

LOCATIONS

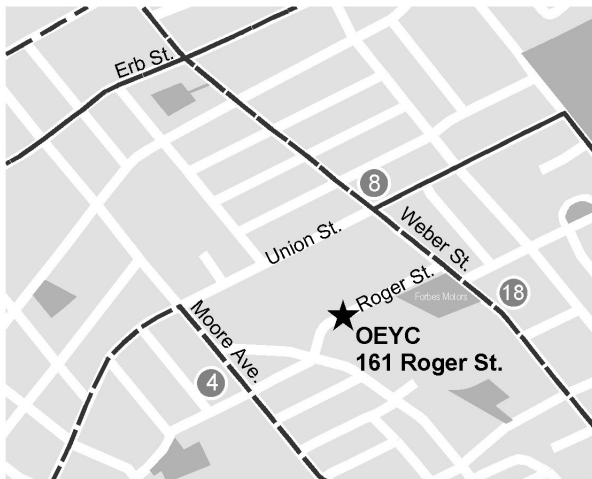
Our Place Family Resource and Early Years Centre

154 Gatewood Road, Kitchener N2M 4E4
519-571-1626 ext. 33



YMCA Ontario Early Years Centre

161 Roger Street, Waterloo N2J 1B1
519-741-8585



Region of Waterloo
PUBLIC HEALTH

www.regionofwaterloo.ca/ph



Our Place
Family Resource and
Early Years Centre

Our Place Family Resource and Early
Years Centre

ourplace@ourplacekw.ca



YMCA
We build strong kids,
strong families, strong communities.

YMCA Ontario Early Years Centre

oeycinfo@ckwymca.ca

earlyyearsinfo.ca



Ontario

**Pregnancy—the best
time to prepare for
parenthood**

Preparing for Parenthood



**A prenatal information
and support group**



Pregnancy is an exciting time. It is a time of change, growth, discovery and many questions. This free program offers information about having a healthy pregnancy and becoming a parent. Support people are welcome to attend.

Join us at anytime!

Prepare for a healthy pregnancy and the arrival of your new baby.

Share your questions, concerns and experiences with others.

Date and Time 2011-2012	Our Place OEYC	YMCA OEYC
Sept. 12-Oct. 31 6:30-8:00 p.m.	✓	
Nov, 7-Dec. 19 1:00-2:30 p.m.		✓
Jan. 9 –Feb 13 1:00-2:30 p.m.	✓	
Feb. 27-April 2 6:30-8:00 p.m.		✓
April 16-May 14 6:30-8:00 p.m.	✓	
May 28-June 25 1:00-2:30 p.m.		✓

Join us each week for a new topic!

Topics may include:

- Healthy Eating during Pregnancy
- Emotional Changes
- Feeding your Newborn
- Infant Safety
- Healthy Lifestyle
- Exercise during Pregnancy
- Bonding and Attachment

Each week a healthy snack is provided and free Early Learning Programs are available for children up to age six.



Contact us to Register!

Region of Waterloo Public Health
Reproductive Health Information Line
519-883-2006

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YMCA Ontario Early Years Centre
519-741-8585

Early Years: One Stop Shop of Support

- Support from Early Years Professionals
- Free Early Learning Family Programs
- Breastfeeding Buddies and Peer Support
- Access to Resources and Information
- Support from Public Health Nurses