



Child and Family Centre

Cambridge

Family Early

Years Centre

Winter Schedule 2019

January 2019 to March 2019

Programs start January 7, 2019.
We are closed February 16 & 18.

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www.cfeyc.ca

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	Program	Days	Time	Dates	Location
Registered	Adult Education Series	Tuesdays	9:30 to 11:30	see back	Main Site
	Baby Connections 	Thursdays	10:00 to 11:00	Feb 7 to Feb 28	Main Site
	Baby Massage	Wednesdays	10:00 to 11:00	Jan 23, Feb 20 or March 20	Main site
	Community Kitchen	Thursdays	9:30 to 11:15	see back	Main Site
	Make the Connection (two)	Fridays	10:00 to 11:30	Feb 15 to Apr 12	Main Site
	Me? Breastfeed Workshop (Host site) 	Tuesdays	6:15 to 8:30	Jan 15 or Feb 5	Main Site
	Mother Goose - Infants	Wednesdays	1:00 to 2:00	Jan 9 to Feb 27	Main Site
	Mother Goose - Infants @ The Terrace	Mondays	1:15 to 2:45	Jan 21 to Mar 18 (Excl. Feb 18)	St Andrews Long Term Care
	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	1:00 to 3:00	T.B.A.	Main Site
Drop-in	Baby and Me	Monday to Thursday	1:00 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 (Excl. Mar 13)	Main Site
	Parents Learning Together	Wednesdays	9:30 to 11:30	ongoing	Main Site
	Playtime at Ainslie Street	Mon, Tues, Wed, and Thurs	9:00 to 4:00	ongoing	Main Site
		Tuesday evening	6:00 to 7:30	ongoing	Main Site
		Fridays	9:00 to 12:00	ongoing	Main Site
		Saturdays	9:30 to 11:30	Jan 12 to Feb 23 (Excl. Feb 16)	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	St Peter School	
P.O.M.B.A Baby Play	Mondays	9:30 to 11:30	Feb 11	Main Site	
Preemie Chat & Play	Mondays	9:30 to 11:30	Feb 4	Main Site	
Consult Services	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	Jan 16, Feb 20, March 20	Main Site
	WRFN Family Resource Coach 	Fridays	10:00 to 11:00	Jan 25, Feb 22, & Mar 29	Main Site
	Vision Clinic (partial and full exams)	Thursdays	By appt.	Jan 10 & April 4	Main Site
	Zero to Six Consultation	Thursdays	9:30 to 12:30	Jan 17 & 31, Feb 14 & 28, March 21	Main Site

We are moving and will need to adjust our programming accordingly, this will include a temporary halt of programs.
Keep checking our website and follow us on Facebook for our happenings.

Weather Cancellations

In case of severe weather, The Cambridge Family Early Years Centre closes in conjunction with the public schools.
Several local radio stations will confirm when it occurs like 91.5 The Beat and our website at www.cfeyc.ca or our 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/> *No sibling care.*

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 three 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.*

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.*

Make the Connection (12 to 24 months) incorporates together time 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.*

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

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. Along with your baby, 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. Limited child minding is available for children(Newborn up to six years of age).*

DROP-IN PROGRAMS

Baby and Me 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.

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 ext. 2383

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. *Limited child minding is available for children (Four months up to six years old).*

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.*

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 ext. 2383

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

For more information please call them directly. Thank you.

Adult Education Series

Participants sign-up for each individual session. Limited child minding is available for children (Four months up to six years old). To register please call 519 740 8353.

Jan 15 **Let's Sew!** Learn to create an easy, decorative pair of socks. Cost: Presentation is free with the option to make your own socks for \$5.00

Jan 22 **Dietary Impact on Sleep for Infants and Children** Registered Nutritional Consultant, Tania Heinemann, will discuss dietary issues that prevent children from getting a good night sleep. Learn natural solutions to help solve issues that may be a factor in your little one sleeping well. Learn about safe and natural protocols and tips to help you all get more sound sleep. We will be discussing healthy digestion, food and environmental sensitivities and their connection to sleep.

January 29 **Let's Read Interactively!** Join us as we explore a children's book together. Using the book as inspiration, we will learn how to create a take home item to extend the learning experience for your child. Cost: Presentation is free with the option to purchase the book and supplies for \$6.00

Feb 5 **Feeding your Toddler** Are you concerned that your toddler may not be eating enough not a wide variety of foods? Jen, Community Nutrition Worker will address your concerns regarding your child's eating habits. Recommended for parents/caring adults of children 18 months and up.

Feb 12 **Children's Dental Health** Meet Sally, Peer Oral Health Worker, 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.

Feb 26 **Early Brain Development** Your child's brain is built over time and needs a strong foundation. In this workshop we will look at how a brain works, the important role of a parent in a child's brain development and discuss how you can help your child's brain develop in healthy ways. For parents/caring adults of children up to age three.

Mar 26 **Gardening 101** This seminar will discuss how to plan, plant, grow and harvest your very own garden. Participants will learn about: Starting seeds (both indoor and outdoor), healthy soil, plant requirements and general garden maintenance. Cost: Presentation is free with the option to create your own herb garden for \$10.00 that can either be kept indoors or transplanted in late May.

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 sign-up for individual sessions of their choice.** *Limited child minding is available for children (Newborn up to six years old). To register please call 519 740 8353.*

Jan 10 Creamy Chicken Breasts Casserole Cost: \$12.00

Jan 17 Imperial Rice (Cuban Chicken Casserole) Cost: \$10.00

Jan 24 Easy Pork Schnitzel Cost: \$10.00

Jan 31 Baked Eggplant Parmesan (Vegetarian) Cost: \$10.00

Feb 7 Beef and Orange Stir Fry Cost: \$10.00

Feb 14 Stove Top Barbeque Chicken and Broccoli Salad Cost: \$12.00

Feb 21 Maple Ginger Beef Cost: \$12.00

Feb 28 Layered Taco Salad Cost: \$12.00

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).*

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*

Vision Clinic The University of Waterloo, Optometrist Department is on site to provide partial and full exams on children from six months to six years.

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.*