



Cambridge Family Early Years Centre

Winter Schedule 2018

January 8 to March 31

There are no programs from March 10 to 17.
We are closed February 17 & 19, and
March 24, 30 & 31.

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Cambridge Family Early Years Centre
 @CambridgeEYC

	Program	Days	Time	Dates	Location
Registered	Baby Connections	Thursdays	10:00 to 11:00	Jan 18 to Feb 8	Main Site
	Baby Massage	Fridays	10:00 to 11:30	Jan 26 or Mar 2	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 (morning group)	Mondays	10:00 to 11:00	Jan 8 to March 5	Main Site
	Infant Mother Goose (afternoon group)	Wednesdays	1:00 to 2:00	Jan 17 to March 7	Main Site
	Infant Mother Goose @ The Terrace	Mondays	1:15 to 2:45	January 8 to March 5	St Andrews Long Term Care
	Make the Connection (two)	Fridays	10:00 to 11:30	Jan 19 to Mar 23 (excl Mar 16)	Main Site
	Me? Breastfeed Workshop (Host site)	Tuesdays	6:00 to 8:30	Feb 13, Mar 6	Main Site
	Preparing for Parenthood	Tuesdays	6:30 to 8:00	Jan 9 to Feb 6	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	Jan 25 to Mar 22 (excl Mar 15)	Main Site
Drop-in	Baby Playtime	Monday to Thursday	12:30 to 2:30	ongoing	Main Site
	Baby and Me Breastfeeding Drop In (Host Site)	Fridays	10:00 to 11:30	ongoing	Main Site
	Growing Healthy Two-gether (Host site)	Wednesdays	1:00 to 2:30	ongoing	Main Site
	Parents Learning Together	Wednesdays	9:30 to 11:30	ongoing	Main Site
	Playtime in the morning	Monday to Friday	9:00 to 11:30	ongoing	Main Site
	Playtime in the afternoon	Monday to Thursday	12:30 to 3:00	ongoing	Main Site
	Playtime in the evening	Tuesdays	6:00 to 7:30	ongoing	Main Site
	Playtime on the weekends	Saturdays	9:30 to 11:30	Jan 13 to Mar 3 (excl Feb 17)	Main Site
	Playtime at St. Andrew's Church	Mondays and Fridays	9:15 to 11:15	ongoing	St. Andrews Church
	Playtime at St. John's on the Hill	Wednesdays	9:15 to 11:15	ongoing	St John's on the Hill
	Playtime at St. Peter's School	Mondays	9:00 to 11:00	ongoing	St Peter School
	P.O.M.B.A Baby Play	Fridays	9:30 to 11:30	Jan 19, Feb 9, Mar 9	Main Site
Premie Chat & Play	Fridays	9:30 to 11:30	Jan 12, Feb 23, Mar 23	Main Site	
Consult Services	Employment Services	Wednesday or Thursday	9:30 to 11:30	Call to arrange an appointment	Main Site
	Family Outreach Program	T.B.A.	T.B.A.	Call 519 742 8327 x250 to arrange an appointment	Main Site
	Speech & Language from KidsAbility	Wednesdays	9:30 to 11:30	Jan 10 & 24, Feb 14, Mar 7 & 28	Main Site
	WRFN Family Resource Coach	Fridays	9:30 to 10:30	Jan 26, Feb 23, Mar 23	Main Site
	Zero to Six Consultation	Thursdays	9:30 to 12:30	Jan 11 & 25, Feb 8 & 22, Mar 8 & 22	Main Site

Weather Cancellations

In case of severe winter weather, the Cambridge Family Early Years Centre closes in conjunction with the public schools. Several local radio stations will confirm the closure when it occurs like 91.5 The Beat and our website at www.cfeyc.ca or Facebook page.

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/> *Free, limited child minding services is available for older siblings, this cannot be reserved on-line, please call the centre directly. Cost: Free*

Baby Massage Babies thrive on touch. To deepen the bond that you have with your baby, come learn the benefits and techniques of baby massage. Please bring a baby blanket and two receiving blankets. We will be offering two classes, please sign up for one only. No sibling care Cost: \$10.00

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 (12 to 24 mths) 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.. *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 Child minding 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. *Free, child minding is available. Cost: Free*

DROP-IN PROGRAMS

Baby Playtime A special playtime for parents and caring adults of non-walking babies. Connect with other adults and enjoy a circle time with your little one.

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.

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. **Participants register for individual sessions of their choice.** *Free, limited child minding is available for children 3 months to 6 years.*

January 11 Maple Ginger Beef Cost: \$10.00

January 18 Cabbage Rolls Cost \$9.00

January 25 Creamy Parmesan Garlic Mushroom Chicken Cost: \$10.00

February 1 Chickpea Curry (Vegetarian) Cost: \$8.00

February 8 Porcupine Meatballs Cost: \$8.00

February 15 Three Crockpot/Freezer meals Cost: \$30:00

February 22 Tortiere (Meat Pie) Cost: \$12.00

March 1 One Pot Pasta Primavera (vegetarian) Cost: \$10.00

March 8 Bacon Tomato Linguine Cost: \$12.00

March 22 Butter Chicken Cost: \$11.00

March 29 Creamy Asparagus – Chicken Bow Ties Cost: \$12.00

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.

Parents Learning Together 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. Free, limited child minding is available for children 3 months to 6 years.

Playtime How Does Learning Happen! Through Play! Parents and caring adults are welcome to bring their children (ages birth to 6 years) to explore our toys, books and dramatic play areas. Staff offer sensory ideas and lead families in circle time songs and activities.

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.

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.*

Guest Speaker Series (Adult Learning Opportunity)

**Participants register for each individual session.
Free, limited child minding is available for children 3 months to 6 years.**

January 16 Thinking of Becoming a Foster Parent? A representative from Family and Children's Services will discuss the process of becoming a foster parent, the supports they offer, and answers your questions. Family and Children's Services is in need of foster parents for all age ranges. They welcome all applicants and strive to ensure racial and cultural matches can be made for children in care. There is no greater gift than opening your home and heart to children and families in need.

January 23 Essential Oils for Emotions Are you and your family experiencing post holiday stress and/or winter blues, or could you use a little help supporting your little one's emotions? Learn how to use essential oils as a tool to support your emotional health this season. Take home some valuable tools to get started. Cost: \$5.00

January 30 Children's Dental Health Meet a Registered Dental Hygienist from Public Health for a morning of information on keeping your child's teeth healthy! She will discuss healthy food options, how to keep your child's teeth healthy and clean with proper hygiene. Finally, she will cover detection of problems with your child's teeth; what the dentist looks for and what you should be looking for in your child's mouth.

February 6 Digestive 101(Infants to Adults) Healthy digestion doesn't have to be complicated. Learn about what healthy digestion is and how to achieve it, the connection to digestion and out energy levels and what three things your body needs for digestion to be effective! You will walk away with some tools to help get your digestive system (and energy) on track!

February 13 Feeding your Toddler Are you concerned that your toddler may not be eating enough or not a wide variety of foods? Jen, Community Worker, will address your concerns regarding your child's eating habits. (Recommended for parents/caring adults of children 18 months and up)

February 27 RESP's Made Easy!

1. Understand the facts
2. Learn about the plans and government grants
3. How to get started

Help your child turn their dreams into reality with the gift of education!

March 6 Benefits of Perinatal Massage A woman's body experiences some major shifts and changes as it progresses through the stages of pregnancy. After delivery and during postpartum, your body continues to shift and tries to return to a place of balance prior to your pregnancy. Join Jeff, Registered message therapist, on a talk about these changes and how perinatal massage therapy can address the changes and discomforts that your body goes through before and delivery.

March 20 Herb Garden Create your own herb garden that can either be kept indoors or transplanted in late May. Cost:\$10:00

March 27 Story Stones Learn how you can unlock your storytelling abilities with the use of story stones. Spark your child's imagination with story stones retelling old favourites and creating new stories together. Parents will create a set of story stones reflecting their child's interest. Cost: \$3:00

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 519 742 8327 ext. 3

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

The Waterloo Region Family Network (WRFN) focuses on supporting all families impacted by special needs: with or without a diagnosis and regardless of age. Kristen 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