



Cambridge Family Early Years Centre

Fall Schedule 2017

Programs run from September 11th to
December 22nd.

Closed October 7th & 9th and the evening of
October 31st.

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	Program	Days	Time	Dates	Location
Registered	Baby Connections 	Wednesdays	10:00 to 11:00	Sept 20 to Oct 11	Main Site
	Community Kitchen	Thursdays	9:30 to 11:15	See back	Main Site
	Guest Speaker Series	Tuesdays	9:30 to 11:30	See back	Main Site
	Infant Mother Goose	Wednesdays	1:00 to 2:00	Oct 18 to Dec 6	Main Site
	Infant Mother Goose @ The Terrace	Mondays	1:15 to 2:45	Oct 16 to Dec 4	St Andrews Long Term Care
	Make the Connection (one)	Fridays	9:30 to 11:30	Oct 13th to Dec 15 th (excl Nov 17)	Main Site
	Me? Breastfeed Workshop (Host site) 	Tuesdays	6:00 to 8:30	Sept 12, Oct 17 or Nov 28	Main Site
	Preparing for Parenthood	Tuesdays	6:30 to 8:00	Sept 19 to Oct 24	Main Site
	Sleep and Your New Baby	Tuesdays	1:00 to 2:30	Please register online for date of your choice	Main Site
	Young Parents Connect	Thursdays	12:30 to 2:30	Oct 26 to Dec 14	Main Site
Drop-in	Babies n'more Playtime	Tues and Thurs	12:30 to 2:30	ongoing	Main Site
	Baby and Me	Mondays	12:30 to 2:30	ongoing	Main Site
	Baby and Me Breastfeeding Drop In (Host Site) 	Tuesdays	1:30 to 2:30	ongoing	Main Site
	Early Learning Programs	Mon, Tues, Wed, Thurs	9:30 to 11:30	ongoing	Main Site
	Family Playtime (Birth to 6)	Mon and Fri	9:15 to 11:15	ongoing	St. Andrews Church
		Mondays	9:00 to 11:00	ongoing	St Peter School
		Tuesdays	6:00 to 7:30	ongoing (excl Oct 31)	Main Site
		Wednesdays	9:15 to 11:15	ongoing	St John's on the Hill
		Fridays	9:30 to 11:30	ongoing	Main Site
		Saturdays	9:30 to 11:30	Sept 16 to Dec 2 (excl Oct 7)	Main Site
		Wednesdays	1:00 to 2:30	ongoing	Main Site
	Growing Healthy Two-gether (Host site) 	Wednesdays	1:00 to 2:30	ongoing	Main Site
	Parent Chat	Wednesdays	9:30 to 11:30	Oct 18 to Dec 20	Main Site
	P.O.M.B.A Baby Play	Fridays	9:30 to 11:30	Sept 15 & Oct 6	Main Site
Preemie Chat & Play	Fridays	9:30 to 11:30	Sept 29 & Oct 27	Main Site	
Sensory Playtime	Mondays	1:00 to 2:30	ongoing	Main Site	
Toy/Resource Library	Mon to Thurs	9:30 to 11:30	ongoing	Main Site	
Consult Services	Employment Services	Mon, Wed or Thurs.	9:30 to 11:30	Call to arrange an appointment	Main Site
	Family Outreach Program	Tues, Wed, Thurs	10:00 to 3:00	ongoing	Main Site
		Fridays	10:00 to 12:00	ongoing	Main Site
	Speech & Language from KidsAbility	Wednesdays	9:30 to 11:30	Sept 20, Oct 11 & 25, Nov 8 & 22, Dec 13	Main Site
	Vision Screening/Eye Examinations	T.B.A.	T.B.A.	T.B.A.	Main Site
	WRFN Family Resource Coach 	Fridays	9:30 to 10:30	Sept 29, Oct 27, Nov 24	Main Site
Zero to Six Consultation	Thursdays	9:30 to 12:30	Sept 14 & 28, Oct 12 & 26, Nov 9 & 23, Dec 7 & 21	Main Site	

WORLD PREMATURETY DAY IS FRIDAY, NOVEMBER 17th!

Did you know 1 in 12 Canadian babies are born prematurely? What is a premature birth? A baby born before the end of 37 weeks gestation is premature.

Preterm babies often come unexpectedly and parents are unprepared. The Preemie Parents of Waterloo-Wellington Region group was formed for this reason!

The Preemie POWWR group run Chat & Play groups each month at a local Early Years Centres for Families to connect with others who have experienced preterm birth.

Contact preemiepowwr@gmail.com for details and to learn of local events planned to celebrate World Prematurity Day. On World Prematurity Day wear purple and share your stories!

REGISTERED PROGRAMS

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. Reserve your spot today at <https://babyconnections.ca/> *Older siblings may be pre-signed into our Early Learning Programs, this cannot be reserved on-line, please call the centre directly. Cost: Free*

Infant Mother Goose A group for parents and non-walking infants. Interactive rhymes, stories and songs are presented to gain new skills for use at home. *No Sibling care. Cost: Free*

Infant Mother Goose @ The Terrace, is held at 255 St Andrews Street with senior citizens. *No Sibling care. Cost: Free*

Make the Connection (Birth to one) incorporates hands on parent baby 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. *Sibling care is available. Cost: Free This program is co-delivered with Family and Children Services.*

Me? Breastfeeding Workshop A free two hour prenatal breastfeeding workshop for moms, partners and support people.

Preparing for Parenthood Pregnant? Planning? This is often a time full of many questions. This free program offers information about having a healthy pregnancy and becoming a parent. Reserve your spot today at <http://www.earlyyearsinfo.ca/preparing-for-parenthood.html> *No Childcare provided. Cost: Free*

Sleep and Your New Baby Get to know more about your baby's sleep cycle and how to respond. A free session for parents of newborns from birth to 12 weeks of age. You may bring a family member or friend for support. Reserve your spot today at www.earlyyearsinfo.ca/sleep-sessions *No Sibling care. Cost: Free*

Young Parents Connect This is an informal support group for young parents. It provides an opportunity to meet other parents, share concerns and questions about parenting and how to make healthy food choices within your budget. A lunch is provided and all participants receive a cookbook, food certificates and bus tickets. *Early Learning Programs are available for your children. Cost: Free*

DROP-IN PROGRAMS

Babies n'more Playtime A special playtime for parents and caregivers of babies/toddlers. Older siblings up to age six are welcome.

Baby and Me An informative discovery of the wonders of baby's first year (birth to walking with parent/caregiver) (no siblings).

Baby and Me Breastfeeding Are you looking for somewhere to hang out and meet other breastfeeding families? Are you expecting 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.

Our Programs Are Popular. If you are pre-signed for a morning program you must arrive for 9:15. If you have to arrive late or cannot make it in, call reception at 519 740 8353. Thank-you.

Community Kitchen

Here is a chance to have fun with other parents trying out new recipes and sharing your culinary skills. All participants go home with dinner for the whole family that you can either enjoy that evening or freeze for another hectic day. *Children will be pre-signed into our Early Learning Programs*

Sept 21 **Zucchini Relish** Cost: \$11.00
Sept 28 **Rice Wraps & Vegetarian Noodles** Cost:\$12.00
Oct 5 **Arroz con Pollo (Cuban Chicken with Rice)** Cost: \$10.00
Oct 12 **Maple Ginger Beef** Cost:\$10.00
Oct 19 **Baked Manicotti** Cost: \$12.00
Oct 26 **Sun Dried Tomato Feta Stuffed Chicken** Cost: \$10.00
Nov 2 **Three Crockpot/Freezer Ready Dinners** Cost: \$25.00
Nov 9 **Baked Sausage Penne** Cost: \$10.00
Nov 16 **Crockpot Orange Chicken** Cost: \$12.00
Nov 23 **Roasted Vegetable Quiche** Cost: \$10.00
Nov 30 **Mexican Tortilla Casserole** Cost:\$12.00
Dec 7 **Creamy Chicken Casserole** Cost: \$10.00
Dec 14 **Beefy Rice Skillet** Cost: \$12.00

Early Learning Programs (cut off time is 10:00) These structured programs help build educational, social and creative skills in three age appropriate rooms with activities such as crafts, dramatic play, sensory play, snack and circle time (3 mths. to 6 yrs.) **NOTE:** Parents/Caregivers must remain on site but not in the early learning rooms.

Family Playtime Parents and caregivers are welcome to bring their children (ages birth to 6 years) to explore our toys, books and dramatic play areas. Staff offer craft ideas and lead families in circle time songs and activities.

Growing Healthy Two-gether 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 children's program, bus tickets, support from health care professionals, breastfeeding support and get information about other community services. For more information please call Carizon Family and Community Services Office 519 741 1122 x223.

Parent Chat Join Cambridge Family Early Years Centre's Peer Health Worker, Tracy, for coffee and conversation. This program provides an opportunity for parents to come together and have an informal discussion around parenting success and challenges. Topics are to be determined by the parents.

P.O.M.B.A Baby Play Parents of Multiple Births Association (P.O.M.B.A.) meet 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.

Guest Speaker Series (Children will be pre-signed into our Early Learning Programs)

Oct 3 Essential Oils Cold and flu season is just around the corner. Come learn how essential oils can help you and your family boost your immune systems and fight off those unwanted seasonal and environmental threats. Plus take home your own goodie bag to get started. Cost: \$5:00

Oct 17 Monkeys Love Bananas! Feeding preschoolers can be challenging for many reasons – from what and when to feed them, to dealing with picky eaters! Learn about the what and when, as well as some ideas to help your little monkeys eat better.

Oct 24 Immune System Support for the Whole Family It is our immune system's job to protect us from nasty germs that cause infections and it works hard during cold and flu season. A naturopath will provide us with tips to help all members of our family have a healthier immune system.

Oct 31 Homemade Learning Activities Walk away with affordable ideas that you can use with your children (18 months and up) at home to encourage their learning through play. Cost: \$3.00

Nov 7 Thinking of Being a Home Childcare Provider? A representative from Waterloo Region-Childcare Division will discuss services and supports they offer individuals who are considering entering the Home Childcare Business.

Nov 14 Cross Stitching 101: Come and learn how to cross stitch. All participants will receive an easy, cute cross stitch kit. Cost: \$5.00

Nov 21 Homemade Laundry Detergent This is a versatile and affordable way to make laundry detergent in large quantities that gives you the biggest "bang for your buck." It is a great detergent to use in all machines including front loaders, top loaders and High Efficiency (HE) machines due to the small amount of suds the detergent produces. It can be used in hot water, warm water or cold water. It also has a clean fresh scent that is not overpowering and works as a great stain fighter and keeps whites white. This detergent can be used in powdered form or can be made into pods. All participants will be making both forms. COST: \$7.00

Nov 28 Spa Facials & Holiday Tips Come pamper yourself with Organic Aloe Based Facial Treatment and learn holiday makeup tips! You will leave feeling relaxed and refreshed. There will be a draw for a gift to spoil yourself or someone else during the Holidays!

Dec 5 Building a Financial Foundation Representatives from the World Financial Group will provide information to help you develop a financial strategy. Topics to be discussed include: insurance and insurability, debt management, saving ideas, investment fundamentals and what impacts the rate of return

Dec 12 Craft: Cookie Mix in a Jar This affordable, tasteful craft makes an excellent hostess or teachers gift for the holiday season. Cost: \$8.00

Preemie Chat & Play 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. *For children birth to six and their parents.*

Sensory Playtime Drop in and join us with your child 6 months (must be sitting well) and up in a sensory exploration. Wear your play clothes, we will get messy!

Toy/Resource Library Our knowledgeable librarian is available to help parents select toys, children's books, parenting books and magazines from our extensive lending library. Note: Borrowed items may be returned to the receptionist during office hours.

IN-HOUSE SERVICES (For appointments call 519 740 8353)

CFEYC Books for Birthdays: In the month of your child's birthday receive a free book (ask reception for details).

An **Employment Advisor** from Lutherwood is available to assist with career planning, job search, resume and cover letter writing, and interview preparation.

The Family Outreach Program provides services to families with children with low income in the community. If you have any questions or want to set up an appointment please call cell – 519 498 7560 or phone 519 742 8327 ext. 250.

A **Speech & Language Pathologist** from KidsAbility is available for consultation. For a complete language assessment please call KidsAbility 519 886 8886 x1214

The University of Waterloo, Optometrist Department is on site for **Vision Screening and Eye Examinations.**

The **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)

Zero2Six Consultation: Behavioural Consultants from Carizon are on-site to answer your questions and offer personalized support regarding your child's behaviour.

The CFEYC is a host site for the following programs.

Baby and Me Breastfeeding Contact: Michelle Buckner, Breastfeeding Buddies Program Coordinator 519 772 1016

Growing Healthy Two-gether, Carizon Family and Community Services Office 519 741 1122 ext. 223

Me? Breastfeed Workshop Contact: Michelle Buckner, Breastfeeding Buddies Program Coordinator 519 772 1016

For more information please call them directly. Thank you.

Find out about more fun, free programming in your neighbourhood at these Early Years Sites!

- **Greenway Chaplin Community Centre** serving Avenue Road area 519 623 4220
- **Kinbridge** serving south Galt 519 740 8565
- **Langs Farm Village Association** serving the Preston area 519 653 1470
- **Preston Heights Community Group** 519 650 2971
- **Silver Heights Resource Centre** serving Hespeler area 519 654 2227