



MARCH BREAK FUN AT PFRC ANTRIM HUB!

REGISTRATION REQUIRED FOR EACH SESSION

All programs for
parent/care providers
with their children!



March Break Library Hours

Thursday 10:00-noon & 1:00-7:00pm
Saturday 9:30-noon

Tuesday, March 14

Come Play and Sing 9:30 to 11:30 a.m.

For Ages: 30 months to 6 years
Come, play and sing with us!
Enjoy your family play to learn
program with special musical crafts
and activities. Make a shaker, grab
some bells, and sing loud! We'll
have lots of musical fun!

Come "PLAY" 1:00 to 3:00 p.m.

For Ages: 2 to 6 years
Participate in an afternoon of
entertainment and special craft
activities. The "PFRC Players" will
perform a mystery play for the
audience.

Wednesday, March 15

A Morning of Little Counters 10:30 to 11:30 a.m.

For Ages: 18 months to 3 years.
Parents and children will play,
sing and do activities together to
understand and build numeracy
concepts.

Kids in the Kitchen 1:00 to 3:00 p.m.

For Ages: 3 to 5 years
Children & their parents will chop,
mix, measure, and cook something
yummy together, finishing with a
sample of their wonderful creation.
A donation of a loonie is requested
to help cover food costs.

Thursday, March 16

Toddlers Messy Morning 10:00 to noon

For Ages: 18 to 30 months
Let your toddler explore materials
with their fingers, nose, and
mouth. These are wonderful
ways to learn and are very hands
on. Come explore sensory fun.
Dress for mess!

Story and a Song 1:00-3:00 p.m.

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.

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.

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



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.

Date: Every Tuesday
Time: 10:00 a.m. to 12 p.m.
***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



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!

Date: Winter: Monday, March 6, 2017
Time: 1:30 - 3:00 p.m.
Registration for Spring programs starts February 27
Date: Spring: Monday, May 29, 2017
Time: 10:30 a.m. - 12:00 p.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.

Date: Winter: Tuesdays, January 10 to February 14, 2017
Time: 1:00 - 2:30 p.m.

Registration for Spring programs starts February 27
Date: Spring: Thursdays, March 23 to April 27, 2017
Time: 10:00 - 11:30 a.m.
Location: Antrim Family Hub,
201 Antrim Street, Peterborough



REGISTRATION FOR PROGRAMS by phone at 705-748-9144 or by email at register@pfrc.ca

Winter Registration begins Monday December 12, 2016 Spring Registration begins Monday February 27, 2017

NEW

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, Feb 1 to Mar 29, 2017 (no class on March 15th)

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

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



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, May 23 to June 6, 2017

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

Location: Antrim Family Hub, 201 Antrim Street, 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.

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



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.

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 (no class May 22)

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: 2:00 - 3:00 p.m.

Location: Antrim Family Hub, 201 Antrim St, Boardroom

Date: Thursdays, May 25 to June 22, 2017

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

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



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.

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, April 4 to 25, 2017

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

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

Date: Tuesdays, May 2 to 23, 2017

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

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

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



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.

Date: Mondays, Jan 23 to Feb 6, 2017

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

Location: Norwood Family Hub, 44 Elm Street, Norwood



Literacy and Numeracy Nights

These parent child interactive programs focus on literacy and math. Engage in activities and games to help develop an understanding of literacy and math through purposeful play, songs and activities. Parents will take away strategies to encourage literacy and math at home.

Registration for Spring programs starts February 27

Date: Literacy, Tuesday, May 2, 2017

Numeracy, Tuesday, May 9, 2017

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

Location: St. Paul Elementary School, 55 Oak St, Norwood

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.

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

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.

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

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.

Date: Thursdays, Jan 19, Feb 16, Apr 20, May 18 Jun 15

Time: 5:30 - 6:30 p.m.

Location: Antrim Family Hub, 201 Antrim St, Peterborough

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.

Date: Tuesday, 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



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.

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

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.

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.

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.**

Date: Mondays, Jan 30, Feb 6 & 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.

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.

Registration for Spring programs starts February 27

Date: Tuesdays, Apr 25 to May 2, 2017

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

Location: Antrim Street Family Hub, 201 Antrim Ptbo



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.

Date: Tuesdays

Time: Afternoon - call Anne to make an appointment

705-748-9144 ex.351



REGISTRATION FOR PROGRAMS by phone at 705-748-9144 or by email at register@pfr.ca

Winter Registration begins Monday December 12, 2016 Spring Registration begins Monday February 27, 2017

Home Child Care Provider Supports

Provider Play Group

*All providers must attend one orientation session prior to being registered in this play group. Email Beckie at beckie@pfr.ca to register. This weekly morning group is for home child care providers and nannies. We will provide a space that is conducive to engaging in learning activities with the children in your care. We provide music and story time at 11:00 a.m. Child care providers and their children will have the opportunity to participate in special events and field trips.

Date: Every Wednesday morning

Time: 9:30 - 12:00 noon

Location: Antrim Family Hub, 201 Antrim St., Peterborough
Lower Level, Drop-In Space

Child Development Series: Infants Infants Have Mental Health Too!

Did you know that our first relationships can be our most important ones? Join us to discuss the fascinating world of infant mental health. Explore the amazing ways we can build brains and encourage wellbeing by utilizing infant mental health concepts in our infant programming within home child care settings.

Date: Monday, January 23, 2017

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

Location: Antrim Family Hub, 201 Antrim St., Peterborough
Upper Level, Boardroom

Income Tax Workshop

Marilyn from Accurate Accounts will provide information about what you need to know to claim your home child care business on your Income Tax return. This workshop is being held in partnership with Compass Early Learning and Care at their Braidwood site and is open to both licensed and unlicensed providers. Please email Lisa at Compass directly to register. lmiles@compasselc.com

Date: Tuesday February 7, 2017

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

Location: Investing In Quality Office, 550 Braidwood

Inspiring Early Learning Conference 2017

Investing in Quality Peterborough is holding their annual conference (new name) on Saturday April 22nd. There will be a variety of workshops from topics such as nature play; story walks®; art experiences; self care; math literacy, and more. This conference is priced reasonably and will be held at Sir Sandford Fleming College. Each year PFRC pays for two home child care providers to attend the conference. If you are interested, email Beckie at beckie@pfr.ca and tell her why this opportunity interests you. More detailed information will be available soon.

Guiding Children's Behaviour- Stay Positive

In this workshop for home childcare providers we will talk about simple and practical strategies to help build strong, healthy relationships and confidently guide children's behaviour. Come and discuss ideas that will help you:

- Focus on the positive, so that children feel good about themselves and you will see less challenging behaviour.
- Support communication and use descriptive praise to encourage cooperation, build confidence and independence in children.
- Develop strategies to help when dealing with difficult behaviour.

Date: Monday February 27, 2017

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

Location: Antrim Family Hub, 201 Antrim St., Peterborough, Upstairs Board Room

Self Regulation Workshop

Have you ever wondered what the difference was between self control and self regulation? Do you find it difficult to differentiate between misbehaviour and stress behaviour? Need some tips on how to teach self regulation to the children in your care? This workshop will cover all of these topics and discuss the resources available in the community.

Facilitated by: Investing in Quality Peterborough.

Date: Thursday March 23, 2017

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

Location: Antrim Family Hub, 201 Antrim St., Peterborough, Upstairs Board Room

Home Made Learning Activities-Make and Take

Buying toys and equipment for home child care can be expensive so why not register for this workshop and save money. Reflecting on the interests of children, we will explore a variety of recycled materials to create play based learning activities that will enhance child development. Recycle, Reuse, Save Money! Have fun and be creative! (There will be a small fee to attend this workshop).

Date: Wednesday May 17, 2017

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

Location: Antrim Family Hub, 201 Antrim Street, Peterborough
Lower Level, Drop-In Space

End of Year Pot Luck and Book Giveaway

Please join us for our year-end potluck at the Peterborough Zoo. Come on out and have fun with other providers from the community. Please bring an item to contribute to the pot-luck. PFRC will supply the plates, cups, napkins and beverages. We will play some outdoor games and have our annual book give-a-way.

Date: Monday, June 19, 2017

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

Location: Riverview Park and Zoo (exact picnic shelter TBA).

Weather permitting, in case of rain we will hold this event at the Antrim Hub.

For all courses please register with Beckie at beckie@pfr.ca.

Family Play to Learn Programs

This parent child interactive program offers an engaging environment to explore and create with your children and to connect with other families. Professional staff are available to support your learning as well as share resources and their expertise when needed. All families with infants, toddlers, and preschoolers are welcome at this drop in program.

You are welcome to visit a Family Play to Learn Program at any of the Family Hub Sites.

Antrim Family Hub, 201 Antrim Street, Peterborough

Tuesdays, 9:30 - noon

Thursdays, 1:00 - 3:30 p.m.

Me & My Dad Program Saturdays, 9:30 - noon (closed on holidays and holiday weekends)

Otonabee Valley Family Hub, Otonabee Valley Public School

580 River Road South, Peterborough (use main school entrance)

Mondays, 9:00 - 11:30 a.m.

Tuesdays, 9:00 - 11:30 a.m.

St. John Family Hub, St. John Elementary School

746 Park Street South, Peterborough

Tuesdays, 9:30 - noon

Thursdays, 9:30 - noon

Lakefield Family Hub, Lakefield Intermediate School

71 Bridge Street, Lakefield

Tuesdays, 9:30 - noon

Wednesdays, 9:30 - noon with gym time in the first hour

Norwood Family Hub Norwood District High School

44 Elm Street, Norwood

Tuesdays, 9:30 - noon

Antrim Library Hours

Tuesday 9:30 a.m. - 12:00 p.m.

Wednesday 9:30 a.m. - 12:00 p.m.

Thursday 1:00 p.m. - 7:00 p.m.

1st & 3rd Saturday of the month 9:30 a.m. - 12:00 p.m.
(closed on holidays and holiday weekends)