

Our Place Program Descriptions for Winter and Spring Programs

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Program Name	Description	Age of Participants	Date Revised
<u>Apprendre Ensemble!</u>	<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>	pour les enfants de moins de 6 ans et leurs parents	
Learning Together	<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>	birth – 6 years	
Artistic Infants	<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! ** sign in will begin 15 minutes before each class **</p>	Birth to 12 months	
Baby and Me (EO)	<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	
Baby and Me Breastfeeding (EO)	<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 & 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	

Baby and Me Discovery (EO)	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
Baby Connections (EO)	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
Breastfeeding Buddies	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
Community of Learning	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
Cooking and Conversation	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
Dads and Kids Drop-In	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
Drop In – Stay, Play and Explore (EO)	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
Drop In Sensory Play	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

Early Learning Programs	A play based environment that sparks children’s curiosity and follows their interests. Both the indoor/outdoor environments are incorporated to support optimal learning and development. Children explore and learn together alongside Early Learning professionals. Parents are welcome to stay and participate with their child or attend a parenting program. Support and resources are provided for children and families. **Pre-registered spaces available during some parenting programs.	Birth to 12 months
Families Connecting	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
(The) Family Kitchen at Our Place	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
Family Outreach Program	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 12:00pm. To book an appointment call Mehdiya 519-498-7492	Families with Birth to 17 years
Infant Massage (EO)	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 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.	Birth to 12 months
Intergenerational Storytime	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
Kidsability Speech Language Drop In Support	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

Make the Connection (Birth – 1 year)	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
Make the Connection 1-2 years (CCB program)	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. **Limited Sibling Program available for children Birth-6 years	12 months to 24 months
Me Breastfeed? Workshop	A free prenatal workshop to learn more about breastfeeding. It is open to all pregnant women. Offered at Our Place by Breastfeeding Buddies Program Volunteers from Kitchener Downtown Community Health Centre Registration for this program taken by Our Place by phone at 519-571-1626	Adult program
Mother Connection	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
Music and Movement (EO)	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
One is Fun	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
Parent Chat	Let's Talk Parenting is a way to connect with other parents and learn from each other. Come out and meet other parents and talk about what interests you, share your parenting strategies and walk away with a few new ideas for yourself. This program is facilitated by Melodie, an experienced parent from ParentingNow.	Adult program
Parenting in a New Society	*tip sheets and resources will be available* 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

Parents of Multiple Births Association – KW (P.O.M.B.A.)	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
Preemie Parent of Waterloo Region (PPWR)	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
Preparing for Parenthood (EO)	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 earlyyearsinfo.ca . Registration is ongoing.	Adult program
Sleep and Your New Baby (EO)	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. http://www.earlyyearsinfo.ca/sleep-and-your-new-baby-registration.html	Birth to 12 weeks
Stork Secrets	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"> • Discussing coping strategies to help get through difficult days • Meet other mothers who are experiencing the same feelings • Develop friendships • Learn about other community programs • Strengthen connections with their infants For more information or to start the intake process for this program, visit http://www.earlyyearsinfo.ca/stork-secrets.html	Adult program
Stork Secrets group – Family Nights	This event is for Moms participating in the Stork Secrets program, their infants, partners and/or support people. Activities will involve all family members and staff together. This is a great opportunity for staff to meet those in Mom's life who offers support and guidance to Mom and infant.	Adult program

Transition to Kindergarten – Newcomer Focus	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.	Birth – 6 years
Vision Clinics with University of Waterloo – School of Optometry & Vision Science	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. <i>**Please bring your child’s OHIP card to the appointment**</i>	6 months – 6 years
Waterloo Region Family Network Resource Coach	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
Zero2Six - Children’s mental health consultation	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. Joint initiative of Carizon and Lutherwood. Appointments can be made at Our Place, in person or by calling 519- 571-1626	Birth to 6 years