

Parenting Education in the Peterborough Area

A Community Guide

Winter & Spring, 2017

Welcome to the Workshops, Courses and Groups flyer for winter and spring 2017. The information provided in this flyer is provided by publicly funded, not for profit services and agencies and services listed are free of charge unless otherwise indicated. Each listing has information regarding times, locations and contact information. If you have any questions regarding the listed services please contact that agency directly. Inclusion of such services in the flyer does not imply endorsement by the Peterborough Family Resource Centre. Every effort is made to ensure the accuracy of information, however we cannot be responsible for errors or omissions.



Index

Prenatal	1, 2
Infant/Toddler	2, 3, 4
Preschool/School Age	4, 5
Parenting	5, 6
Information/Support Groups	7, 8
Agency Directory	8

Prenatal Health Fair

For information you can trust so you can make informed choices on what's best for you and your little one, plan to attend this free and informative event. Explore displays, watch demonstrations and talk with the experts on a wide variety of pre and postnatal topics. If you're a dad-to-be, you won't want to miss the Empathy Belly and Fathering displays. Discover what's available in the Peterborough area to help you on your journey to becoming a parent.

Agency: Peterborough Public Health **705-743-1000**

Date: Monday, March 6, 2017

Time: 6:00 - 8:30 p.m.

Location: Holiday Inn, 150 George St. N, Peterborough



PRENATAL

Community Action Program for Children & Aboriginal Prenatal Nutrition Program

Courses offered include Pre-natal Classes, Baby Care, Breastfeeding, Nobody's Perfect, Making Baby Food, Developmental Milestones, Collective Kitchen, and Traditional Aboriginal Teachings.

Agency: Lovesick Lake Native Women's Association
705-652-8787

Date & Time: Various dates and time, call for more information
Location: 12 Albert Street, Lakefield

Pregnancy & Infant Loss Network

This is a support group for parents that have lost a baby through miscarriage, medical termination, stillbirth and early life death.

Call 1-905-472-1807 or 1-888-301-7276 or e-mail info@pailnetwork.ca for further information or for one on one telephone support.

Agency: Pregnancy and Infant Loss Network **1-905-472-1807**
Date: 2nd Wednesday of each month
Time: 7:00 p.m.
Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Prenatal Breastfeeding Class

This one session class offers expectant parents an opportunity to learn the basic how-tos of breastfeeding prior to the birth of their baby. Learn about why and how to breastfeed, and the services available to support you.

Agency: Peterborough Family Resource Centre **705-748-9144**
Date: Winter: Thursday February 16, 2017
Registration for Spring programs starts February 27
Spring: Thursdays April 20 & June 15, 2017
Time: 6:30 - 8:30 p.m.
Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Prenatal Classes

This series of classes will prepare you for birth, caring for your baby, and becoming a parent. You'll gain confidence as you explore up-to-date information, practice new skills, and connect with other expectant parents in a fun and interactive way. Classes are led by Public Health Nurses (RNs). The book Baby's Best Chance and refreshments are included. To reserve your place in classes that start in the 3rd trimester, please register early in pregnancy to ensure you don't miss out.

Agency: Peterborough Public Health
Date: Classes are held on five weekday evenings (6:30 - 8:30 p.m.) or two consecutive Saturdays (9:30 a.m. - 3:30 p.m.)
Call **705-743-1000** to register
Location: Peterborough Public Health, 185 King St. Peterborough
Cost: \$50.00 per series. Subsidies are available

Prenatal Classes for Young Parents

A series of six prenatal classes, (taught by a Public Health Nurse) prepare young parents and their support persons for childbirth, care of their newborn and breastfeeding. Classes are free and include light refreshments, assistance with transportation and a tour of the labour and delivery floor at the hospital. Young pregnant moms can attend on their own, or are welcome to bring a support person, such as their partner, parent or a friend. Please call Peterborough Public Health to register.

Agency: Peterborough Public Health **705-743-1000**
Date: Winter: Wednesdays, February 1 - March 8, 2017
Spring: Wednesdays, May 10 - June 14, 2017
Time: 6:00 - 8:00 p.m.
Location: Peterborough Public Health, 185 King St

INFANT & TODDLER



Breastfeeding Support Drop-in

La Leche (pronounced 'lay-chay') is Spanish for 'the milk'. La Leche League is the world's best known authority on breastfeeding. Certified leaders are experienced and insured. Informal, guided discussions gives you the face to face expert support you are looking for. Private one on one support available too. Come meet other breastfeeding moms and babies and share your experiences with breastfeeding and parenting. Partners are welcome. No meetings in July or August, however, phone help is always available.

Agency: La Leche League **705-740-6188**
Date: 2nd Thursday of each month Time: 5:30 - 8:30 p.m. (Free Dinner)
Date: 4th Thursday of each month Time: 10:00 - 12 noon (snacks welcome)
Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Breastfeeding & Well Baby Clinic

Drop in and speak to a lactation consultant for breastfeeding help or a community health nurse to answer your questions about child health and development. No appointment necessary.

Agency: Peterborough Family Resource Centre **705-748-9144**
Date: Every Tuesday
Time: 10:00 a.m. to 12 p.m.
Location: Antrim Family Hub, 201 Antrim Street, Peterborough
***Please enter through program doors on Tuesdays**
Date: Every Thursday
Time: 10:00 a.m. to 12 p.m.
Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Infant/Toddler continued

Not What I Expected

Are you a Mom with a baby one year of age or younger experiencing some or all of the following: anxiety, depression, recurring unwanted thoughts, feelings of being overwhelmed, a lack of social supports or family close by or concerned about attachment with your baby?

In this group you will:

- Talk about your experiences with challenges in the postpartum period
- Discuss coping strategies to help get through difficult days
- Learn about Resiliency, Postpartum Mood Disorder, Self-Care
- Meet other Moms who are looking to find their way through this difficult time
- Find out about other resources for you and your family

You must attend an intake appointment to become registered for this group. Contact Erin Brown, social worker at **705-743-2121 ext 2799** to arrange an appointment. The program is a partnership of Pediatric Out Patient Clinic at the Peterborough Regional Health Centre & Peterborough Family Resource Centre

Date: Wednesdays, February 1 to March 29, 2017
(no class on March 15th)

Time: 1:00 - 3:00 p.m.

Location: Antrim Family Hub, 201 Antrim St., Peterborough

Parent-Child Mother Goose

This is a group experience for parents and their babies up to 1 year of age focusing on the pleasure and power of using interactive rhymes, songs and stories through the oral tradition. Parents gain confidence as they help their babies learn language and communication skills in this program.

Cuddle, communicate, connect. Call to register.

Agency: Peterborough Family Resource Centre **705-748-9144**

Date: Mondays, January 9 to February 13, 2017

Time: 1:30 - 2:30 p.m.

Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.

Date: Thursdays, February 2 to March 9, 2017

Time: 10:00 - 11:00 a.m.

Location: Antrim Family Hub, 201 Antrim St., Peterborough

Registration for Spring programs starts February 27

Date: Mondays, March 20 to April 3, 2017

Time: 10:00 - 11:00 a.m.

Location: Norwood Family Hub, 44 Elm Street, Norwood

Date: Thursdays, March 23 to Apr 27, 2017

Time: 1:30 - 2:30 p.m.

Location: St. John Family Hub, 746 Park St S, Peterborough

Date: Mondays, April 24 to June 5, 2017

Time: 1:30 - 2:30 p.m.

Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.

Date: Tuesdays, May 2 to June 6, 2017

Time: 1:30 - 2:30 p.m.

Location: Lakefield Family Hub, 71 Bridge St. Lakefield

Date: Thursdays, May 25 to June 22, 2017

Time: 10:00 - 11:00 a.m.

Location: Antrim Family Hub, 201 Antrim St., Peterborough

Footsteps to Parenting

Are you new to parenting? Is your infant under 6 months? Do you want to meet other parents with new babies? We invite you to join us and explore the wonderful, perplexing and sometimes scary journey of parenting.

Group facilitated by PFRC and Partners in Pregnancy Clinic.

Please register.

Agency: Peterborough Family Resource Centre **705-748-9144**

Date: Tuesdays, January 10 to February 14, 2017

Time: 1:00 - 2:30 p.m.

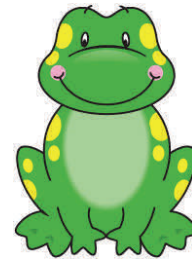
Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Registration for Spring programs starts February 27

Date: Thursdays, March 23 to April 27, 2017

Time: 10:00 - 11:30 a.m.

Location: Antrim Family Hub, 201 Antrim Street, Peterborough



The Gentle Art of Infant Massage

The Gentle Art of Infant Massage is a four-session course, developed by the International Association of Infant Massage® that will give you the tools and information you need to communicate with your baby through loving touch. Please bring a waterproof mat or pad, a soft blanket or towel, and your baby! Oil and handouts will be provided. This program is designed for infants between 1 and 8 months.

Agency: Peterborough Family Resource Centre **705-748-9144**

Date: Thursdays, January 19 to February 9, 2017

Time: 10:00 - 11:00 a.m.

Location: Lakefield Family Hub, 71 Bridge St. Lakefield

Date: Tuesdays, February 7 to 28, 2017

Time: 1:30 - 2:30 p.m.

Location: St John Family Hub, 746 Park St. S., Peterborough

Registration for Spring programs starts February 27

Date: Mondays, March 20 to April 10, 2017

Time: 1:30 - 2:30 p.m.

Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.

Date: Tuesdays, April 4 to 25, 2017

Time: 1:30 - 2:30 p.m.

Location: Lakefield Family Hub, 71 Bridge St. Lakefield

Date: Tuesdays, May 23 to June 6, 2017

Time: 1:30 - 2:30 p.m.

Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Infant/Toddler continued

Baby & Me

Children 6 to 23 months old and their caregivers. Treat yourself and your baby to a special one-on-one time of bonding. Have fun sharing lap games, songs, and rhymes that will stimulate your baby's Intellectual development.

Registration is required and space is limited:

Winter registration begins: Friday, January 13, 2017

Agency: Peterborough Public Library **705- 745-5382 x 2340**

Date: Winter: Fridays, January 20 to February 24, 2017

Time: 10:45 - 11:15 am

Location: Peterborough Public Library,
Peterborough Square Lower Level 340 George St. N

For spring session information and dates visit: www.peterborough.library.on.ca

Songs and Signs for Babies and Toddlers

An interactive course for parents to attend with their children ages 5-15 months. Parents will learn a variety of signs through a weekly sign and song circle. Information on the benefits of signing and tips for success will be discussed.

Agency: Peterborough Family Resource Centre **705-748-9144**

Date: Thursdays, February 2 to 23, 2017

Time: 1:30 - 2:30 p.m.

Location: St. John Family Hub, 746 Park St S, Peterborough

Date: Tuesdays, February 14 to March 7, 2017

Time: 1:30 - 2:30 p.m.

Location: Lakefield Family Hub, 71 Bridge St., Lakefield

Registration for Spring programs starts February 27

Date: Tuesdays, May 2 to 23, 2017

Time: 1:30 - 2:30 p.m.

Location: St. John Family Hub, 746 Park St S, Peterborough

Toddler Time

Children two years old and their caregivers. Adults and toddlers share stories, songs, rhymes and other activities.

Registration is required and space is limited:

Winter registration begins: Wednesday, January 11.

Agency: Peterborough Public Library **705-745-5382 x 2340**

Date: Winter: Wednesdays, January 18 to February 22, 2017

Time: 10:45 - 11:15 a.m.

Location: Peterborough Public Library,
Peterborough Square Lower Level 340 George St. N

For spring session information and dates visit: www.peterborough.library.on.ca

Fun at the Hastings Field House

Come and join us at the Sports Facility, 97 Elgin St., Hastings. Come walk the track, play soccer, use the games court, and join us for parachute play. There is indoor snack area available, and a playground nearby. Please bring clean indoor shoes, water bottle, and snacks.

Agency: Peterborough Family Resource Centre **705-748-9144**

Date: Fridays, Jan 6,20; Feb 3,17; Mar 3,17; Apr 21, May 19; June 16

Time: 9:00 - 11:00 a.m.

Location: 97 Elgin St., Hastings

Feeding Your Baby

Do you have questions about when and how to start your baby on solid foods?

This workshop is based on Health Canada's recommendations for feeding infants, and is led by a Registered Dietitian from Peterborough Public Health. Find out how easy it is to make your own baby food!

Agency: Peterborough Family Resource Centre **705-748-9144**

Date: Monday, March 6, 2017

Time: 1:30 - 3:00 p.m.

Location: Antrim Family Hub, 201 Antrim St., Peterborough

Registration for Spring programs starts February 27

Date: Monday, May 29, 2017

Time: 10:30 a.m. - 12:00 p.m.

Location: Antrim Family Hub, 201 Antrim St., Peterborough



Toddler Fun

Toddler fun is an interactive program for parents and children aged 1-3 years. Each week a variety of experiences will be available to support social-emotional, language, and physical development.

Agency: Peterborough Family Resource Centre **705-748-9144**

Date: Thursdays, January 12 to 26, 2017

Time: 10:00 - 11:00 a.m.

Locations: Antrim Family Hub, 201 Antrim St., Peterborough

Registration for Spring programs starts February 27

Date: Thursdays, Mar 23 to Apr 6, 2017

Time: 10:00 - 11:00 a.m.

Location: Lakefield Family Hub, 71 Bridge Street, Lakefield

Date: Thursdays, May 4 to 18, 2017

Time: 10:00 - 11:00 a.m.

Locations: Antrim Family Hub, 201 Antrim St., Peterborough

Little Counters

This program is for children age 18 months to 3 years. Parents and children will play, sing and do activities together to understand and build numeracy concepts.

Agency: Peterborough Family Resource Centre **705-748-9144**

Registration for Spring programs starts February 27

Date: Fridays, May 12 to June 2, 2017

Time: 10:30 - 11:30 a.m.

Location: St John Library, 746 Park St. S, Peterborough





PRESCHOOL AND SCHOOL AGE

Story and a Song

An interactive program for parents and their children ages 2 -4 years. Come and enjoy songs, crafts, stories and games based on a favourite children's book.

Agency: Peterborough Family Resource Centre **705-748-9144**
Date: Mondays, Jan 23 to Feb 6, 2017
Time: 10:00 - 11:00 a.m.
Location: Norwood Family Hub, 44 Elm Street, Norwood

Numeracy Night

This parent child interactive program focuses on early math. Engage in activities and games to help develop an understanding of early math concepts through purposeful play, songs and activities. Parents will take away strategies to numeracy at home. **Registration for Spring programs starts February 27**

Agency: Peterborough Family Resource Centre **705-748-9144**
Date: Tuesday May 9, 2017
Time: 6:30 - 8:00 p.m.
Location: St. Paul Elementary School, 55 Oak St, Norwood

Literacy Night

This parent child interactive program focuses on literacy. Engage in activities and games to help develop an understanding of literacy through purposeful play, songs and activities. Parents will take away strategies to encourage literacy at home. **Registration for Spring programs starts February 27**

Agency: Peterborough Family Resource Centre **705-748-9144**
Date: Tuesday, May 2, 2017
Time: 6:30 - 8:00 p.m.
Location: St. Paul Elementary School, 55 Oak St, Norwood

Kids in the Kitchen

This is a parent child interactive program for children 2 – 4 years of age. You and your child will learn math and literacy skills while preparing tasty snacks together. A donation of a loonie is requested to cover food costs.

Agency: Peterborough Family Resource Centre **705-748-9144**
Date: Winter: Tuesdays, Jan 17, Feb 21,
Registration for Spring programs starts February 27
Spring: Tuesdays Mar 21, Apr 18, May 16, Jun 20, 2017
Time: 9:30 - 10:30 a.m.
Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.



Snofest Pajama Storytime

Join us for a special family storytime as part of Peterborough's annual Snofest Winter Carnival. **All are welcome and no registration is required.**

Agency: Peterborough Public Library **705- 745-5382 x 2340**
Date: Thursday, January 12, 2017.
Time: 6:30 p.m.
Location: Peterborough Public Library,
Peterborough Square Lower Level 340 George St. N

Drop-In Storytime for Preschoolers

This 30 minute program includes: stories, songs, rhymes, finger-plays, and giggles! It is designed to help your child's imagination and attention span grow. **No registration required.**

Agency: Peterborough Public Library **705-745-5382 x 2340**
Date: Tuesdays, January 10 to February 28, 2017
Time: 10:45 - 11:15 a.m.
Location: Peterborough Public Library,
Peterborough Square Lower Level 340 George St. N

For spring session information and dates visit: www.peterborough.library.on.ca

Family Games Night

An interactive program for families with preschool and school-aged children. Try out a variety of board games, make your own or borrow them from the library. A fun evening of board games, and laughs.

Agency: Peterborough Family Resource Centre **705-748-9144**
Date: Thursdays, Jan 19, Feb 16, Apr 20, May 18 Jun 15, 2017
Time: 5:30 - 6:30 p.m.
Location: Antrim Family Hub, 201 Antrim St, Peterborough

Making Learning Fun!

An interactive program for parents and children in junior kindergarten to grade 1. This multicultural based program will help your child with language, literacy and math through discovering different languages and cultures. Each evening will include stories, crafts and activities.

Agency: Peterborough Family Resource Centre **705-748-9144**
Date: Thursdays, Feb 2, Mar 2, Apr 6, May 4, Jun 1, 2017
Time: 5:00 - 6:30 p.m.
Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Lego Club Kids ages 5+.

Come weekly to hear a story that will inspire various LEGO creations! No registration is required.

Agency: Peterborough Public Library **705-745-5382 x 2340**
Date: Winter: Wednesdays, Jan 18 to Feb 22, 2017
Time: 4:00—4:45 p.m.
Location: Peterborough Public Library,
Peterborough Square Lower Level 340 George St. N

Kids Book Club Kids ages 10-13 years old

Join our Book Club for Kids. Discuss books, enjoy snacks, play games and win prizes! All are welcome no registration is required.

Agency: Peterborough Public Library **705-745-5382 x 2340**
Date: One Tuesday every Month
Time: 6:30—7:30 p.m.
Location: Peterborough Public Library,
Peterborough Square Lower Level 340 George St. N

Snofest Frozen Fun

Join us for a fun filled family craft, and meet some of the characters from Frozen, as part of Peterborough's annual Snofest Winter Carnival. **All are welcome and no registration is required.**

Agency: Peterborough Public Library **705- 745-5382 x 2340**
Date: Thursday, January 19, 2017
Time: 6:30 p.m.
Location: Peterborough Public Library,
Peterborough Square Lower Level 340 George St. N



Toddlers and Tantrums

Have you ever seen your toddler: crying, screaming, stamping their feet or rolling on the floor? This can be embarrassing for parents especially if it happens in public. In this one-evening session parents of children 1-3 years of age will have an opportunity to discuss: why children have tantrums, how to prevent them and how to manage a tantrum.

Agency: Peterborough Family Resource Centre **705-748-9144**

Registration for Spring programs starts February 27

Date: Monday, June 5, 2017

Time: 6:30 - 8:30 p.m.

Location: Lakefield Family Hub, 71 Bridge St., Lakefield

Toilet Training Your Child

Come and learn signs of readiness and learn how you can make this a positive experience all around. Call to register.

Agency: Peterborough Family Resource Centre **705-748-9144**

Date: Tuesdays, Feb 28, 2017

Time: 1:00 - 2:30 p.m.

Location: Norwood Family Hub, 44 Elm Street, Norwood

Registration for Spring programs starts February 27

Date: Thursday, May 11, 2017

Time: 1:30 - 3:00 p.m.

Location: St John Family Hub, 746 Park St. S., Peterborough

Group Triple P- Positive Parenting Program

For parents with children 2 to 10 years

Triple P helps parents deal more positively with problems and helps build strong relationships in families. This 9-week program gives parents practical suggestions and a plan of action to help them manage their child's behaviour in constructive and caring ways.

To refer to group, please contact Central Intake 1-888-454-6275.

A brief telephone interview will follow and an intake appointment will be arranged.

Agency: Kinark Child and Family Services

Date: Next group beginning January 10, 2017

Time: 6:30 - 8:30 p.m. (Child care available)

Location: Prince of Wales Public School, 1211 Monaghan Rd, Ptbo

For more information contact: John Soars 705-742-5185 ext. 337

"Small changes, making differences..."

Triple P- Parenting Plan

This is a one to one session with a staff member where you can work through some of your parenting challenges.

Agency: Peterborough Family Resource Centre, **705-748-9144**

Date: Tuesdays

Time: Afternoon – call Anne to make an appointment
705-748-9144 ex.351



Every Parent's Survival Guide

This workshop introduces Triple P Positive Parenting Programs. This session will cover topics such as: recognizing causes of children's behaviour problems, setting rules and giving instruction, using discipline strategies that work, and taking care of yourself as a parent.

Agency: Peterborough Family Resource Centre **705-748-9144**

Registration for Spring programs starts February 27

Date: Tuesdays, Apr 25 and May 2, 2017

Time: 6:30 - 8:30 p.m.

Location: Antrim Street Family Hub, 201 Antrim Ptbo

Triple P, Positive Parenting Program Seminar Series

Triple P promotes good communication and strong relationships between parents and children. Parents of children 2-10 years old are invited to attend one or all of these Triple P seminars.

#1. The Power of Positive Parenting:

Positive parenting is an effective approach to raising children that involves creating a family environment that is loving, supportive, and predictable.

#2. Raising Confident, Competent Children:

Ideas on how to help children learn important life skills including being respectful, communicating well, thinking positively, having healthy self-esteem, and being a good problem solver.

#3. Raising Resilient Children:

All children experience periods of stress in their lives, this session gives parents ideas on how to help children have the emotional skills to manage stressful life events.

Registration is required for all sessions.

Agency: Peterborough Family Resource Centre **705-748-9144**

Date: Mondays, Jan 30 to Feb 13, 2017

Time: 1:00 - 3:00 p.m.

Location: Antrim Street Family Hub boardroom, 201 Antrim Ptbo

Registration for Spring programs starts February 27

Date: Mondays, Mar 27 to Apr 10, 2017

Time: 6:30 - 8:30 p.m.

Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.



Coping Cat Group for Kids and Parents

Coping Cat Program is a program for children aged 6-12 years old who are experiencing anxiety to the point that it is interfering with their daily lives and routines. In a small group, both children and their parents are introduced to structured strategies to help develop their child's ability to cope with their worries and fears, both presently and in the future. An initial consultation and a individual screening session with a social worker is necessary prior to group start up, to ensure this is the appropriate service.

Parents can refer their child by calling Kinark's Central Intake Number at 1-888-454-6275. A brief telephone interview will follow and an intake appointment will be arranged.

Agency: Kinark Child and Family Services

Date: Next group will begin in January 2017

Time: To be determined

Location: Kinark Office @ 380 Armour Rd., Peterborough

For more information contact Lisa Booth 705-742-3803 ext. 334



INFORMATION & SUPPORT GROUPS

Mothers in Mind Group

This is a group for mothers (and their children from birth to 4 years) who have experienced violence and/or trauma in their lives. Transportation is provided. Call to register.

Agency: Community Counseling & Resource Centre **705-742-4258**

Date: Next group starting April, 2017

Peaceful Families Group

This group is for women and their children (ages 4 to 16) who have witnessed or experienced violence in the home. Supper, childcare, and transportation are provided. Call to register.

Agency: Community Counseling & Resource Centre **705-742-4258**

Date: Tuesdays, January 17 – March 28, 2017

Time: 5:00 - 7:00 p.m.

Family Law Information Centre

Visit the Family Law Information Centre (FLIC) to get free information to help you with your separation, divorce, or child custody and access agreements. FLICS are located in each of the family courts in Peterborough, Lindsay, and Cobourg. For more information visit our website at www.familycourtmediation.com

Agency: Four Counties Family Mediation

Location: Superior Court of Justice, 470 Water Street, Ptbo.

Please visit or call **705-876-6915**

Canadian Hearing Society Services

The Canadian Hearing Society offers: counseling to parents of children who have hearing loss, links to parent education groups and resources, provides counseling to children and youth who have hearing loss, as well as advocacy, outreach, consultation, sensitivity training, and informational in-services for school boards or other agencies which provide services to children.

Agency: The Canadian Hearing Society

705-743-1573 ext 44,

mshuwera@chs.ca

Please contact Maria Shuwera for more information.

SNAP BOYS and SNAP GIRLS

SNAP teaches emotional regulation and problem solving to children age 6-11 who may be: in conflict with those in authority; stealing; physically aggressive; damaging property; or engaged in behavior that they could be charged for if they were over 12 years old. SNAP includes a gender specific group for the children, and a group for parents, along with other supports such as: crisis support; parent support; school support; and community support.

Parents can refer their child by calling Kinark's Central Intake Number at 1-888-454-6275. A brief telephone interview will follow and an intake appointment will be arranged. For more information contact Gord Newman **705 742-5185 x 610**

Agency: Kinark Child and Family Services

Date: Next groups will begin January 2017

Time & location: To be determined

Fetal Alcohol Spectrum Disorder

Caregiver Support Group

For more information call FASD Peterborough

705-876-9245 extension 230 or email fasdpeterborough@tccss.org

Free Seminars for Separating Couples

Free seminars are offered several times a month at the Family courts in Peterborough, Lindsay, and Cobourg. Learn about the legal and court process, how mediation can help reduce conflict, and other ways to reach agreements. These seminars are mandatory for people involved in family court, and provides good information to all couples going through a separation, whether married or not. Certificates of attendance are provided to all participants.

Agency: Four Counties Family Mediation **705-760-9603**

Pre-registration is required.

Please call for seminar dates and times and to register.

Down Syndrome: Sharing & Play Group for Parents & Preschoolers

This sharing and play group gives parents of children with Down Syndrome and their siblings a chance to meet other parents, meet children of similar ages to their own, discuss issues related to their child's development, and share photos and stories.

Agency: Down Syndrome Association of Peterborough

705-749-6695

Date: Ongoing-second Tuesday of each month

Time: 10:00 -12:00 noon

Location: Down Syndrome office at 300 Sunset Blvd., Peterborough

Choose to be Smoke Free

Peterborough Public Health is providing smoking cessation groups to women of reproductive age who are smokers or who have recently quit. A \$10 gift card will be provided for each session. Help with transportation and childcare may be available.

Agency: Peterborough Public Health

Date: Tuesdays, January 17th to March 7th, 2017

Time: 10:30 a.m. - 12:00 p.m.

Call PPH at **705-743-1000** for more information.

Parenting Education in the Peterborough Area

Community Agency Directory

Breastfeeding Support Drop-in

Ph: 705-740-6188
 Web: www.lllptbo.weebly.com
 Facebook: [lalechepeterboroughon](https://www.facebook.com/lalechepeterboroughon)
 Twitter: @ptboLLL



Canadian Hearing Society

Peterborough Regional Office
 315 Reid Street
 Peterborough, ON K9J 3R2
 Ph: 705-743-1573
 TTY: 1-888-697-3623
 Fax: 705-741-0708
 E-mail: mshuwera@chs.ca
 Web: www.chs.ca/offices/peterborough/index.html



Five Counties Children's Centre

872 Dutton Road
 Peterborough, ON K9H 7G1
 Ph: 705-748-2221
 Fax: 705-748-3526
 E-Mail: info@fivecounties.on.ca
 Web: www.fivecounties.on.ca



Four Counties Family Mediation

349A George St N, Ste 205
 Peterborough, ON K9H 3P9
 Ph: 888-605-1393 or 705-760-9603
 E-mail: info@familycourtmediation.com
 Web: www.familycourtmediation.com



Community Counselling & Resource Centre

459 Reid St.
 Peterborough, On K9H 4G7
 Ph: 705-742-4258
 Email: ccrc@ccrc-ptbo.com
 Web: www.ccrc-ptbo.com



Kinark Child & Family Services

380 Armour Road, Suite 275
 Peterborough, ON K9H 7L7
 Ph: 705-742-3803
 Fax: 705-743-4144
 Web: www.kinark.on.ca



Lovesick Lake Native Women's Association

12 Albert Street PO Box 1296
 Lakefield, Ontario K0L 2H0
 Ph: 705-652-8787
 Fax: 705-652-3939
 E-mail: admin@lnwa.com
 Web: www.lnwa.com



Down Syndrome Association of Peterborough

300 Sunset Blvd.
 Peterborough, ON K9H 2P2
 Ph: 705-749-6695
 Fax: 705-749-5864
 E-mail: info@downsyndromepeterborough.ca
 Web: www.downsyndromepeterborough.ca



FASD Peterborough

c/o Tri-County Community Support Service
Margaret Marchen
 349A George St. N. Ste. 303
 Peterborough, On K9H 3P9
 Ph: 705-876-9245 ext. 230
 Fax: 705-876-9247
 Email: fasdpeterborough@tccss.org
 Web: www.fasdpeterborough.ca

Peterborough Public Health

185 King Street
 Peterborough, ON K9J 2R8
 Ph: 705-743-1000
 Fax: 705-741-4261
 E-mail: info@peterboroughpublichealth.ca
 Web: www.peterboroughpublichealth.ca



Pregnancy and Infant Loss Network

Ph: 1-905-472-1807/1-888-301-7276
 E-mail: info@pailnetwork.ca
 Web: www.pailnetwork.ca

Peterborough Family Resource Centre/



Ontario Early Years Centre

Ph: 705-748-9144
 Fax: 705-748-9177
 E-mail: administrator@pfrc.ca
 Web: www.pfrc.ca

- Antrim Family Hub
 201 Antrim Street, Peterborough

- Otonabee Valley Family Hub
 Otonabee Valley Public School,
 580 River Road South, Peterborough
 (use main school entrance)

- St. John Family Hub
 St. John Elementary School
 746 Park Street South, Peterborough
 (use south side school entrance)



- Lakefield Family Hub
 Lakefield Intermediate School
 71 Bridge St, Lakefield

- Norwood Family Hub
 Norwood District High School
 44 Elm St, Norwood

Peterborough Public Library

Peterborough Square Lower Mall

360 George St. N
 Peterborough, ON K9H 7E7
 Ph: 705-745-5382 ext 2340 or 2381
 Web: www.peterborough.library.on.ca
www.peterboroughhealthyfamilies.ca



Peterborough Healthy Families www.peterboroughhealthyfamilies.ca



The Healthy Families Collection consists of books and audiovisual materials on parenting as well as child/youth physical, mental and emotional health, and is located in the Children's Department of the Peterborough Public Library, Main Branch. The Main Branch is temporarily located in the basement level of Peterborough Square, at 360 George St. North, while the Aylmer street location is renovated. Healthy Families presentations are offered twice a year on a range of topics, and are open to everyone. Visit the website (http://www.peterborough.library.on.ca/Library_Collections/Healthy_Families_Collection.htm) for a listing of popular parenting topics that link directly to the Library's catalogue as well as for information on upcoming presentations. For more information, please call 705-745-5382 ext 2340