



December 2009



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 and www.earlyyearsinfo.ca

Registration

REGISTRATION for December programs will begin on **Monday November 30th** starting at **1:30 p.m.** *in person or by phone.*

Register for: **Family Christmas party**

Register for One is Fun, the Speaker Series and Toddler Time one week at a time, starting the week before each group.



Please remember to arrive on time.

*Pre-registered spaces in the programs will only be held until **9:15 a.m.** for mornings and **1:00 p.m.** for afternoons. Please call if you cannot attend or are going to be late.*

Early Years Programs are free to participate however some programs require a small fee for materials. If you are in need of financial assistance, please call 519-571-1626 ext. 25

*****Please note; most programs end by 3:00 p.m. daily. Check program descriptions for current times and dates*****

Join a Parent Council meeting!

Parents and Caregivers meet monthly in an advisory capacity to provide input in program planning and activities at Our Place. They share the goal of helping to strengthen the sense of community at Our Place. In addition, the Parent Council considers ideas and strategies that help meet the needs of all other Parents and Caregivers who participate in the centre. Meetings are open for all who are interested in participating in an ongoing basis and/or offering suggestions. **Meeting will be held Tuesday December 8th in place of our regular speaker series.**

****RSVP to: parentcouncil@ourplacekw.ca**



Attention all Adults and Children:

Please do not wear boots or wet shoes in the gym or classrooms. Remember to bring your inside shoes!

Programs may be held in the Outdoor Learning Area at any time during the day...so please come prepared!

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 4:00 p.m.

Friday
9:00 a.m. to 3:00 p.m.

Saturday
9:30 a.m. to 12:00 p.m.

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
	<p>1 Morning Drop In Playtime School Readiness Programs Parents Together Speaker-<i>'Basic First Aid for Children'</i> presented by Linda Malcolm Women Moving Forward Music and Movement</p> <p>Afternoon Drop In Playtime Baby Blanket Time 'Learning is Child's Play' at AR Kaufman</p>	<p>2 Morning Drop In Playtime School Readiness Programs Parents together Parenting in a New Society Speech/Language Support Creative Cooking Infant Development Music and Movement</p> <p>Afternoon Drop In Playtime</p> <p>Evening It Takes Two to Talk Drop In Playtime Baby Blanket Time Music and Movement</p>	<p>3 Morning Drop In Playtime-ORANGE ROOM 'Learning is Child's Play' at Howard Robertson Public school Home Childcare Providers Network--GYM Make the Connection</p> <p>Afternoon Drop In Playtime School Readiness Programs Parents together Mother Connection Building Skills</p>	<p>4 Morning Drop In Playtime Artastic Baby Blanket Time One is Fun Toddler Time Infant Massage Family Storytime Music and Movement</p> <p>Afternoon Drop In Playtime Infant Massage Outdoor Science</p>	<p>5 Morning Drop In Playtime-ORANGE ROOM Dad's and Kids Drop In-GYM Family Math Music and Movement</p>
<p>7 Morning Meet with a Nurse Drop In Playtime School Readiness Programs Parents together Stork Secrets Healthy Living Series Music and Movement</p> <p>Afternoon</p> <p>Fit Kids</p> <p>Evening Drop In Playtime Sleepyhead Storytime</p>	<p>8 Morning Zero2Six Drop In Playtime School Readiness Programs Parents Together Speaker-<i>'Parent Council Meeting'</i> Women Moving Forward Music and Movement</p> <p>Afternoon Drop In Playtime Baby Blanket Time Growing Healthy Together 'Learning is Child's Play' at AR Kaufman</p>	<p>9 Morning Drop In Playtime School Readiness Programs Parents together Parenting in a New Society Speech/Language Support Creative Cooking Music and Movement</p> <p>Afternoon Drop In Playtime</p> <p>Evening It Takes Two to Talk Drop In Playtime Baby Blanket Time Music and Movement</p>	<p>10 Morning Drop In Playtime-ORANGE ROOM 'Learning is Child's Play' at Howard Robertson Home Childcare Providers Network--GYM Make the Connection</p> <p>Afternoon Drop In Playtime School Readiness Programs Parents together Mother Connection Building Skills</p>	<p>11 Morning Drop In Playtime Artastic Baby Blanket Time One is Fun Toddler Time Infant Massage Music and Movement</p> <p>Afternoon Drop In Playtime Infant Massage Outdoor Science</p>	<p>12 Morning Drop In Playtime-ORANGE ROOM Dad's and Kids Drop In-GYM Family Math Music and Movement</p>
<p>14 Morning Meet with a Nurse Drop In Playtime School Readiness Programs Parents together Stork Secrets Healthy Living Series Music and Movement</p> <p>Afternoon</p> <p>Fit Kids</p> <p>Evening Drop In Playtime Sleepyhead Storytime</p>	<p>15 Morning Drop In Playtime School Readiness Programs Parents Together Speaker-<i>'Preventing Parenting Challenges'</i> - presented by Zero2Six Music and Movement</p> <p>Afternoon Drop In Playtime Baby Blanket Time Growing Healthy Together 'Learning is Child's Play' at AR Kaufman</p>	<p>16 Morning Drop In Playtime School Readiness Programs Parents together Parenting in a New Society Speech/Language Support Creative Cooking Infant Development Music and Movement</p> <p>Afternoon Drop In Playtime</p> <p>Evening Drop In Playtime Baby Blanket Time Music and Movement</p>	<p>17 Morning Drop In Playtime-ORANGE ROOM 'Learning is Child's Play' at Howard Robertson Home Childcare Providers Network--GYM Make the Connection</p> <p>Afternoon Drop In Playtime School Readiness Programs Parents together Mother Connection Building Skills</p>	<p>18 Morning Drop In Playtime—Family Christmas Party in Gym Artastic Baby Blanket Time One is Fun Toddler Time Family Storytime Music and Movement</p> <p>Today we celebrate Christmas! All programs this morning will have a Christmas theme and Santa visits the gym!</p> <p>Afternoon Centre closed for staff training</p>	<p>19 Centre Closed</p>
21	22	23	24	25	26
<p>Our Place will be closed from Saturday December 19th, 2009 until Saturday January 2nd, 2010. We will re-open Monday January 4th at 9:00 a.m.</p>					
28	29	30	31		
<p>The Staff at Our Place wish all our families and community partners a wonderful Holiday Season!</p>					


REGISTERED PROGRAMS

Weekly Registered Programs:


Guest Speaker Series Parents and caregivers will participate in workshops dealing with a variety of parenting topics. Guest speakers specialize in the specific topics, presentations are interactive and ideas are shared that parents and caregivers can take away and practice with the children. Children can be pre-registered in the School Readiness Programs during this time if space permits. **Tuesdays from 9:30-11:15 a.m. Pre-Register for speaker weekly.**

One is Fun! Parents and caregivers of children from **12-24 months** meet and socialize together. The Early Childhood Education Teacher will lead the group in singing songs, rhymes and stories with the parents and children. Also experience craft and snack time. Feel free to ask the teacher questions about Child Development and interact with other parents. **FRIDAY'S session #1- 9:15-10:15, session #2-10:45 to 11:45 a.m. Register weekly for this program, space is limited in the room.**

Toddler Time-Parents and caregivers of children from **24-36 months** meet and socialize together. The Early Years Staff will lead the group in singing songs, rhymes and stories with the parents and children. Also experience craft and snack time. Feel free to ask questions about Child Development and interact with other parents. ****this program is not suitable for children under 24 months**FRIDAY'S session #1- 9:15-10:15, session #2-10:45 to 11:45 a.m. Register weekly for this program, space is limited in the room.**

PROGRAM	AGE	TIME	DATES	COST
<p>Building Skills With support from our Peer Health Worker, Angie King, this <u>seven week program</u> will focus on 'building'—building relationships, confidence and self –esteem. Each week will provide a different theme based on the skills or talents of participants. Come learn how to budget your household expenses; learn how to French braid or explore your creative side by learning craft techniques. These are just a few of the wonderful skills you could 'build' in this program. **School Readiness programs available. Payment for program must be made at time of registration**</p>	--	Thursday 1:15-3:00 p.m.	Nov 5 to Dec 17	\$2
<p>Creative Cooking Are you tired of the same old macaroni and cheese, spaghetti or chicken legs? Sign up for <i>Creative Cooking</i> and you will learn to make the ordinary "extraordinary! We'll take simple ingredients, that don't cost a lot, and turn them into something you'd be proud to serve to the special people in your lives--your family!. (7 week program) **School Readiness programs available. Payment for program must be made at time of registration **</p>	--	Wednesday 9:30-11:15 a.m.	Nov 4 to Dec 16	\$15
<p> Family Christmas party Ho Ho Ho! Join our staff for a Christmas filled morning. All programs will have a Holiday theme and Santa visits the gym! Registration required to participate in the gym program today.</p>	Birth to six years	Friday 9:30-11:30 a.m.	December 18	NO COST
<p>Family Math In this 6 week program parents and children ages 3-6 years can learn about incorporating math into everyday activities with children to prepare for learning math in school. Math is learned through songs, games and activities. **School Readiness programs available for siblings under 3 years. **</p>	3-6 years	Saturday 10:00-11:30 a.m.	Nov 7 to Dec 12	NO COST
<p>Fit Kids Come and join us for this fun-filled energy boosting program, geared to families with children 2-6 years. Our Educators will offer your family a time to play, exercise and create a healthy snack together. *no program Oct 12* <i>*younger siblings from birth to two are welcome to attend*</i></p>	2-6 years old	Monday 1:00-2:30 p.m.	Nov 9 to Dec 14	NO COST
<p>Infant Massage 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. **LIMITED SIBLING CARE AVAILABLE FOR THE AFTERNOON SESSION OF THIS PROGRAM**</p>	Birth to 12 months	Friday 10:45-11:45 a.m. OR 1:00-2:00 p.m.	Nov 20 To Dec 11	NO COST
<p>Make the Connection A fun and interactive program for parents with babies, from birth to twelve months, to develop strong attachment skills and help the baby to feel safe, good about herself, discover his world and knowing when to take a moment to stay connected. Parents and babies come together during a portion of the group for videotaping, songs and stories. Payment for program must be made at time of registration <i>*Infant and limited sibling program available during this group. *</i></p>	birth to two years	Thursdays 9:30-11:30 a.m.	Oct 22 to Dec 17	\$10
<p>Outdoor Science This program will help children build life skills such as; communication, problem solving and socializing by using a child's natural curiosity of how the world works. 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! **Geared to ages 2-6 years of age however siblings birth to two are welcome.</p>	Two to six years	Friday 1:30-2:30 pm	Oct 30 to Dec 11	NO COST
<p>Parenting in a New Society 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 Focus for Ethnic Women. <i>*School Readiness Program available for children during this group. *</i></p>	--	Wednesday 9:30-11:15 a.m.	Nov 4 to Dec 16	NO COST

PARENT/ CAREGIVER AND CHILD TOGETHER DROP-IN PROGRAMS

PROGRAM	AGE	TIME	DATES	COST
<p><u>Art-Tastic</u></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;">Drop In anytime during this program <i>*younger siblings from birth to two are welcome to attend*</i></p>	2 – 6 years	Friday 9:00-11:00 a.m.	ongoing	NO COST
<p><u>Baby Blanket Time</u></p> <p>Parents and caregivers of babies under 1 year old 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	Tuesday 1:00-2:00 p.m. Wednesday 6:30-7:30 p.m. Fridays 9:15-10:15 a.m.	ongoing	NO COST
<p><u>Drop-In Playtime</u></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.</p> <p>**please note: the orange room will be open for families Thursday and Saturday mornings**</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>	Birth to six years	Monday to Friday 9:30-11:30 am Tuesday to Friday 12:30-2:30 pm Saturday 9:30-11:30 am Mon/Wed 6:30-8:00 pm	ongoing	NO COST
<p><u>Family Story Time</u></p> <p>Families come together with children from to listen and participate in fun and interactive stories and activities that will promote literacy within the family. Stories offered by an Early Years Staff in the Resource Library.</p>	Birth to 6 years	Friday 11:00-11:30 a.m.	Dec 4 and 18	NO COST
<p><u>Home Childcare Providers Network</u></p> <p>This <u>DROP IN</u> program is geared to those running a Home Childcare business. The <u>GYM</u> will be available for providers and the children to play and learn together. An Early Years staff will provide a quality School Readiness and Music and Movement program that will enrich both caregiver and child.</p> <p>**A Home Childcare Provider is a person whose employment is to provide early learning and care for young children. Providers are welcome to register for the weekly Speaker Series. **</p>	Birth to six years	Thursday 9:30-12:00	ongoing	NO COST
<p><u>Music and Movement</u></p> <p>A time for families 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. <i>*this program will not run Thursday's*</i></p>	Birth to 6 years old	Monday to Saturday 11:30-12:00  Wednesday 7:30-8:00 pm	Ongoing	NO COST
<p><u>Sleepyhead Storytime</u></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! Drop-In Program</p>	Birth to 6 years	Monday 6:30-8:00 p.m.	Ongoing	NO COST

SPECIAL INTEREST PROGRAMS

Special Interest Programs are referral programs with community agencies

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN	COST
<p><u>Growing Healthy Together</u></p> <p>This program is suitable for pre-natal women with limited supports in the community. The group will learn about eating well for you and your baby, get tips on cooking and meal preparation, meet other women, share questions and concerns about your pregnancy and prepare for birth and your new baby. Also available--healthy snacks, free food vouchers, market dollars, free child care and bus tickets, support from health care professionals, breastfeeding support and information about community services. <i>The Growing Healthy Two-gether Program is part of a national project called the Canada Prenatal Nutrition Program and is funded by Public Health Agency of Canada and the Region of Waterloo Public Health Department.</i></p>	--	Tuesday 1:00-2:30 p.m.	Starts Sept 14 th	<i>Register with Public Health at 883-2267</i>	NO COST
<p><u>Infant Development Playgroup</u></p> <p>A parent-child playgroup only for families working with the Region of Waterloo Infant Development program.</p>	--	Wednesday 9:30-11:30 am	Dec 2 and 16	<i>**This is a closed group **Registration will not be taken.</i>	NO COST
<p><u>It Takes Two to Talk</u></p> <p>This is a family focused program for parents of children who are delayed in their language development. It addresses the need for early intervention and the importance of parents' involvement. Parents learn how to help their child take turns in everyday interactions and develop more advanced communication skills.</p>	--	Wednesday 6:00-8:00 p.m.	Sept 30 to Dec 9	<i>**This program is offered to families working with Kidsability**</i>	NO COST
<p><u>Stork's Secrets</u></p> <p>Mothers of babies <u>under two years</u> have an opportunity to talk with peers about their experiences with the changes and challenges of the Post Partum Adjustment Period. Moms will discuss their feelings of anxiety, depression and feeling overwhelmed. Information on the Post Partum Adjustment Period, Coping strategies Self Care, Parenting Issues and Health will be provided. School Readiness programs available during group. <i>Offered by Our Place Family Resource and Early Years Centre with the generous support of Catholic Family Counselling and the Community Action Plan for Children</i></p>	--	Monday's 9:30-11:15 a.m.	Nov 9 to Dec 14	Register with Jennifer Jordan 571-1626 Ext. 26	NO COST
<p><u>The Mother Connection</u></p> <p>This group will provide mom's with an opportunity to celebrate their stories of success and share their fears of parenting a young child with Down syndrome Offered by The Down syndrome Society.</p>	Birth to six	Thursday 1:15-3:00 p.m.	Sept 10 to Dec 17	Register with Cherie Blair at 747-9490	NO COST

COMMUNITY PROGRAMS

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN	COST
<p><u>'Learning is Child's Play' at Howard Robertson Public School</u></p> <p>A drop in program for parents and their children focusing on developing skills to support learning in kindergarten. **This program is geared to children 2-6 years, however younger siblings are welcome to join in.**</p>	2-6 years old	Thursday 9:15- 11:15 a.m.	Ongoing	Drop In	NO COST
<p><u>'Learning is Child's Play' at A.R. Kaufman Public School</u></p> <p>A drop in program for parents and their children from ages 2-6 years old, focusing on developing skills to support learning in kindergarten **This program is geared to children 2-6 years, however younger siblings are welcome to join in.**</p>	2-6 years old	Tuesday 12:45- 2:45 p.m.	Ongoing	Drop In	NO COST

SERVICES at OUR PLACE

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN	COST
<p><u>Breastfeeding Buddies</u></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><u>Please see reception for information on how to contact the Breastfeeding Buddies</u></p>	--	--	--	--	NO COST
<p><u>Community Outreach Worker</u></p> <p>DO YOU HAVE CHILDREN AND NEED HELP FINDING RESOURCES FOR YOUR FAMILY? A Community Outreach Worker 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</i></p>		Tuesday and Wednesday 9:00 a.m. to 4:00 p.m.		Please call (519) 571- 1626 ext. 23 for more information	
<p><u>Family Resource and Toy Lending Library</u></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. **A \$15 fee for the year is required for a membership to the Toy Lending Library.</p>	--	Monday to Friday 9:00 a.m. to 12:00 p.m. Monday to Thursday 12:30 to 3:00 p.m. Mon/Wed 6:30 to 8:00 p.m.	Ongoing	Drop In	\$15 for toy lending member -ship
<p><u>Healthy Babies Healthy Children: Meet with the Nurse:</u></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. ** For individual appointments contact the Front Desk at Our Place in person or phone 571-1626. Drop In Support also available.</p>	--	Monday 9:00 a.m. to 12:00 p.m.	Ongoing	Drop In	NO COST
<p><u>KidsAbility Preschool Speech and Language</u></p> <p>A Speech Language Pathologist from KidsAbility will offer weekly Speech and Language Support for children, parents, caregivers and staff. **For an individual meeting please book your appointment at the Reception Desk at Our Place or phone 571-1626. Drop In Support also available.</p>	--	Wednesday 9:00 to 11:45 a.m.	Ongoing	Register	NO COST
<p><u>Zero2Six</u></p> <p>Do you have questions about your child's social and emotional development or behaviour?? Individual consultation sessions with the Zero2Six specialist (KidsLink/Lutherwood) will provide resources, strategies and answers questions related to your child's behaviour or specific parenting challenges with your child under age 6. Appointments can be made at Our Place, in person or by calling 571-1626</p>	Birth to 6 years	Tuesday 9:00 a.m. to 12:00 p.m.	December 8	Register	NO COST