



Cambridge Family Early Years Centre

Fall Schedule 2011

Sept 12 to Dec 23

149 Ainslie Street N
Cambridge, ON
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Phone: 519 740-8353

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	Program	Days	Time	Dates	Location
REGISTERED	Baby Basics	Tuesdays	1:00 to 2:00	See back	Main Site
	Baby Food Preparation	Mondays	9:30 to 11:15	Sept 26, Oct 24, Nov 14 & 28, Dec 12	Main Site
	Baby Massage (infant & parent)	Thursdays	1:00 to 2:30	Oct 13, Dec 8	Main Site
	Children have Stress too!	Tuesdays	9:30 to 11:30	Sept 27 & Oct 4	Main Site
	Community Kitchen	Wednesdays	9:30 to 11:15	See back	Main Site
	For Fathers	Thursdays	6:00 to 8:00	Oct 27 to Dec 1	Main Site
	Guest Speaker Series	Tuesdays	9:30 to 11:30	See back	Main Site
	How to Talk....	Fridays	9:30 to 11:30	Sept 30 to Nov 4	Main Site
	Infant Mother Goose	Wednesdays	1:00 to 2:00	Oct 19 to Dec 7	Main Site
	Infant Mother Goose @ The Terrace	Mondays	1:15- 2:45	Oct 17 to Dec 5	St Andrews Long Term Care
	Make the Connection One (host-site)	Thursdays	1:00 to 3:00	T.B.A.	Main Site
	Monica Ainslie Angels (host site)	Tues and Thurs	6:00 to 7:00	ongoing	Main Site
	Parents Keeping Their Cool	Fridays	9:30 to 11:30	Nov 25 to Dec 16	Main Site
	Tumbles & Tunes	Tuesdays	1:00 to 2:00	Oct 4 to Dec 6	Main Site
	Two to Talk (host site)	Wednesdays	1:00 to 3:00	Oct 19 to Nov 30	Main Site
	Young at Art (ages 3 to 6 with parent)	Saturdays	9:30 to 11:30	Oct 29 to Dec 3	Main Site
	Young Parents Connect	Thursdays	1:00 to 3:00	Oct 20 to Dec 8	Main Site
DROP IN	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 Peters School
		Thursdays	1:00 to 3:00	ongoing	St Gregory's Church
		Saturdays	9:30 to 11:30	Oct 29 to Dec 3	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
		Good Beginnings Drop-in (ages 0 to 6)	Mon, Tues, Wed, Thurs	9:30 to 11:30	ongoing
PINGO Time	Mondays	10:00 to 11:00	Sept 19, Oct 3 & 17, Nov 7 & 21	Main Site	
Small Wonders (0 to walking)	Mondays	1:00 to 3:00	ongoing	Main Site	
Talking Together in English	Thursdays	10:00 to 11:00	ongoing	Main Site	
CONSULT SERVICES	Toy/Resource Library	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
		Autism Supports Facilitator	Fridays	9:30 to 11:30	T.B.A.
Breast Feeding Buddy	Mondays	9:45 to 11:15	ongoing	Main Site	
Community Outreach Program	Mon to Thurs	9:30 to 3:00	ongoing	Main Site	
Speech & Language from KidsAbility	Wednesdays	9:35 to 11:15	ongoing	Main Site	
Vision Screening/Eye Examinations	Thursdays	9:30 to 3:30	Sept 15, Oct 6, Nov 24	Main Site	
Zero to Six Consultation	1 & 3 Monday of the month	9:00 to 12:00	ongoing	Main Site	

The Centre will be closed October 10th

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 mths. To 6 yrs.)
NOTE: Parents must remain on site but not in childcare rooms.

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

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: Feelings & Adjusting to a New Baby Oct 18

Baby Basics 102: Calming Your Crying Baby Oct 25

Baby Basics 103: Sleep Issues Nov 1

Baby Basics 104: When to Call the Doctor Nov 8

Baby Basics 105: Communicating & Playing with Baby Nov 15

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.*

Children Have Stress Too! Adults aren’t the only ones who sometimes feel stressed. Children do too. This program will help you recognize stress in children, identify stressors, and teach children age appropriate stress management techniques.
Cost: Free Limited Childcare available

For Fathers Dads play a unique, important and changing role in their families today. Join a small group of fathers of children 0-6 years of age to learn about child development and parenting skills. Build upon your strengths and potential to become the best dad you can be! *Please call KW Counseling to register at 519 884 0000 Cost: Based on income. No childcare 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*

Sept 21 Dill Pickles \$10.00

Sept 28 Sweet Relish \$10.00

Oct 5 Stuffed Peppers \$8.00

Oct 12 Meatballs & Sauce \$8.00

Oct 19 Stove top BBQ Chicken with Broccoli Salad \$10.00

Oct 26 Curry Chicken \$10.00

Nov 2 Beef Stir Fry with Noodles \$8.00

Nov 9 Asian Pasta Salad \$8.00

Nov 16 Chunky Chili Corn Bread Cobbler \$12.00

Nov 23 Layered Taco Salad \$10.00

Nov 30 Lasagna \$10.00

How to Talk so Kids will Listen, and How to Listen so Kids will Talk This course will introduce you to new ways of communicating with your children, enabling each party to feel heard and respected. *Cost: Free Limited childcare available.*

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

Parents Keeping Their Cool As a parent you may find that your child knows all the right buttons to push. This program explores the impact of anger on parenting and discusses ways to improve your current coping method. *Cost: Free Limited Childcare Available*

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.*

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: \$20.00 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

Oct 11 **I’m Not Bad, I’m just Mad** This workshop will provide you with a better understanding of anger and the impact it has on your child’s behaviour. Various strategies to support your child to better manage and express anger will be discussed. (Recommended for parents/caregivers of children ages 2-6)

Oct 18 **Thinking of Being a Home Childcare Provider?** A representative from Waterloo Region-Childcare Division will be in to discuss the services and supports they offer individuals who are considering entering the Home Childcare Business

October 25 **Avoiding Injuries** Kim, Public Health Nurse, will discuss the safety around indoor & outdoor play areas, toy and product safety recall, and tips and reminders for Halloween.

Nov 1 **Preventing & Problem Solving Parenting Challenges** This workshop will discuss the stages of emotional development and how various factors impact your child. It will also explore potential challenges parents face while generating solutions and creating plans for future successes. (Recommended for parents/caregivers of children ages 0 to 6)

Nov 8 **House Full of Treasures** Think Green! Make your own early literacy and math activities from items at home. We’ll make simple games and activities to help your child prepare for reading and writing independently.

Nov 15 **Healthy & Time Saving Slow Cooker Recipes** In this session a Nutritionist from Ontario Pork will demonstrate two easy slow cooker recipes that are healthy and delicious! She will also discuss food safety, getting children involved, and the benefits of using a slow cooker. There will also be sampling and give aways!

Nov 22 **Healthy Home Remedies** Cold and Flu season has arrived. Join Tania Heinemann, Registered Nutritional Consultant Practitioner, to discuss safe, natural remedies for children. The benefits of homeopathics, probiotics, vitamin d, and fish oils will all be discussed

Nov 29 **Parenting your Anxious Child** Assists you in understanding why some children experience anxiety, characteristics of anxiety, and provides strategies to support children in managing their worries. (Recommended for parents/caregivers of children ages 2-6)

Dec 6 **Craft: Cookies in a Jar** This affordable, useful craft makes an excellent hostess or teachers gift for the holiday season. Other decoration themes will be provided. Cost \$5.00

Dec 13, **Feeding your Toddler** Are you concerned that your toddler may not be eating enough or not a wide enough variety of foods? Abiha, Community Nutrition Worker, will address your concerns regarding your child’s eating habits. (Recommended for parents/caregivers of children ages 18 months to 3 years)

In-House Services

(For appointments call 519 740 8353)

An Autism Integrated Supports Facilitator from Erinoakkids is available for consultation. Call for more information

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

Make the Connection – One, Family & Children Services 519 623 6538

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