

## Our Place Program Descriptions for Fall Programs

\* Registered Program – call us at 519-571-1626 to register/or find out how to register for this program

PROGRAM NAME	DESCRIPTION	AGE OF PARTICIPANTS
<b><u>APPRENDRE ENSEMBLE!</u></b>	<p>Joignez d'autres enfants et familles dans en jeu et l'exploration qui soutiennent le développement de l'apprentissage du français. Il s'agit d'un programme d'accueil dirigé par les parents, avec le soutien des éducateurs ou éducatrices de la petite enfance inscrites, pour les enfants de moins de 6 ans et leurs parents / adultes attentionnés. Venez jouer et apprendre ensemble. Vendredi matins. Naissance à 6 9h30-11h30</p> <p><i>Join other children and families in play and exploration that supports the development of French language learning. This is a parent led drop in program, supported by a REECE, for children birth to 6 years and their parents/caring adults. Come Play and Learn Together!</i></p>	<p>pour les enfants de moins de 6 ans et leurs parents</p> <p>birth – 6 years</p>
<b>LEARNING TOGETHER</b>		
<b>ARTISTIC INFANTS</b>	<p>It's never too early to support your child's self-expression! This program will provide opportunities for families with babies under 12 months to explore different infant-safe paint materials and sensory food exploration. Be sure to bring extra clothes and a towel for drying your baby as this creative process will get MESSY!</p> <p><b>** sign in will begin 15 minutes before each class **</b></p>	Birth to 12 months
<b>BABY AND ME</b>	<p>Foster attachment and learning through the discovery of music, language and rhyming as well as various toys and activities. You can also connect with other parents and our educators to seek parenting information, resources, referrals and support.</p>	Birth to 12 months
<b>BABY AND ME BREASTFEEDING</b>	<p>Are you looking for somewhere to hang out and meet other breastfeeding moms? Are you expecting a baby soon and want to learn more about breastfeeding from experienced, trained peer volunteers? Come and visit the new Baby &amp; Me Breastfeeding drop in. Breastfeeding Buddies will be available to answer breastfeeding questions, provide support and share community resources. For more information please contact Michelle Buchner Breastfeeding Buddies Program Coordinator at 519-772-1016</p>	Adult Program

<b>BABY AND ME DISCOVERY</b>	Meet and connect with other parents and caring adults and follow your baby's lead as they explore, play. Learn and discover using all of their senses.	Birth to 12 months
<b>BABY CONNECTIONS (*)</b>	The Baby Connections program was developed as a resource to help parents/caregivers introduce early literacy skill development to their infants who are 6-12 months. Join us to gain confidence in playing with and promoting literacy and learning with your baby and receive a free Baby Connections Resource Kit.	6 to 12 months
<b>BREASTFEEDING BUDDIES</b>	Trained volunteers 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, and share common experiences and information. **Please see reception for information on how to contact the Breastfeeding Buddies**	Adult Program
<b>COMMUNITY OF LEARNING (*)</b>	The community of learning is designed to further recognize the importance and impact of parental understanding of their role as their child's first influencer and of how their children learn best. Together we will deepen our understanding of pedagogy and family involvement in their children's early learning and development through intentional activities, observations and reflective conversations.*** Children and parents will be in separate rooms for part of the morning and then come together to engage in play.	Birth to 6 years
<b>COOKING AND CONVERSATION (*)</b>	Offering an opportunity for participants to; make new friends and practice English, prepare healthy meals, learn to shop on a budget and increase daily intake of fruits and vegetables. Presented by Our Place Family Resource and Early Years Centre and YMCA Immigrant Services Contact Rahma at 519-579-9622 ext 227 or relmi@ckwymca.ca	Adult Program
<b>DADS AND KIDS DROP-IN</b>	Dads and other men caring for children are an important part of the play experience. Meet other men who are caring for children and connect with your child as you learn, play and explore together	Birth to 6 years
<b>DROP IN – STAY, PLAY AND EXPLORE</b>	Come any time. Join other children and families in play and exploration. An Early Learning professional is available to provide support and information around early learning topics, community resources, programs and referrals.	Birth to 6 years
<b>DROP IN SENSORY PLAY</b>	Spend time with your child in a calming environment designed for sensory stimulation of all types. This ASD-friendly program is open to all children birth-6 years and their parents, caregivers or therapists.	Birth to 6 years

<b>EXPLORING ART</b>	Come out and let your creativity shine! Families and children will have the opportunity to engage with various art materials, sensory experiences and to connect with a Registered Early Childhood Educator. *Younger siblings from birth to 2 are welcome to join.	2 – 6 years
<b>FAMILIES CONNECTING (*)</b>	Enjoy adult conversation while participating in activities and observing your children play and interact with each other. This program provides parents with an opportunity to discuss parenting issues, build relationships and strengthen their relationship with their children and the community.	Birth – 6 years
<b>(THE) FAMILY KITCHEN AT OUR PLACE (*)</b>	Join the Community Nutrition Worker in the kitchen to learn strategies about how to make cooking fun for the whole family! Our focus is how to increase our daily intake of fruits and vegetables. For adults and children 2-6 years old. *younger siblings are welcome to attend*	2 – 6 years
<b>FAMILY OUTREACH PROGRAM</b>	DO YOU HAVE CHILDREN AND NEED HELP FINDING RESOURCES FOR YOUR FAMILY? A Family Outreach Worker can assist you find ways to connect with services you and your family may need. The Family Outreach Program is operated by House of Friendship. Hours: Monday, Tuesday and Wednesday 9:00am to 4:00pm and Friday 9:00am to 3:00pm. To book an appointment call Mehdiya 519-498-7492	Families with Birth to 17 years
<b>FIT FOR LIFE (*)</b>	A physical literacy program which builds on the fundamental skills of gross motor development, interactive snack preparation, hands on activities, and offers parent resources; all working together to build lifelong healthy lifestyle choices. *younger siblings from birth to two are welcome to attend*	2 – 6 years
<b>GROWING HEALTHY TOGETHER</b>	This program is for pregnant women needing support. The group will learn about having a healthy pregnancy, including healthy eating, get tips on cooking and meal preparation, meet other women, share questions and concerns about their pregnancy and prepare for birth and their new baby. Also available--healthy snacks, food gift cards, free Early Learning programs (for children up to age 6), bus tickets, support from health care professionals, breastfeeding support and get information about other community services.	Adult program
<b>INFANT MASSAGE (*)</b>	Building a strong attachment with your infant is one of the building blocks to social development. This program is a great way to build this attachment while learning techniques for stimulating, relaxing and providing relief for your infant. This program	Birth to 12 months

	requires pre-registration and is designed for babies under one year. See our current program calendar for upcoming dates and locations. To register for an Infant Massage series, please call the site directly.	
<b>INTERGENERATIONAL STORYTIME</b>	This program invites participants of all ages to listen to stories read aloud, sing some songs and socialize together. Families attending this program will be joined by residents of Trinity Village Studios.	Birth to 6 years
<b>KIDSABILITY SPEECH LANGUAGE DROP IN SUPPORT (*)</b>	A Speech Language Pathologist from KidsAbility will offer bi-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 if time permits.	Birth to 6 years
<b>MAKE THE CONNECTION (BIRTH – 1 YEAR) (*)</b>	This program helps parents to support their child’s development during the first year. The program combines hands-on activities, parent reflection and discussion to help you to continue to build a positive relationship with your child. This program requires pre-registration.	Birth to 12 months
<b>MAKE THE CONNECTION 1-2 YEARS (*)</b>	Make the Connection 1-2 years, incorporates hands-on parent-child activities, videotaping and discussions to help parents reflect on key components of secure attachment. This secure beginning sets in motion a positive course for a child’s social and emotional well-being, learning in school and contribution to society. <b>**Limited Sibling Program available for children Birth-6 years</b>	12 months to 24 months
<b>MOTHER CONNECTION (*)</b>	This program is for mothers of children from birth to 5 years of age with Down Syndrome. The workshop facilitator will provide information, support and resources to the group. For information about joining this program – contact Stacey Beattie at Stacey.bartley@yahoo.ca	Adult program
<b>MULTICULTURAL PARENTS LEARNING TOGETHER (*)</b>	This program is geared to New Canadian parents who want to increase English language, parenting and social skills. <i>*Early learning programs are available for children 12 months &amp; walking up to the age of 6.</i>	Adult program
<b>MUSIC AND MOVEMENT</b>	Imagination and creativity are developed and explored through rhymes, songs, finger plays, and gross motor activities. Support your child’s language development and experience the benefits of physical activity	Birth to 6 years

<b>ONE IS FUN</b>	Parents and children will join together in learning through exploration, play and inquiry. There is opportunity to connect, ask questions and share experiences.	12 months to 24 months
<b>PARENTING IN A NEW SOCIETY (*)</b>	Welcoming Parents from different countries wanting to learn: about life in Canada, more about how and where to find help and how to feel at home when you are far away from your friends and relatives.	Adult program
<b>PARENTS OF MULTIPLE BIRTHS ASSOCIATION – KW (P.O.M.B.A.)</b>	Parents of Multiple Births Association (P.O.M.B.A.) meet monthly to socialize, celebrate and strategize with other parents of multiple births. Having twins or more can be a challenging yet rewarding experience. This program focuses on families with multiples up to 3 years of age.	Birth to 3 years
<b>PREEMIE PARENT OF WATERLOO REGION (PPWR)</b>	Join other moms and dads of children born prematurely, talk openly about your questions and concerns amongst a group who understands. Bring your children along for interaction with other preemies at different stages. Families wanting more information can do so through email preemiepowwr@gmail.com	Birth to 6 years
<b>PREPARING FOR PARENTHOOD (*)</b>	The Preparing for Parenthood program offers free prenatal information and support on a variety of topics whether you are planning a pregnancy or are already expecting. Partners and support people are welcome. For a full list of topics and to register visit <a href="http://www.earlyyearsinfo.ca">earlyyearsinfo.ca</a> . Registration is ongoing.	Adult program
<b>SLEEP AND YOUR NEW BABY (*)</b>	Region of Waterloo Public Health and the Waterloo Region EarlyON Child and Family Centres are inviting you and your baby to a free session to help you get to know more about your baby's sleep patterns and how to respond. This program is for parents of newborns from birth to 12 weeks of age. Check out the link for dates, times and registration details. <a href="http://www.earlyyearsinfo.ca/sleep-and-your-new-baby-registration.html">http://www.earlyyearsinfo.ca/sleep-and-your-new-baby-registration.html</a>	Birth to 12 weeks
<b>STORK SECRETS (*)</b>	This peer support program is offered in partnership with Our Place Family Resource and Early Years Centre and is geared to pregnant and postpartum mothers with an infant under age 2 and adjusting to the changes and challenges of parenthood. Participants will have the chance to: <ul style="list-style-type: none"> <li>• Discussing coping strategies to help get through difficult days</li> <li>• Meet other mothers who are experiencing the same feelings</li> <li>• Develop friendships</li> </ul>	Adult program

	<ul style="list-style-type: none"> <li>• Learn about other community programs</li> <li>• Strengthen connections with their infants</li> </ul> <p>For more information or to start the intake process for this program, visit <a href="http://www.earlyyearsinfo.ca/stork-secrets.html">http://www.earlyyearsinfo.ca/stork-secrets.html</a></p>	
<b>TRANSITION TO KINDERGARTEN – NEWCOMER FOCUS (*)</b>	Within this interactive program parents and children together are invited to connect with other families, engage in discussions around the challenges of parenting in the first years living in Canada. Exploring and discussing raising children in multiple cultures and preparing for Transition to Kindergarten.	3 to 5 years
<b>VISION CLINICS WITH UNIVERSITY OF WATERLOO – SCHOOL OF OPTOMETRY &amp; VISION SCIENCE (*)</b>	The University of Waterloo, School of Optometry will be performing vision screenings for children 6 months to 6 years of age. The examination will include an assessment on your child’s visual acuity, eye coordination and depth perception. Questions you may have regarding you or your child’s vision can be answered. <b>**Please bring your child’s OHIP card to the appointment**</b>	6 months – 6 years
<b>WATERLOO REGION FAMILY NETWORK RESOURCE COACH</b>	Waterloo Region Family Network (WRFN) focuses on supporting all families impacted by special needs; with or without a diagnosis and regardless of age. Katie is available to connect with families to provide support for their unique needs and help with navigating community resources in order to make informed decisions. Drop in service, no appointment required.	Birth to Adult
<b>ZERO2SIX - CHILDREN’S MENTAL HEALTH CONSULTATION (*)</b>	Is your child age six or younger and experiencing or at risk of developing social, emotional, behavioural and/or mental health challenges? We can help. We offer a one-hour confidential consultation service for parents. The focus of the consultation can include sleep, toileting, social and emotional development, behavioural challenges and/or parenting strategies. <b>Joint initiative of Carizon and Lutherwood. Appointments can be made at Our Place, in person or by calling 519- 571-1626</b>	Birth to 6 years