

# Cambridge Family Early Years Centre



## Winter Schedule 2020 January to March

*The Cambridge Family Early Years Centre is a non-profit registered charitable organization. We are dedicated to enriching family life by offering support and education in a warm, friendly and caring environment and by ensuring access for all families. -Registered Charity #119094639 - Since 1985*

### Hours of Operation

Monday 9:00 am to 4:00 pm

Tuesday 9:00 am to 7:00 pm

Wednesday 9:00 am to 4:00 pm

Thursday 9:00 am to 4:00 pm

Friday 9:00 am to 12:00 pm

Saturday 9:00 am to 12:00 pm

### Cambridge Family Early Years Centre

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N1R 7L6

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[www.cfeyc.ca](http://www.cfeyc.ca)

Phone 519 741 8585 x3150 or 519 740 8353



**Planned Closures:** We will be closed February 15<sup>th</sup> and 17<sup>th</sup>.

**Unplanned Closures:** For unscheduled closures please check Facebook, website or the local news such as 91.5 The Beat.


For all EarlyON programs delivered at this location please visit <http://www.earlyyearsinfo.ca/>

## Cambridge Family Early Years Program Schedule for Winter 2020


See other side of page for program descriptions, information on Consult Services and In-House Services.

	Program	Days	Time	Dates
Registered	Baby Massage	Wednesdays	10:00 to 11:00	Jan 22, Feb 19 or Mar 25
	Community Kitchen	Thursdays	9:30 to 11:15	Jan 16 & 30, Feb 6 & 20, Mar 5
	Me Breastfeed Prenatal Workshop (Host site)	Tuesdays	6:15 to 8:30	Jan 21 or Mar 10
	Mother Goose - Infants @ The Terrace	Mondays	1:15 to 2:45	Jan 20 to Mar 16 (excl Feb 17)
Drop-in	Baby and Me Breastfeeding Drop In ( Host Site)	Fridays	10:00 to 11:00	ongoing
	Food Bites	Thursdays	9:30 to 11:00	Jan 9 & 23, Feb 13 & 27, Mar 12 & 26
	Growing Healthy Two-gether (Host site)	Wednesdays	1:00 to 2:30	ongoing
	P.O.M.B.A Baby Play (Host Site)	Mondays	9:30 to 11:30	Feb 24 & Mar 30
	Preemie Chat & Play (Host Site)	Mondays	9:30 to 11:30	Jan 13, Feb 10 & Mar 9
Consult Services	Child Care Subsidy Representative	Tuesdays	1:30 to 2:30	Jan 21 & Mar 3
	Family Outreach Program	Mon & Thurs.	varies	Call 519 742 8327 x253(Mon.) or 251 (Thurs.) to arrange an appt.
	Speech & Language from KidsAbility	Wednesdays	9:30 to 11:30	Jan 22 & 29, Feb 12, Mar 18 & 25
	WRFN Family Resource Coach	Tues or Fri	10:00 to 11:00	Jan 31, Feb 25 & Mar 13
	Vision Clinic (eye examinations - six months to six years)	Thursdays	By appt.	Feb 13 & Mar 12
	Zero to Six Consultation	Thursdays	9:30 to 12:30	Jan 9 & 23, Feb 6 & 20, Mar 5 & 26

## DROP IN PROGRAMS

**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 Baby & Me Breastfeeding drop in. Breastfeeding Buddies will be available to answer breastfeeding questions, provide support and share community resources. 

**Food Bites** Parents join together to discuss healthy eating options for their family. During each session participants will create a tasty, nutritious snack to share together with their children at the end of the session. This program runs on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month. Donations are appreciated to help cover food costs. *Limited child minding is available for children (Four months up to six years old).*

**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 the 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 x2383 

**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 from birth to three years of age.

**Premie 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.*

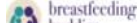
## REGISTERED PROGRAMS

**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 from a Registered Massage Therapist. Please bring a baby blanket and two receiving blankets. The class typically runs for 45 minutes and is followed by a question and answer period. For babies birth to pre-crawling. 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

### 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 (Four months up to six years old). To register please call 519 740 8353.*

Jan 16 Honey Mustard Chicken \$14.00  
Jan 30 Pesto Stuffed Shells (vegetarian) \$12.00  
Feb 6 Apple Spiced Pork Chops \$14.00  
Feb 20 Pasta with Bacon & Peas \$10.00  
Mar 5 Ginger Soy Glazed Chicken \$14.00

**Me Breastfeed Prenatal Workshop** This free one night workshop is for women who are currently pregnant. Partners and support people are also encouraged to attend. To register please call 519 772 1016 or email [bfbuddies@kdchc.org](mailto:bfbuddies@kdchc.org) *No Child minding provided.* 

**Mother Goose – Infants @ The Terrace** Together, parents and children in the program experience the spark of delight and magic that comes from enjoying a favourite rhyme or song. These skills, pleasures and insights are taken home and shared with older children, grandparents, and other parents. The whole family benefits! *To register please call 519 740 8353. No Sibling care.*


## CONSULT SERVICES

Region of Waterloo's **Child Care Subsidy** program helps parents pay for care so that they can go to work or school knowing their child is well cared for. Families of all sizes and incomes can apply. A Child Care Subsidy Caseworker will be on site to share information and answer questions. (Drop-in service – no appointment required)

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. To book an appointment please call 519 740 8585 x3150. 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 eye examinations on children from six months to six years. To book an appointment please call 519 740 8585 x3150.

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:** A Behavioural Consultant from Carizon is on-site to answer your questions and offer personalized support regarding your child's behaviour. To book an appointment please call 519 740 8585 x3150.

## IN HOUSE SERVICES

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

**Clothing Closet** Free clothes for expectant mothers and children birth to six years. We welcome donations.

**Scholastic Books** Help your children be part of the reading fun each month while building a solid foundation for success. When you order, you also help earn FREE books and resources for the Cambridge Family Early Years Centre reading area and our Books for Birthdays program so that every child can benefit and experience the magic of reading.

There are two easy ways to order! Go to <https://canadaclubs.scholastic.ca> to place an order on line OR fill out and return a paper order form located by the reading area and return it to reception (cash or cheque only).