

Ontario Early Years Centre Parenting Programs & Workshops

Community Action Program for Children (CAPC)

January - March 2010 Schedule



A chance to connect with others and strengthen parenting skills.

Ontario Early Years Centre Haliburton Victoria Brock - 55 Mary St W, Lindsay, Ontario

Mondays

Bright Starts - Parents and Parents To Be CNP/CAPC

10:00am - 1:00pm At the Ontario Early Years Centre Lindsay

For parents to be and parents and children up to 12 months

Get the best start for you and your baby - a talk time with your local health nurse will answer your questions on topics such as nutrition and growth & development. Food certificates and vitamins available.

For parents and children from 12 to 18 months

Learning About Toddler Behaviour - Talk time includes topics on · positive behaviour - how can you encourage it · challenging behaviour - how can it be prevented · personality - what kind of person is my toddler. For Dads too! **FREE LUNCH & FREE TRANSPORTATION** In partnership with HKPR Health Unit, & SIRCH



Tuesdays

Parent Infant Mother Goose

Jan. 12 - March 2 10:00 - 11:15 At the Boys & Girls Club of Kawartha Lakes

For parents & children 0-12 months

A fun way to learn rhymes, songs and stories together in a relaxed environment.

Baby & Me Time

March 9 - 30 1:00 - 3:00 At the Ontario Early Years Centre Lindsay

For parents & children 0-12 months

Come for a relaxed afternoon and enjoy a Mother Goose circle time with your infant. A variety of topics will be covered during parent talk time.

Wednesdays

Young Parent Program (CAPC) & L.E.A.P. Program

Jan. 6 - March 31 3:30pm - 6:30pm At the Ontario Early Years Centre, Lindsay

For young parents

Connect with other young parents, receive parenting tips, craft time, rhyme and play program. Supper provided.

Fathering Program - Connections for Life (CAPC)

Jan. 27 - March 17 5:00pm - 6:30pm At the Ontario Early Years Centre, Lindsay

For dads & children 0-6 yrs (childcare provided)

New this winter, this program focuses on developing healthy attachment in your child. Healthy attachment leads to healthy child development which allows children to develop trust, confidence, empathy, the ability to deal with stress and relate well to others.

Need 8 registered to begin.



Thursdays

Family Cooking Corner & How To Talk So Kids Will Listen (CAPC)

January 28 - March 4 4:00pm - 7:00pm At the Ontario Early Years Centre, Lindsay

For parents & children 0-6 yrs

Come out with your family and make a nutritious meal that your kids will enjoy!

January 28 - March 4 How To Talk So Kids Will Listen - help reduce nagging, whining, sibling rivalry and more.

March 11, 18, 25 - Kids Have Stress Too - understand stress and get ideas to help teach your child ways to manage it.

Fridays

Connecting Through Rhyme & Play & Lullabies to Literacy Talk Time

January 29 - March 5 9:30am - 12:00pm

For parents & children 18 months -6 yrs

Interactive rhyme & song time. Fun parent child activities. Children receive a rhyme book at end of series.

Lullabies to Literacy Talk Time - Parents, help nurture a positive attitude towards learning in your child through activity, songs and stories. Healthy snack provided. **An OEYC and CAPC partnership.**



Call 324-7900 to register

Ask us about *transportation* and *childcare*
Dates subject to change based on number of registrations.

