



Child and Family Centre

Cambridge Family Early Years Centre

Spring Schedule 2018

From April 1st to June 30th.

We are closed April 2nd and May 21st.

149 Ainslie Street N
Cambridge, ON
N1R 3P4

cambridgefamily@bellnet.ca

www.cfeyc.ca

Phone: 519 740-8353

Cambridge Family Early Years Centre
 @CambridgeEYC

	Program	Days	Time	Dates	Location
Registered	Baby Connections	Thursdays	10:00 to 11:00	May 17 to June 7	Main Site
	Baby Massage	Fridays	10:00 to 11:00	April 20 or June 15	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
	Make the Connection (one)	Fridays	10:00 to 11:30	April 20 to June 15	Main Site
	Me? Breastfeed Workshop (Host site)	Tuesdays	6:00 to 8:30	April 24 or June 19	Main Site
	Mother Goose - Infants	Wednesdays	1:00 to 2:00	Apr 11 to May 30	Main Site
	Mother Goose - Infants @ The Terrace	Mondays	1:15 to 2:45	April 9 to June 4 (excl. May 21)	St Andrews Long Term Care
	Mother Goose - Toddlers	Mondays	10:00 to 11:00	April 9 to June 4 (excl. May 21)	Main Site
	Preparing for Parenthood	Tuesdays	6:30 to 8:00	May 15 to June 12	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	May 3 to June 21	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 11:00	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	April 7th to May 12th	Main Site
	Playtime at St. Andrew's Church	Mondays and Fridays	9:15 to 11:15	ongoing	St. Andrews Church
	Playtime at Cedar Hill United Church	Wednesdays	9:15 to 11:15	ongoing	Cedar Hill United Church
	Playtime at St. Peter's School	Mondays	9:00 to 11:00	ongoing (last day is June 11th)	St Peter School
	P.O.M.B.A Baby Play	Mondays	9:30 to 11:30	Apr 9, May 7, June 4	Main Site
Preemie Chat & Play	Fridays	9:30 to 11:30	T.B.A	Main Site	
Consult Services	Employment Services	Wednesday or Thursday	9:30 to 11:30	Call to arrange an appointment	Main Site
	Family Outreach Program	Monday and Thursday	varies	Call 519 742 8327 x253(Mon.) or 251 (Thurs.) to arrange an appt.	Main Site
	Speech & Language from KidsAbility	Wednesdays	9:30 to 11:30	Apr 4 & 18, May 2 & 16, June 6 & 20	Main Site
	WRFN Family Resource Coach	Fridays	9:30 to 10:30	Apr 27, May 25, June 22	Main Site
	Zero to Six Consultation	Thursdays	9:30 to 12:30	Apr 12 & 26, May 10 & 24, June 7 & 21	Main Site

Early Literacy – Children’s early experiences with books and reading help prepare them for school and set them up for success later in life. Exposing babies to books and reading increases vocabulary and makes it easier for them to learn to read later on. Just as important, sharing books provides babies and children with warm and nurturing interactions with the adults they care about. Early exposure to language – whether through books, words, or songs – can help prevent problems and promote health. – Canadian Paediatric Society

Scholastic Books is an affordable way for you to build your child’s library! See reception to place your order today.



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 at 519 740 8353. 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. To register please call 519 740 8353. No sibling care. Cost: \$10.00

Mother Goose - Infants A group for parents and non-walking infants. Interactive rhymes, stories and songs are presented to gain new skills for use at home. To register please call 519 740 8353. No Sibling care. Cost: Free

Mother Goose - Infants @ The Terrace, is held at 255 St Andrews Street with senior citizens. To register please call 519 740 8353. No Sibling care. Cost: Free

Mother Goose – Toddlers A group for parents and toddlers (walking to 2.5 years). Interactive rhymes, stories and songs are presented to gain new skills for use at home. To register please call 519 740 8353. No sibling care. Babes in arms welcome. Cost: Free

Make the Connection (birth to 12 months) 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. To register please call 519 740 8353. This program is co-delivered with Family and Children Services. Free, limited child minding is available for older siblings. Cost: Free

Me? Breastfeeding Workshop A free two hour prenatal breastfeeding workshop for moms, partners and support people. To register please call 519 740 8353.

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. To register please call 519 740 8353. 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.

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 up to six years old. To register please call 519 740 8353.

April 5 Cheesy Broccoli Stuffed Peppers (Vegetarian & Crockpot Meal) Cost: \$12.00
April 12 Teriyaki Chicken Cost: \$12.00
April 19 Cabbage Rolls Cost: \$10.00
April 26 Deep Fried Vegetarian Spring Rolls w/ Sweet & Sour Chicken Cost: \$12.00
May 3 Maple Ginger Beef Cost: \$10.00
May 10 One Pot Chicken Chow Mein Cost: \$10.00
May 17 Cheesy Quinoa Vegetable Bake (Vegetarian) Cost: \$10.00
May 24 Chicken Parmesan Cost: \$10.00
May 31 Beef Taco Rice Skillet Cost: \$10.00
June 7 Chicken and Broccoli Quiche Cost: \$10.00
June 14 Jambayala Cost: \$12.00
June 21 Strawberry Jam Cost: \$8.00

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.

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 519-743-6333 x383.

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 up 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 Opportunities

Participants register for each individual session. Free, limited child minding is available for children up to six years old. To register please call 519 740 8353.

April 10 French School Options Are you interested in ideas about how to introduce French to your child? Do you want to learn more about French language learning options that are available in Waterloo Region? This information session is for you! This session will be led by an elementary school principal. Strategies, resources, ideas about introducing French to young children will be shared. Information will be provided to explain the difference between CORE French, Extended French, French Immersion and French language school. Your child is never too young for you to start thinking about his/her learning options.

April 17 Extended Breastfeeding Are you breastfeeding and returning to work/school? Are you wondering how breastfeeding and your job will work for you and your baby? Are you considering weaning, pumping or hand expressing? Come and learn some tricks about how to make the transition back to work/school, and how to prepare for this new chapter in parenthood!"

April 24 Canning 101 Canning is a tasty, eco-friendly method to store fruits and vegetables from your garden or the farmers market. Learn what equipment you need to get started, the process, and how to do it safely.

May 1 Asthma and Allergies in Children Does your child have allergies or asthma, or do you suspect he/she does? Dr. Sarah Hawthorn, Naturopath, will discuss the interconnections between the two, the symptoms and how to improve quality of life.

May 8 Essential Oils for Spring & Summer Learn how you can use essential oils to: Provide support against seasonal threats, sooth bug bites, scrapes and sunburns, support your muscles for all those summer activities and much more! Take home some goodies to get started. Cost: \$5.00

May 15 Spring into Summer with Skin Care and Makeup Tips for the Warm Weather! Do you have questions or concerns about your skin? Come learn from a Medical Skin Care expert on how to best care for your skin using natural products! Followed by some heat proof makeup tips to take you through the summer!

May 29 Service Canada A representative from Service Canada will discuss who they are and what they do, including....
-Employment Insurance Benefits (Special Benefits – Maternity, Parental, Sick, Compassionate Care etc.)
-Social Insurance Numbers
-Canada Pension Plan (Children's benefits and Child Rearing Drop-out Provision)
-Canada Learning Bond, Canada Educational Savings Grant, and Registered Educational Savings Plan

June 5 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

June 12 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.

June 19 Let's Sew! Learn to create an easy, stylish pair of Grow-With-Me Pants for your little one! Cost: \$10.00

June 26 Let's Read Interactively! Join us as we explore a children's book together. Using the book as inspiration, we will create a take home item to extend the learning experience for your child. Cost for book and supplies: \$8.00

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. A Family Resource Coach 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 519-743-6333 x383

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