Ontario Early Years   Fall 2017   Program Schedule

Registration Required

Call 705 324-7900 to register.

55 Mary Street West, Lindsay, Ontario - www.oeyc.ca

All programs are free.

All programs are located at the Lindsay OEYC unless otherwise stated.

Monday

Bright Starts
Parents and Parents-To-Be

September 11 - December 18

9:30 am - 12:30 pm

no program October 9

Canada Prenatal Nutrition Program (CPNP)

For parents-to-be, parents & children 0 - 18 m

OEYC staff, a local health nurse and guest speakers share prenatal/postnatal information.

Get the best start for you and your baby!
- food certificates and prenatal vitamins available for those pregnant or breastfeeding children under 6 months
- Learn Infant Massage techniques
- Mother Goose rhymes & songs

lunch provided
free transportation

Dads Welcome!

Co-Facilitated by OEYC and HKPR Health Unit

Tuesday

Growing Parents with Growing Children

September 12 - December 19

4:00 pm - 6:30 pm

no program on the 4th Tuesday each month

Community Action Program for Children (CAPC)

For parents and children 0 - 6 years

Participate in a parent education program.

Learn and talk about parenting and child development

While in the parenting program, children will be supervised as they *create, wonder, and explore* In our engaging early learning program.

light supper provided
free transportation

Dads Welcome!

Wednesday

Mother Goose for Infants

Location: Lindsay Library
109 Kent Street West

Session 1: September 20 - October 25
Session 2: November 1 - December 6

10:15 am - 11:15 am

For parents & babies 0 - 12 months

Siblings welcome; must be supervised by parent

A fun relaxing morning; parents and babies learn songs, rhymes and stories.

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Fit Kids at Memorial Park

For parents & children 0 - 6 yrs

10 am - 11:30 am

Siblings welcome; must be supervised by parent.

Story Walk   September 13

Interactive story walk in the park

Fit Kids   Sept 20 - Oct 25

Outdoor exercise through play.

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Fit Kids at Spectrum Gym

Location: 38 Cambridge Street N

November 1 - December 13

Siblings welcome; must be supervised by parent.

Exploring Waddlers & Toddlers

For parents & children 15 m - 2.5 yrs
9:30 am - 10:30 am

Busy Preschoolers

For parents & children 2.5 yrs - 6 yrs
10:45 am - 11:45 am

Enhance motor skills with throwing, balancing, jumping, dancing, & running.

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Food, Friends & Feeding Baby
La Leche League

Sept 13, Oct 4, Nov 1 & Dec 6
5:00 pm - 7:30 pm

For breastfeeding moms, pregnant women and their families.

Dinner and breastfeeding discussion one Wednesday of each month.

Discussion: 5:00 pm   **Dinner**: 6:30 pm

Thursday

Infant Massage

Location: Path to Stillness Yoga Studio
55 Mary Street W, Suite 204
(above the OEYC)

Session 1: September 14 - October 19
Session 2: November 2 - December 7

10:00 am - 11:30 am

childcare not available for siblings

Learn and practice massage techniques, in a relaxed environment. Infant Massage may help your baby to sleep longer and deeper, reduce fussy times, colic, constipation and congestion.

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Young Parent Program

September 7 - December 21
3:30 pm - 6:30 pm

For parents & children 0 - 6 yrs

L.E.A.P. Program, sponsored by City of Kawartha Lakes.

For information call, 705 324-9870 ext. 3237

Connect with other young parents!

light supper provided

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Fathering Program: FI-BOCC Program©
Father Involvement - Building Our Children's Character

September 7 - December 21
5:30 pm - 6:30 pm

Just for Dads!

light supper provided
childcare not available

Fathers are introduced to parenting tools that will assist in developing healthy, happy, resilient children.

Friday

Ooey Gooey Sensory Fun

September 15 - October 27

9:30 am - 11:30 am

For parents & children 1 - 4 yrs

snack provided

- Explore and enjoy ooey gooey sensory fun with your child.

Parent Talk Time:
- How does learning happen?
- What urges a child to throw, climb, hide or stack objects?

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Connecting Through Rhyme and Play

November 3 - December 15
9:30 am - 11:30 am

For parents & children 1 - 4 yrs

snack provided

Rhyme & Songs
Interactive parent-child activities

Parent Talk Time included