

*Note: Calendars are updated frequently – please check the most current one which is posted on our website.
Each calendar version is dated so you know which one is most up-to-date.*



Our Place
Family Resource and Early Years Centre

Calendar Revised
September 15, 2017



SEPTEMBER 2017

OUR PLACE EARLY YEARS 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.

Wednesday

4:00 to 7:00 p.m.

**COME
ANYTIME TO
OUR FAMILY
DROP IN**

Your Family Belongs

Looking for a safe and welcoming place for you and your family? Ontario Early Years Centres in Waterloo Region are open to all and are offered at no cost. In this welcoming environment, parent, caregivers and children share experiences, feel supported and engage in exploration and play.

Ontario Early Years Centre Programs and Services offered at:

**Our Place Family Resource and Early Years Centre
154 Gatewood Road,
Kitchener N2M 4E4;
ENTRANCE B**

(Parking lot access off Blueridge Ave)

Telephone: (519) 571-1626

Fax: (519) 571-0621

www.ourplacekw.ca

and www.earlyyearsinfo.ca

**Waterloo Region
Ontario Early Years Centres**



A Place for Parents And Their Children.

earlyyearsinfo.ca



DROP-IN PLAY SPACES

Ontario Early Years Centres are accessible and open various hours throughout the day, evening and weekends. Family rooms, kitchens and play spaces are available for your family to use at your convenience. Drop in and structured programs are offered for children ages birth to six years as well as community resources and information sessions for parents and caregivers.

DROP IN TO OUR WELCOMING ENVIRONMENT WHERE YOU AND YOUR CHILD CAN ENJOY PLAYING TOGETHER AND CONNECTING WITH OTHER CHILDREN AND THEIR FAMILIES.

DROP IN PLAY SPACES:

Include our LIBRARY, ORANGE ROOM, GYM, OUTDOOR LEARNING AREA AND KITCHEN.

DROP IN PLAY HOURS:

Monday	9:00 – 4:00 pm
Tuesday	9:00 – 4:00 pm
Wednesday	9:00 – 7:00 pm
Thursday	9:00 – 4:00 pm
Friday	9:00 – 3:00 pm
Saturday	9:30 – 12:00 pm

Connect with us on Social Media:



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DROP-IN PROGRAMS – SEPTEMBER

Please refer to description for program times for each program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
<p><u>EARLY LEARNING PROGRAM NOTES (ELP):</u> *On Wednesdays - Early Learning Program spaces are set aside for participants in the registered Parents Learning Together programs. If there are drop-in ELP spots available, they are on first come – first served basis.</p>				CENTRE CLOSED	CENTRE CLOSED
4 CENTRE CLOSED	5 CENTRE CLOSED	<p>6 <u>Morning</u> Drop In Play/M&M Drop in Sensory Play <u>Afternoon</u> Drop In Play Drop In Sensory Play Artistic Infants Baby and Me Baby and Me Breastfeeding <u>Evening (4-7 pm)</u> One is Fun Drop In Play/ M&M Drop In Sensory Play</p>	<p>7 <u>Morning</u> Drop In Play Exploring Art Intergenerational Storytime <u>Afternoon</u> Drop In Play</p>	<p>8 <u>Morning</u> Drop In Play Baby and Me One is Fun Preschool Fun Music and Movement <u>Afternoon</u> Drop in Play</p>	<p>9 <u>Morning</u> Drop In Play <i>in Blue Room</i> Dad's & Kids Drop In Exploring Art Music and Movement</p>
<p>11 <u>Morning</u> Drop In Play Music and Movement <u>Afternoon</u> Baby and Me Discovery Parents Learning Together Early Learning Program Drop In Play</p>	<p>12 <u>Morning</u> Drop In Play Baby and Me One is Fun Preschool Fun Music and Movement <u>Afternoon</u> Drop In Play</p>	<p>13 <u>Morning</u> Drop In Play/M&M Drop in Sensory Play Early Learning Programs* <u>Afternoon</u> Drop In Play Drop In Sensory Play Artistic Infants Baby and Me Baby and Me Breastfeeding <u>Evening (4-7 pm)</u> One is Fun Drop In Play/ M&M Drop In Sensory Play</p>	<p>14 <u>Morning</u> Drop In Play Exploring Art Music and Movement <u>Afternoon</u> Drop In Play</p>	<p>15 <u>Morning</u> Drop In Play Baby and Me One is Fun Preschool Fun Music and Movement <u>Afternoon</u> Drop in Play</p>	<p>16 <u>Morning</u> Drop In Play Exploring Art Music and Movement POMBA Preemie Parent WR</p>
<p>18 <u>Morning</u> Drop In Play Music and Movement <u>Afternoon</u> Baby and Me Discovery Parents Learning Together Early Learning Program Drop In Play</p>	<p>19 <u>Morning</u> Drop In Play Baby and Me One is Fun Preschool Fun Music and Movement <u>Afternoon</u> Drop In Play – <i>in Orange Room</i> Growing Healthy Together</p>	<p>20 <u>Morning</u> Drop In Play/M&M Drop in Sensory Play Early Learning Programs* <u>Afternoon</u> Drop In Play Drop In Sensory Play Artistic Infants Baby and Me Baby and Me Breastfeeding <u>Evening (4-7 pm)</u> One is Fun Drop In Play/ M&M Drop In Sensory Play</p>	<p>21 <u>Morning</u> Drop In Play Exploring Art Music and Movement <u>Afternoon</u> Drop In Play</p>	<p>22 <u>Morning</u> Drop In Play Baby and Me One is Fun Preschool Fun Music and Movement <u>Afternoon</u> Drop in Play</p>	<p>23 <u>Morning</u> Drop In Play Exploring Art Music and Movement</p>
<p>25 <u>Morning</u> Drop In Play Music and Movement <u>Afternoon</u> Baby and Me Discovery Parents Learning Together Early Learning Program Drop In Play</p>	<p>26 <u>Morning</u> WRFN Resource Coach Drop In Play Baby and Me One is Fun Preschool Fun Music and Movement <u>Afternoon</u> Drop In Play – <i>in Orange Room</i> Growing Healthy Together</p>	<p>27 <u>Morning</u> Drop In Play/M&M Drop in Sensory Play Early Learning Programs* <u>Afternoon</u> Drop In Play Drop In Sensory Play Artistic Infants Baby and Me Baby and Me Breastfeeding <u>Evening (4-7 pm)</u> One is Fun Drop In Play/ M&M Drop In Sensory Play</p>	<p>28 <u>Morning</u> Drop In Play Exploring Art Music and Movement <u>Afternoon</u> Drop In Play</p>	<p>29 <u>Morning</u> Drop In Play Baby and Me One is Fun Preschool Fun Music and Movement <u>Afternoon</u> Drop in Play</p>	<p>30 <u>Morning</u> Drop In Play Exploring Art Music and Movement</p>

DROP IN PROGRAMS

Program	Age	Time/Location	Dates	Register/ Drop In
Artistic Infants It's never too early to support your child's self-expression! This program will allow families with babies under 12 months to explore different baby-safe art materials, and take home the end result. <u>Be sure to bring extra clothes and a towel for drying your baby as this creative process will get MESSY!</u> ** sign in will begin 15 minutes before each class **	Birth to 12 months	Wednesday 1:00 - 1:45 pm OR 2:00 - 2:45 pm	Ongoing *beginning Sept. 6	Drop In
Baby and Me Foster attachment and learning through the discovery of music, language and rhyming. Connect with our educators and other parents with babies under 1 year. ** sign in will begin 15 minutes before each class **	Birth to 12 months	Tuesday @ Our Place 11:00 – 11:45 am	Ongoing *beginning Sept. 12	Drop In
		Wednesday @ Our Place 1:00 - 1:45 pm OR 2:00 - 2:45 pm	Ongoing *beginning Sept. 6	Drop In
		Friday @ Our Place 10:45 – 11:45 am	Ongoing *beginning Sept. 8	Drop In
Baby and Me Discovery Early brain development is heightened by interactions that include all five senses. This program will focus on activities that foster attachment and learning through the use of music and other sight, sound, smell, touch and taste sensory experiences. Families are also able to seek parenting information, resources, referrals and support through their peers and our Early Learning Staff.	Birth to 12 months	Monday 1:00 - 2:30 pm	Ongoing *beginning Sept. 11	Drop In
Dad's and Kids Drop In Calling all Dads, Grandpa's and Father Figures of Kids...come out on Saturday mornings to spend time with other families in the gym. It's a great way to spend time with the kids, participate together in fun and games, songs and stories, friendship and laughter! Kids, and adults, come make new friends! * This is a monthly program *	Birth to 6 years	Saturday 9:30-11:00 am	September 9	Drop In
Drop In Music and Movement @ Kitchener Market Imagination and creativity are developed and explored through rhymes, songs, finger plays and gross motor activities. Come out and support your child's language development and experience the benefits of physical activity.	Birth to 6 years	Friday 9:30 - 10:00 am *OFFSITE PROGRAM*	Ongoing *beginning Sept. 8	Drop In
Drop In Music and Movement Imagination and creativity are developed and explored through rhymes, songs, finger plays and gross motor activities. Come out and support your child's language development and experience the benefits of physical activity.	Birth to 6 years	Monday to Saturday 11:30 am - 12:00 pm	Ongoing *cancelled on Sept. 7	Drop In
		Wednesday evenings 6:30 pm – 7:00 pm		
Drop-In Play 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. Play Space location may change depending on the day and time – please ask front reception what spaces are available. Drop in Play spaces include: Gym, Orange room, and Resource Library **Please note: •The Orange room is available on Monday & Tuesday afternoons. (gym will not be available) 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.	Birth to 6 years	Monday, Tuesday and Thursdays 9:00 – 4:00 pm	Ongoing *beginning Sept. 6	Drop In
		Wednesdays 9:00 – 7:00 pm		
		Fridays 9:00 – 3:00 pm		
		Saturdays 9:30 – 12:00 pm		
Drop-In Play @ Chandler Mowat Community Centre Join other children and families in play and exploration. A Registered early Childhood Educator is available to provide support and information around early learning topics (<i>i.e. toilet learning, sleep, nutrition, and transition to school</i>), community resources, programs and referrals.	Birth to 6 years old	Wednesdays 9:00 - 11:00 am *OFFSITE PROGRAM*	Ongoing *beginning Sept. 13	Drop In
Drop-In Play @ Kitchener Market 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 old	Friday 10:00 - 11:00 am *OFFSITE PROGRAM*	Ongoing *beginning Sept. 8	Drop In

<p>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.</p>	Birth to 6 years	Wednesdays 9:00 am – 7:00 pm	Ongoing *beginning Sept. 6	Drop In
<p>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. <u>** Wednesday A.M. drop in spaces for the early learning children's program are limited – Drop if spots are only available if programs are not full**</u> <u>***Parents and Caregivers are required to remain at the Centre during the children's programs.</u></p>	Birth to 6 years	<p>Wednesday Mornings 9:15 - 11:15 am</p> <p>Monday Afternoons 12:45 - 2:30 pm *must be 12 months and walking to join Early Learning Program during this time</p>	Ongoing *beginning Sept. 13	**Register and Limited Drop In if there are spots available
<p>Exploring Art 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. <i>*younger siblings from birth to two are welcome to join*</i></p>	2 – 6 years	Thursday 9:30 - 10:30 am	Ongoing *beginning Sept. 7	Drop In
		Saturday 9:30 - 11:30 am	Ongoing *beginning Sept. 9	Drop In
<p>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.</p>	Birth to 6 years	Thursday 11:30 am – 12:00 pm	September 7	Drop In
<p>Learning is Child's Play Drop In at Centreville Chicopee Community Centre Child's play is learning that comes naturally. Come out and join other children and families in play and exploration in an environment that sparks children's curiosity and follow their interests. Early learning professionals are available to provide support and information around early learning topics, transition to Kindergarten, community resources, programs and referrals. Please come prepared to go outside and bring your own snack.</p>	Birth to 6 years	Thursday 9:15 - 11:15 am. *OFFSITE PROGRAM*	Ongoing *beginning Sept. 7	Drop In
<p>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.</p>	12-24 months	Tuesday 9:00 – 11:30 am	Ongoing *beginning Sept. 12	Drop In
		Wednesday 5:00 - 7:00 pm	Ongoing *beginning Sept. 6	Drop In
		Friday 9:00 – 11:30 am	Ongoing *beginning Sept. 8	Drop In
<p>Preschool Fun A play based program for children 2-6 years and their parents/caregivers. Play, explore, and discover together in an environment that sparks a child's curiosity. The program includes creative play both indoor and outdoor. Our Registered Early Childhood Educator is available to consult with and provide information and resources to support optimal learning and healthy development. <i>*this program is geared to ages 2-6 however younger siblings are welcome to attend*</i></p>	2-6 years	Tuesday 9:00 – 11:30 am	Ongoing *beginning Sept. 12	Drop In
		Friday 9:00 – 11:30 am	Ongoing *beginning Sept. 8	Drop In

REGISTERED PROGRAMS – SEPTEMBER

****Please refer to description for program times for each program****

Registration for SEPTEMBER begins Tues. Sept. 5 at 2:00 – 3:00 pm.—See page 7 for details

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Registration for SEPTEMBER begins Tues. Sept. 5 at 2:00 – 3:00 pm In person or by phone – Centre is open for registration only</p>				2 CENTRE CLOSED
				SATURDAY
				3 CENTRE CLOSED
4 CENTRE CLOSED	5 CENTRE CLOSED ** Registration Today at 2:00 pm **	6 <u>Morning</u> <u>Afternoon</u> <u>Evening</u>	7 <u>Morning</u> Meet with a RECE <u>Afternoon</u>	FRIDAY
				8 <u>Morning</u>
				SATURDAY
				9 <u>Morning</u>
11 <u>Morning</u> Benefits of Play <u>Afternoon</u> Fit for Life – new session	12 <u>Morning</u> Zero2Six Infant Massage – new session Mother Connection <u>Afternoon</u> Parents Learning Together – new session	13 <u>Morning</u> Speech/Language Support Parents Learning Together- new session <u>Afternoon</u> <u>Evening</u> Sleep and Your New Baby	14 <u>Morning</u> Meet with an RECE NPRG Focus Group <u>Afternoon</u> The Family Kitchen Baby Connections	FRIDAY
				15 Infant Massage – new session
				SATURDAY
				16 <u>Morning</u>
18 <u>Morning</u> Stork Secrets Benefits of Play <u>Afternoon</u> Fit for Life	19 <u>Morning</u> Infant Massage Mother Connection <u>Afternoon</u> Growing Healthy Together Parents Learning Together	20 <u>Morning</u> Parents Learning Together <u>Afternoon</u> <u>Evening</u> Make the Connection for Stork Secrets participants Me? Breastfeed Workshop	21 <u>Morning</u> Meet with an RECE <u>Afternoon</u> The Family Kitchen Baby Connections	FRIDAY
				22 <u>Morning</u> Infant Massage
				SATURDAY
				23 <u>Morning</u> Sleep and Your New Baby
25 <u>Morning</u> Stork Secrets Benefits of Play <u>Afternoon</u> Fit for Life	26 <u>Morning</u> Zero2Six Parent Committee Meeting Infant Massage Mother Connection <u>Afternoon</u> Growing Healthy Together Parents Learning Together	27 <u>Morning</u> Speech/Language Support Parents Learning Together <u>Afternoon</u> <u>Evening</u> Sleep and Your New Baby Stork Secrets Family Night	28 <u>Morning</u> Meet with an RECE <u>Afternoon</u> The Family Kitchen Baby Connections	FRIDAY
				29 <u>Morning</u> Infant Massage
				SATURDAY
				30 <u>Morning</u>

Program Registration Information

REGISTRATION for SEPTEMBER programs will begin on
Tuesday September 5th from 2:00 pm – 3:00 pm
In person or by phone

Early Years Programs are free to participate
However a few programs require a small fee for materials.

*Programs with material fee are shown below.
Registration for these programs will be in person only beginning at 2:00 – 3:00 p.m. and with payment at that time.*

- No programs require payment this month

Please note:

- ★ If the phone line is busy, please leave us a voice message with the program you are interested in registering for. Reception will return calls to confirm registration.
- ★ If you require financial assistance please call us at 519-571-1626 ext.25 before registration starts***
- ★ For cancellation and refund details please see back page or check our website.

Other Programs/Services

registration will begin at 10:30 a.m. by phone or in person (Monday to Fridays)

- Baby Connections at Our Place
- Benefits of Play
- Fit for Life
- Infant Massage
- KidsAbility Speech & Language
- Meet with an RECE
- The Family Kitchen at Our Place
- Zero2Six Appointments
- Me? Breastfeed – Sept. 20th

Offsite Programs- Please see program descriptions for registration details.

- Baby and Me at various locations
- Infant Massage at various locations

Parents Learning Together Registration for WEDNESDAY mornings:

For Session #1 September 13 – October 11 (5 weeks).

Obtain a form from the front desk staff or visit our website to download a form

1. Return form to staff at the front desk or e-mail to ourplace@ourplacekw.ca
Before Wednesday Sept. 6th at 11:00 am
2. Staff will contact those whose names were put on the list to inform them that they have been registered.

- If the program has a material cost, please submit this within 3 days of registration so we can then confirm your participation.
- In an effort to register additional people in programs - Infants less than 6 months stay with you in group.
- Drop In Spaces may be available in some registered programs depending on attendance.

REGISTERED PROGRAMS

PROGRAM	AGE	TIME	DATES	Register/ Drop In
Baby and Me Foster attachment and learning through the discovery of music, language and rhyming. Connect with our educators and other parents with babies under 1 year. Register directly with City of Kitchener https://ca.apm.activecommunities.com/activekitchener/Home Address of offsite locations: VICTORIA HILLS COMMUNITY CENTRE –10 Chopin Dr, Kitchener CENTREVILLE CHICOPEE COMMUNITY CENTRE – 141 Morgan St. Kitchener	Birth to 12 months	Tuesday @ Victoria Hills Community Centre 9:30 – 10:30 am *OFFSITE PROGRAM *	Sept. 26 – Nov. 7	Register with City of Kitchener
		Wednesday @ Centreville Chicopee Community Centre 1:30 – 2:30 pm *OFFSITE PROGRAM *	Sept. 13 – Oct. 18	Register with City of Kitchener
Baby Connections Baby Connections is a free community program that helps families to develop literacy skills with their babies from 6 to 12 months. Participants receive a kit of resources and use easy strategies to talk, sing, and read with their baby. <i>*this program is suitable for all parents regardless of home language or literacy level*</i>	6 months to 12 months	Thursday 1:00 – 2:00 pm	Sept. 14 – Oct. 5	Register
Benefits of Play Spend time re-discovering play and uncovering what it feels like to be full of childlike wonder. This program will focus on a variety of play experiences and discussion around the benefits of play both for you and your child.	Adults and children Birth to 6 years	Monday 9:30 – 11:00 am	Ongoing *beginning Sept. 11	Register Weekly
Fit for Life 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. <i>*younger siblings from birth to two are welcome to attend*</i>	2-6 years old	Monday 1:00- 2:30 pm	Sept. 11 - 25	Register
Infant Massage Parents with babies under 12 months will learn how to massage their babies in a comfortable and relaxing environment. Our facilitators are trained by the International Association of Infant Massage and will teach techniques that will help to relax the baby and relieve common physical discomforts. This is a 4 weeks class. For Offsite Locations – please register directly with: City of Kitchener https://ca.apm.activecommunities.com/activekitchener/Home KPL - http://www.kpl.org/programs-and-events Address of offsite locations: DOON COMMUNITY CENTRE - 150 Pioneer Drive, Kitchener WILLIAMSBURG COMMUNITY CENTRE – 1187 Fischer Hallman Rd. Building 600; Suite 620 STANLEY PARK COMMUNITY CENTRE – 505 Franklin St, North Kitchener KITCHENER PUBLIC LIBRARY - 85 Queen St, Kitchener	Birth to 12 months	Tuesday @ Our Place 9:30 - 10:30 am	Sept. 12 – Oct. 3	Register with Our Place
		Tuesday @ Williamsburg Community Centre 1:00 – 2:00 pm *OFFSITE PROGRAM *	Sept. 19 – Oct. 10	Register with City of Kitchener
		Tuesday @ Stanley Park Community Centre 1:30 – 2:30 pm *OFFSITE PROGRAM *	Sept. 12 – Oct. 3	Register with City of Kitchener
		Wednesday @ KPL Central Branch 1:30 – 2:30 pm *OFFSITE PROGRAM *	Sept. 20 – Oct. 11	Register with KPL
		Thursday @ Doon Community Centre 1:30 – 2:30 pm *OFFSITE PROGRAM *	Sept. 21 – Oct. 12	Register with City of Kitchener
		Friday @ Our Place 9:15 – 10:15 am	Sept. 15 – Oct. 6	Register with Our Place
		Friday @ Stanley Park Community Centre 9:15 – 10:15 am *OFFSITE PROGRAM *	Sept. 15 – Oct. 6	Register with City of Kitchener
Make the Connection for Stork Secrets Participants Make the Connection Birth -12 mos incorporate hands-on parent-baby activities 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. <i>*This programs is open to participants who are attending the Stork Secrets Group. To register call Wanda Kampijan @ 519-571-1626 ext 25</i>	Adults & Children Birth to 12 months	Wednesday 6:00 – 7:00 pm	Sept. 20 – Dec. 6 *program not running on Sep. 27; Oct. 18 & 25, and Nov. 22,	Closed group For more info call Wanda Kampijan @ 519-571-1626 ext 25

<p><u>Positive Discipline in Everyday Parenting at WPL McCormick Branch</u> Positive Discipline is an approach to parenting that teaches children and guides their behavior, while respecting their rights to healthy development, protection from violence and participation in their learning. Positive Discipline is based in research on children's healthy development and effective parenting, and founded on child rights principles <i>*No children's program available*</i> WPL McCORMICK BRANCH – 500 Parkside Dr. Waterloo</p>	<p>Adult</p>	<p>Thursday 7:00 – 8:30 p.m. *OFFSITE PROGRAM *</p>	<p>Sept. 21 – Nov. 2</p>	<p>Register with WPL</p>
<p><u>Sleep and Your New Baby</u> Region of Waterloo Public Health and the Waterloo Region Ontario Early Years Centres are inviting you and your baby to a free session to get to know more about your baby's sleep cycle and how to respond. (For parents of newborns from birth up to 12 weeks of age) Register online at www.earlyyearsinfo.ca/sleep-sessions <i>*You may bring a family member or friend for support*</i></p>	<p>Birth to 12 weeks</p>	<p>Wednesdays *Twice Monthly 5:30 – 7:00 pm</p>	<p>Sept. 13 & 27</p>	<p>Register online</p>
		<p>Saturdays *Once Monthly 10:00 – 11:30 am</p>	<p>Sept. 23</p>	<p>Register online</p>
<p><u>Stork Secrets</u> This Peer support program is geared to Pregnant and Postpartum Mother's with an infant under age 2 and adjusting to changes and challenges of parenthood. Participants will have the chance to: discuss coping strategies to help get through the difficult days, meet other mothers who are experiencing the same feelings, develop friendships, learn about other community programs and strengthen connections with their infant. For more information call Wanda Kampijan at 519-571-1626 ext. 25. Early Learning programs available during group for children birth to 6 yrs.</p>	<p>Adult</p>	<p>Monday's 9:30 - 11:15 am</p>	<p>Ongoing *beginning Sept. 18</p>	<p>For more info call Wanda Kampijan @ 519-571-1626 ext 25</p>
<p><u>Stork Secrets at YMCA Early Years Centre (Rogers Street)</u> This Peer support program is geared to Pregnant and Postpartum Mother's with an infant under age 2 and adjusting to changes and challenges of parenthood. Participants will have the chance to: discuss coping strategies to help get through the difficult days, meet other mothers who are experiencing the same feelings, develop friendships, learn about other community programs and strengthen connections with their infant. For more information call Wanda Kampijan at 519-571-1626 ext. 25. YMCA EARLY YEARS: 161 ROGER STREET, WATERLOO</p>	<p>Adult</p>	<p>Thursday 9:30 – 10:30 am *OFFSITE PROGRAM *</p>	<p>Ongoing *Sept. 14 – Dec. 21</p>	<p>For more info call Wanda Kampijan @ 519-571-1626 ext 25</p>
<p><u>Stork Secrets Family Night</u> 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.</p>	<p>Adults & Children</p>	<p>Wednesday 5:30 – 7:00 pm</p>	<p>Sept. 27</p>	<p>To Register call Wanda Kampijan @ 519-571-1626 ext 25</p>
<p><u>The Family Kitchen @ Our Place</u> Join Early Years staff Thursday's in the kitchen and make cooking Family Time. This program will provide strategies to families with children ages 2-6 years how to increase their daily intake of fruits and vegetables by involving children in the kitchen. <i>*younger siblings from birth to two are welcome to attend*</i></p>	<p>2-6 years old</p>	<p>Thursdays 1:00 – 2:30 pm</p>	<p>Ongoing *beginning Sept. 14</p>	<p>Register with Our Place</p>

PARENTS LEARNING TOGETHER PROGRAMS

These programs are offered in a welcoming environment where parents can connect with Peer Workers and each other, learning together.

**Early Learning Programs for children may be available during program times for children birth to 6 years.*

Please enquire at time of registration.

PROGRAM	AGE	TIME	DATES	Register/ Drop In
1 Experience the fun of food! Connecting with Community Nutrition Worker, Yaramarie Palacios. This hands-on interactive program allows participants to explore wonderful recipes that connect health, family and friends. \$25 Material cost. Payment for program is due at time of registration; if you are in need of financial assistance please call 519-571-1626 ext 25. <i>(formerly called Creative Cooking)</i>	Adult	Wednesday 9:30 - 11:15 am	Sept. 13 – Oct. 11	Register *Forms due by Sept. 6 at 11:00 am
2 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. Program co-delivered by the YMCAs of Cambridge & Kitchener-Waterloo and Our Place's Peer Health Worker <i>(formerly called Parenting in a New Society)</i>	Adult	Wednesday 9:30 - 11:15 am	Sept. 13 – Oct. 11	Register *Forms due by Sept. 6 at 11:00 am
3 Engage in conversation as we share the events of the day to day life as a parent/partner/friend. Connect each week with Peer Worker, Theresa Himburg to share events of the day as a parent/partner/friend; discussing current events, parenting issues, relationships, finding time for yourself and whatever else is on your mind. <i>(formerly called Social Cub)</i>	Adult	Wednesday 9:30 - 11:15 am	Sept. 13 – Oct. 11	Register *Forms due by Sept. 6 at 11:00 am
4 Drop in to our welcoming environment for coffee and conversation with Angela King, Peer Health Worker. Each week presents a different area of interest; from Ask an RECE and CNW to 'Mental Health Monday's' this program will cover it all! <i>(formerly called Community Café)</i>	Adult	Monday 1:00 - 2:30 pm	Ongoing *beginning Sept. 11	Drop In
5 Register yourself for an opportunity to connect with our Peer Worker, and other New Canadian parents with an interest in increasing their English language, parenting and social skills. <i>(formerly called Multicultural Parents Learning Together)</i>	Adult	Tuesday 1:00 - 2:30 pm	Sept. 12 – Oct. 10	Register with Our Place Front Desk
Our Place Parent Committee Parents and Caregivers meet monthly to "Build the Our Place Village" to support the community atmosphere of engaging and welcoming families; Lend your voice on ideas and activities within the centre; and give back to Our Place by providing your helping hands and special talents in many ways to support the philanthropic ideas and activities of the Committee. **NOTE** Meetings are open for people who are interested in participating in the group on an ongoing basis** **RSVP to parentcommittee@ourplacekw.ca **Limited Early Learning Programs available** <i>Infants can stay with parents in meeting</i>	Adult	Tuesday 9:30 - 11:00 am	Sept. 26	Register By email See description for address

Parents Learning Together Registration for WEDNESDAY mornings:

For Session #1 September 13 – October 11 (5 weeks).

Obtain a form from the front desk staff or visit our website to download a copy of the form

- Return form to staff at the front desk or e-mail to ourplace@ourplacekw.ca **before Wednesday Sept. 6th at 11:00 am**
- Staff will contact those whose names were put on the list to inform them that they have been registered.
- If the program has a material cost, please submit this within 3 days of registration so we can then confirm your participation.
- In an effort to register additional people in programs - Infants less than 6 months stay with you in group.
- Drop In Spaces may be available in some registered programs depending on attendance.

PROGRAMS OFFERED WITH PARTNERING AGENCIES

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN
<p><u>Growing Healthy Together</u> 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.</p> <p><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, Carizon Family and Community Services and the Region of Waterloo Public Health Department.**</i></p>	Adult	Tuesday 1:00-2:30 pm	Ongoing <i>*beginning Sept. 19</i>	Register with Public Health at 519-575-4400 OR Drop in Is Always welcome
<p><u>P.O.M.B.A.</u> 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 12 months of age.</p>	Birth to 12 months	Saturday 10:00-11:30 am	Sept. 16	Closed group
<p><u>Preemie Parent of Waterloo Region (PPWR)</u> 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</p>	Birth to 6 years	Saturday 9:45-11:45am	Sept. 16	Drop In For more information preemiepowwr@gmail.com
<p><u>Me Breastfeed? Workshop</u> 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</p>	Adult	Wednesday 5:30 – 8:00 pm	Sept. 20	Register by phone at 519-571-1626
<p><u>Mother Connection</u> 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 email: stacey.bartley@yahoo.ca</p>	Adult	Tuesday 9:30 – 11:15 am	Sept. 12 – Dec. 19	Closed group

SERVICES

PROGRAM	AGE	TIME	DATES	REGISTER/ DROP IN
<p><u>Baby & Me Breastfeeding</u> Are you looking for somewhere to hang out and meet other breastfeeding families? Are you having 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.</p>	Adult & Infant	Wednesday 1:30 - 2:30 pm	Ongoing *beginning Sept. 6	Drop In
<p><u>Breastfeeding Buddies</u> 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. <i>**Please see reception for information on how to contact the Breastfeeding Buddies**</i></p>	**Please ask the Front Reception Staff how to access this service			
<p><u>Family Outreach Program</u> Do you have children and need help finding resources for your family? A Family Outreach Worker can assist you to find ways to connect with services you and your family may need. The Family Outreach Program is operated by House of Friendship.</p>	Adult	Mondays 9:00am to 4:00 pm Tuesdays 9:00am to 4:00 pm and Fridays 9:00am to 3:00 pm	Ongoing	To book an appointment call Mehdiya 519-498-7492
<p><u>Family Resource Library</u> This welcoming environment offers space for parents and children to explore and play. A variety of books and other materials are available for use in the library or to borrow** and use at home. Connect with Early Years Staff to assist in finding information on child development, parenting, family life and community resources. Drop in anytime during regular centre hours to play in the library. <i>**A small fee may be applicable to borrow certain items</i></p>	Adult and Birth to 6 years	<u>Monday to Thursday</u> 9:00 am - 4:00 pm <u>Wednesday</u> 9:00 - 7:00 pm <u>Friday</u> 9:00 – 3:00 pm <u>Saturday</u> 9:30 am - 12:00 noon	Ongoing	Drop In
<p><u>KidsAbility Preschool Speech and Language</u> A Speech Language Pathologist from KidsAbility will offer bi-weekly Speech and Language Support for children, parents, caregivers and staff. <i>**For an individual meeting please book your appointment at the Reception Desk at Our Place or phone 519-571-1626. Drop In Support also available if time permits.</i></p>	Birth to 6 years	Wednesday 9:30-11:30 am	Sept. 13 & 27	Pre-registered and Drop-In Call us at 519-571-1626 for an appt
<p><u>Meet with a Registered Early Childhood Educator (RECE)</u> Here is an opportunity to consult one-on- one with a Registered Early Childhood Educator who can provide support around information and resources on child development and early learning topics, and connect children and parents with community resources, programs and developmental tools to further support their child's optimal learning and healthy development. <i>**For an individual meeting please book your appointment at the Reception Desk at Our Place or phone 571-1626. Drop In Support also available.</i></p>	Birth to 6 years old	Thursday 9:30 am - 12:00 pm	Ongoing *beginning Sept. 7	Pre-registered and Drop-In Call us at 519-571-1626 for an appt.
<p><u>Waterloo Region Family Network Resource Coach</u> 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.</p>	Birth to Adults	Tuesday 10:00 – 11:00 am	Sept. 19	Drop In
<p><u>Zero2Six</u> 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</p>	Birth to 6 years	Tuesday 9:15 am - 12:45 pm	Sept. 12 & 26	Pre-registered and Drop-In Call us at 519-571-1626 for an appt.



Early Years Programs in the Community:

***For more information – call us at 519-571-1626 or contact each location for their program information*

*Anselma House	700 Heritage Dr, Kitchener	519-741-9184
*Centreville-Chicopee Community Centre	141 Morgan Ave. Kitchener	519-741-2490
*Chandler Mowat Community Centre	222 Chandler Dr., Kitchener	519-741-2733
*Doon Community Centre	150 Pioneer Drive, Kitchener,	519-741-2641
*Highland Stirling Community Group	216 Mill St. Kitchener	519-745-9408
*Kingsdale Community Centre	80 Wilson Ave. Kitchener	519-748-6463
*Kitchener Public Library – Central Library	85 Queen Street North, Kitchener	519-743-0271
*Kitchener Market	300 King St. E Kitchener	519-741-2287
*Salvation Army Parent Child Resource Centre	75 Tillsley Drive, Kitchener	519-745-3351
*Stanley Park Community Centre	505 Franklin Street, North Kitchener	519-741-2504
*Sunbeam Early Years Drop-In Centre Pioneer Park Christian Fellowship Church,	68 Biehn Dr. Kitchener	519-744-9223
*Victoria Hills Community Centre	10 Chopin Drive, Kitchener	519-741-2717
*Waterloo Public Library – McCormick Branch	500 Parkside Drive, Waterloo	519-886-1310
*Williamsburg Community Centre	1187 Fischer Hallman Rd. Kitchener Building 600; Suite 620	519-741-2240
*YMCA Early Years Centre – Roger Street	161 Roger Street, Waterloo	519-741-8585

OFFSITE PROGRAMS – SEPTEMBER

Registration for details for each program is provided in the description

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				SATURDAY
				2
4	5	6	7 <u>Morning</u> Learning is Child's Play Drop In at Centreville- Chicopee	FRIDAY
				8 <u>Morning</u> M&M @ Kitchener Market DIP @ Kitchener Market
				SATURDAY
				9
11	12 <u>Morning</u> <u>Afternoon</u> Infant Massage @ Stanley Park C.C. -new session	13 <u>Morning</u> DIP @ Chandler Mowat Community Centre <u>Afternoon</u> Baby and Me @ Centreville Chicopee C.C. -new session	14 <u>Morning</u> Learning is Child's Play Drop In at Centreville- Chicopee Stork Secrets @ YMCA Early Years <u>Afternoon</u> <u>Evening</u>	FRIDAY
				15 <u>Morning</u> M&M @ Kitchener Market DIP @ Kitchener Market Infant Massage @ Stanley Park C.C. -new session
				SATURDAY
				16
18	19 <u>Morning</u> <u>Afternoon</u> Infant Massage @ Stanley Park C.C. Infant Massage @ Williamsburg C.C. -new session	20 <u>Morning</u> DIP @ Chandler Mowat Community Centre <u>Afternoon</u> Baby and Me @ Centreville Chicopee C.C. Infant Massage @ KPL -new session	21 <u>Morning</u> Learning is Child's Play Drop In at Centreville- Chicopee Stork Secrets @ YMCA Early Years <u>Afternoon</u> Infant Massage @ Doon C.C. -new session <u>Evening</u> Positive Discipline @ WPL McCormick branch - new session	FRIDAY
				22 <u>Morning</u> M&M @ Kitchener Market DIP @ Kitchener Market Infant Massage @ Stanley Park C.C.
				SATURDAY
				24
25	26 <u>Morning</u> Baby and Me @ Victoria Hills C.C. Make the Connection for S.S. @ YMCA Early Years <u>Afternoon</u> Infant Massage @ Stanley Park C.C. Infant Massage @ Williamsburg C.C.	27 <u>Morning</u> DIP @ Chandler Mowat Community Centre <u>Afternoon</u> Baby and Me @ Centreville Chicopee C.C. Infant Massage @ KPL	28 <u>Morning</u> Learning is Child's Play Drop In at Centreville- Chicopee Stork Secrets @ YMCA Early Years <u>Afternoon</u> Infant Massage @ Doon C.C. <u>Evening</u> Positive Discipline @ WPL McCormick branch	FRIDAY
				29 <u>Morning</u> M&M @ Kitchener Market DIP @ Kitchener Market Infant Massage @ Stanley Park C.C.
				SATURDAY
				30 <u>Morning</u>

General Information

Refund and Cancellation Policy:

Our programs are free, however in some cases there may be a fee for materials. Refunds requested before the program starts will be subject to a \$5 administration fee. Refunds cannot be processed once programs have started.

Centre Housekeeping



Before taking any photos or videos in the centre please check with the staff. We ask that you please consider the privacy of others.



If you or your child(ren) are ill, we ask you do not attend programs. If you are registered in a program, we ask you call the centre and let us know you will not be attending that day. We have a Health Policy for Families and Children for your reference available at the front reception.



Programming can be held out in the Outdoor Learning Area at any point during the Early Learning Programs. We ask that you dress your child for the weather conditions outside.



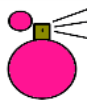
Please remember to bring dry shoes for you and your child. For safety reasons, we cannot allow wet boots or shoes into the gym, classrooms or workshop rooms.



Parents and caregivers are required to remain at the Centre at all times during our programs.



We strive to be Nut –Free And Sesame-Free: Many people attending our programs have severe allergies. Help keep them safe by not bringing **sesame, peanuts or any nut/sesame products** into our Centre.



We strive to be Scent-Free: Please avoid using any scented products when you visit our centre.



Stroller Parking is available by the gym. We ask that you park your stroller there while you are visiting the centre.

Tours are available. Call the front desk for more information @ 519-571-1626.

In our efforts to ensure the safety of everyone in our centre: We ask that if you have a ride that is coming to the centre to pick you up – please let the front desk reception know. If we know that you are expecting someone to check in and ask for you, we will ask them to sign in and they can come to find you. If we do not know of any pick up arrangements, we will ask the person to wait in the front hall while we come and find you. We ask that everyone signs in as they arrive in the centre as this helps keep Our Place a safer place for everyone.