	Main Site
	<b>Infant Mother Goose @ The Terrace</b>	Mondays	1:15- 2:45	Jan 11 to Mar 8(excluding Feb 15)	St Andrews Long Term Care
	<b>Key To Kindergarten</b>	Tuesdays	1:00 to 3:00	Jan 19 to March 9	Main Site
	<b>Learning Begins</b>	Tuesdays	1:00 to 3:00	Mar 23 & 30, Apr 6	Main Site
	<b>Monica Ainslie Angels</b> (host site)	Tues and Thurs	6:00 to 7:00	Jan 5 to April 1	Main Site
	<b>Parenting Your Toddler</b>	Fridays	9:30 to 11:30	Jan 15 to Feb 19	Main Site
	<b>Play and Learn</b>	Mon (kids only) & Wed	12:30 to 3:00	Jan 25- Mar 29(excluding Feb 15, Mar 15 & 17)	Main Site
	<b>Restaurant Nutrition and Label Reading</b>	Mondays	9:30 to 11:30	Jan 11 & 18	Main Site
	<b>Tumbles &amp; Tunes</b>	Tuesdays	1 to 2:00	Jan 5 to Mar 9	Main Site
	<b>Young at Art</b> (ages 3 to 6 & parent)	Saturdays	9:30 to 11:30	Jan 9 to Mar 6 except Feb 13	Main Site
	<b>Young Parents Connect</b>	Thurs	1:00 to 3:00	Jan 21 to Apr 1 (Excluding Mar 18)	Main Site
<b>DROP IN</b>	<b>Good Beginnings Drop-in</b> (ages 0 to 6)	Mon, Tues, Wed, Thurs	9:30 to 11:30	ongoing (except Feb 15)	Main Site
	<b>Toy/Resource Library</b>	Mon to Thurs	9:30 to 11:30	ongoing ( except Feb 15)	Main Site
		Wed	1 to 3	ongoing	Main Site
		Thurs	6 to 7:30	ongoing	Main Site
	<b>Family Playtime</b> (ages 0 to 6)	Mondays and Fridays	9:15 to 11:15	ongoing ( except Feb 15)	Popcorn House
		Wednesdays	9:15 to 11:15	ongoing	St John's on the Hill
		Mondays	9:00 to 11:00	ongoing ( except Feb 15)	St Peters School
		Thursdays	1 to 3	ongoing	St Gregory's Church
		Saturdays	9:30 to 11:30	Jan 9 to Mar 6 (except Feb 13)	Main Site
		Fridays	9:30 to 11:30	ongoing	Main Site
		Tues and Wed	1 to 3	ongoing	Main site
	Tues and Thurs	6 to 7:30	ongoing	Main Site	
<b>"Help Me Rhonda!"</b> (parents' forum)	Thursdays	9:45 to 11:30	ongoing	Main Site	
<b>Small Wonders</b> (0 to walking)	Mondays	1:00 to 3	ongoing (except Feb 15)	Main Site	
<b>Host site for P.O.M.B.A</b>	1st Thurs every month	6 to 7:30	ongoing	Main Site	
<b>Parents Bingo Time</b>	Tuesdays	10:00 to 11:00	Jan 12 & 26, Feb 9 & 23, Mar 9 & 23	Main Site	
<b>APPOINTMENT</b>	<b>Breast Feeding Buddy</b>	Thursdays	9:45 to 11:15	ongoing	Main Site
	<b>Community Outreach Program</b>	Mon to Thurs	9:30 to 3	ongoing ( except Feb 15)	Main Site
	<b>Meet with a Nurse</b>	Tuesdays	9:00 to 12:00	ongoing	Main Site
	<b>Speech &amp; Language</b> from KidsAbility	Every other Wednesday	9:35 to 11:15	ongoing	Main Site
	<b>Vision Screening/Eye Examinations</b>	Thursdays	9:30 to 12:00	Jan 7, 21, Feb 4, 25, Mar 10, 24	Main Site
	<b>Zero to Six Consultation</b>	Every other Tuesday	9 to 12	ongoing	Main Site

The Centre will be closed February 15. There will be no programming over the March Break (March 13 to 20)

## 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 10:45) This program helps build educational, social and creative skills in age appropriate rooms with activities such as crafts, dramatic play, sensory play, snack and circle time. (0-6yrs) (nursery, toddler, junior, and senior rooms)  
**NOTE:** Parents must remain on site but not in childcare rooms.

**“Help Me Rhonda”** Why does my child do that? When should I start toilet training? Help, my child had a temper tantrum at the grocery store! Every Thursday 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 *Rhonda Avey, Peer Health Worker* or leave her a message at the front desk.

**Parents Bingo Time** Have a fun time playing “Pingo”, discussing parenting issues and winning prizes!

**P.O.M.B.A. (Parents of Multiple Births Association)** Meet every first Thursday of the month at our evening Family Playtime 6:00 to 7:30

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

**Toy/Resource Library** Our knowledgeable librarian is available to help parents select toys, children 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 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. *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. *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. *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. *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. *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 *Limited sibling care available. Cost: Free*

**Infant MG @ Terrace** is at 255 St Andrews St with senior citizens *Cost: Free No Sibling care*

**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. *Pre-registration required for each session (maximum 2 sessions per person) Limited childcare available Cost: See below*

Jan 6 Weight Watchers 1 point chili - \$9:00 (Bring large pot)  
Jan 13 Spinach and Cheese Stuffed Shells - \$10:00 (Bring 9x13 baking dish)  
Jan 20 Chicken Divan - \$10:00 (Bring 9x9 baking dish)  
Jan 27 Mexican Stuffed Peppers - \$9:00 (Bring 9x9 baking dish)  
Feb 3 Baked Spaghetti - \$10:00 (Bring 9x13 baking dish)  
Feb 10 Valentine Chocolate (Other themes available) - \$6:00  
Feb 17 Spinach Salad & Chicken Rice - \$10:00 (2 large bowls & 1 small bowl)  
Feb 24 Tacos in Shells - \$10:00 (Bring 9x13 baking dish)  
Mar 3 Mississippi Mud Pie - \$10:00 (Bring 9x13 baking dish)  
Mar 10 Layered Taco Salad - \$10:00 (Bring 9x13 baking dish)  
Mar 24 Greek Pasta Salad - \$10:00 (Bring large bowl)  
Mar 31 Easter Chocolate (Other themes available) - \$6.00

### 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 application form at reception or see Brenda Dummings, Childcare Supervisor. Cost: \$20.00 (due when registration is confirmed)*

**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. *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. *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. Children attend Mondays and Wednesdays. Parents attend Wednesdays only. *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. *Limited childcare available Cost: Free*

**Tumble & Tunes:** An exciting hour of actions, songs and games with gross motor play and music for children ages 2.5 to 4 years. *No sibling care but Family Playtime is available. Cost: Free*

**Young at Art:** Our art program offers an inspirational setting for parents with their children ages 3 to 6 years to create marvelous arts and crafts projects together. *Cost: \$10.00 No sibling care*

**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*

## Guest Speaker Series

A wonderful selection of informative seminars and craft “Make and Take” sessions will be offered for parents and caregivers who utilize our Good Beginnings program. Please note that we will be offering a limited number of pre-signed childcare spots. *Pre registration required Cost: Varies*

*Jan 25 Midwifery* Elleana Hoekstra from **Cambridge Midwives** will discuss the services that she and her colleagues offer and the benefits of using a midwife. Providing care for low risk pregnancies, their philosophy is based on informed choice by the woman, choice of birthplace, and continuity of care.

*Feb 1 Picky Eaters* Are you concerned that your child may not be eating enough or not a wide enough variety of foods? Lena, Community Nutrition Worker, will address your concerns regarding your child’s eating habits.

*Feb 8 Craft: Children’s Party Bags* Children always look forward to their loot bag at the end of a Childrens’ party! Dianne from **Die cuts by Di** will provide tools and supplies for you to make fun, unique party bags. Make just one or if you do have a celebration coming up here is an opportunity to make a whole bunch. Different themes will be available. *Cost: \$1:00 per bag.*

*Feb 22 Pork Made Easy!* A Dietitian from **Ontario Pork** will help you identify; how to reduce costs, the best cuts, cooking temperatures, safe food handling and nutrition values. Enjoy taste testing, give aways and more!!

*Mar 1 I’m not Bad, I’m just Mad!* Anger can be a very difficult emotion for children to deal with. Joanne Casemore, from **Kidslink Preschool Services**, will discuss parenting tools that will help you assist your child to problem solve and express anger in nondestructive, age appropriate ways.

*Mar 8 Spring Cleaning – Organizing and Getting Rid of That Clutter* Robin North from **Dramatic Designs** will provide you with tips and ideas that will make spring cleaning a chore to look forward too!

## In-House Services

(For appointments call 519 740 8353)

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

*Healthy Babies Healthy Children “Meet with a Nurse”* will provide information on pre and post natal concerns, family planning and child development. Please make an appointment with reception or you can just drop in during “Meet with a Nurse” hours!

*Dr. L. Ng-Christian* from the University of Waterloo is on site for **Vision Screening and Eye Examinations** (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).

**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).

**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).

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

**Play and Learn, Family & Children Services** 519 623 6538 x2146

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

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