

Parenting Education in the Peterborough Area

A Community Guide

Fall, 2017

Welcome to the Workshops, Courses and Groups flyer for fall 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.



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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

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: Thursdays, September 21 & November 16, 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 Healthy Beginnings 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: Wednesdays, September 20- October 25, 2017
Time: 6:00 – 8:00 p.m.
Location: Peterborough Public Health, 185 King St



INFANT & TODDLER

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

Healthy Baby Clinic

Baby Wellness and Breast Feeding Clinic. Drop in and speak to a community health nurse to answer questions about child health and development, check your child's weight or ask questions about breastfeeding and lactation. An easy way to get the support you need. No appointment necessary.

Agency: Nogojiwanong Friendship Centre **705-775-0387**
(Service offered to urban Aboriginal people)
Date: Third Tuesday of the month
Time: 10:00 a.m. - 12 p.m.
Location: 580 Cameron St. 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, October 25 - December 13, 2017

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: Thursdays, October 19 to November 23, 2017

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

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

Date: Mondays, October 23 - November 16, 2017

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

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

Date: Thursdays, November 16 to December 21, 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.

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

Date: Mondays, September 11- October 2, 2017

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

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

Date: Thursdays, September 21 to October 12, 2017

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

Location: St. John Family Hub, 746 Park St S, 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: Thursdays, September 7 to October 12, 2017

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

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

Date: Monday, October 30, 2017

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

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

Date: Monday, December 11, 2017

Time: 1:30 p.m. - 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: Tuesdays, November 7 to November 28, 2017

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

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

Date: Thursdays, November 30 to December 21, 2017

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

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

Indigenous Healthy Babies Healthy Children

This service is offered to parents with children ages 0 to 6 looking for home visiting services and specialized parenting resources.

What to Expect:

- | | |
|-------------------------------|--------------------------------|
| -Initial Intake | -Cultural Activities |
| -Health and Wellness services | -Individual Services |
| -Family circle strengthening | -Case Management |
| -Support & Advocacy | -Access to Traditional Healing |
| -Access to Community Services | |

For more information contact: 705-741-0900



PRESCHOOL AND SCHOOL AGE

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, Sept 15, Oct 6 & 20, Nov 3 & 24, Dec 1 & 15, 2017
Time: 9:00 - 11:00 a.m.
Location: 97 Elgin St., Hastings

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, October 19 to November 2, 2017
Time: 5:00 - 6:30 p.m.
Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Creative Kids (4-6yr and parent/caregiver)

After school program for kids and caregivers to come and have fun with their creativity in arts and various crafts. Supper Provided.

Agency: Nogojiwanong Friendship Centre **705-775-0387**
(Service offered to urban Aboriginal people)
Date: Every Thursday
Time: 4:00 - 5:30 p.m.
Location: 580 Cameron 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: Fridays, September 15 to September 29, 2017
Time: 10:00 - 11:00 a.m.
Location: St. John Family Hub, 746 Park St S, Peterborough

Date: Thursdays, October 19 to November 2, 2017
Time: 10:00 - 11:00 a.m.
Locations: Antrim Family Hub, 201 Antrim St., Peterborough

Date: Wednesdays, November 15-November 29, 2017
Time: 9:30 - 10:30 a.m.
Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.

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: Tuesdays, September 19 - October 17 - November 21, 2017
Time: 9:00 a.m.
Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.

Date: Fridays, November 17 & December 1, 2017
Time: 10:00 - 11:00 a.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.

Agency: Peterborough Family Resource Centre **705-748-9144**
Date: Fridays, October 20 to November 10, 2017
Time: 10:30 - 11:30 a.m.
Location: Roger Neilson , 550 Erskine Ave, Peterborough

Date: Thursdays, November 16 to December 7, 2017
Time: 10:00 - 11:00 a.m.
Location: Chemong Public School, 1029 Gore St, Bridgenorth, ON K0L 1H0



DROP-IN PROGRAMS (0-6yr)



Family Play to Learn and Toy Lending Library

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 children aged birth to six years are welcome at this drop in program.

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

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

Lakefield Family Hub -temporary location-

Lakefield-Smith Community Centre (Arena)
20 Concession Street, Lakefield
Wednesdays 9:30 - 11:30 a.m.
Thursdays 9:30 - 11:30 a.m.

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

* transportation available! Call Monday before noon to reserve your spot

Norwood Family Hub

Norwood District High School
44 Elm Street, Norwood

Antrim Library Hours

Tuesday 9:30 a.m. - noon
Wednesday 9:30 a.m. - noon
Thursday 1:00 p.m. - 7:00 p.m.
1st & 3rd Saturday of the month 9:30 a.m. - noon
(closed on holidays and holiday weekends)

St. John Family Hub

St. John Elementary School
746 Park St. S, Peterborough (use south side school entrance)
Tuesdays, 9:30 - noon
Thursdays, 9:30 - noon

Drop-in

Providing an opportunity for you to engage with your child(ren) to play and learn in a safe and fun filled environment.

Agency: Nogojiwanong Friendship Centre **705-775-0387**
(Service offered to urban Aboriginal people)

Date: Every weekday
Time: 9:30 - 11:30 a.m.
Location: 580 Cameron St. Peterborough

Date: Tuesdays
Time: 1:30 - 3:30 p.m.
Location: 580 Cameron St. Peterborough

Daddy and Me

An opportunity for Dad and child to play and learn together; to build attachment in a fun-filled and safe environment. Lunch Provided.

Agency: Nogojiwanong Friendship Centre **705-775-0387**
(Service offered to urban Aboriginal people)

Date: First and Third Saturday of the month
Time: 10:00 - 12:00 p.m.
Location: 580 Cameron St. Peterborough



Peterborough Healthy Families www.peterboroughhealthyfamilies.ca



The Healthy Families Collection can be found within the Children's Area of the Main branch of the Peterborough Public Library. This is a collection of books and audiovisual materials focused on parenting, as well as physical, mental and emotional health for children/youth. During renovations, the Main branch of the Public Library is temporarily located in the lower level of Peterborough Square, at 360 George St. N. Special Healthy Families presentations are offered twice a year on a range of topics and are open to everyone in the community. Visit the Healthy Families page on the Library's website (www.peterborough.library.on.ca/Books_More/Healthy_Families_Collection.htm) for more information on popular parenting topics and upcoming presentations. For more information, please call **705-745-5382 ext 2340**



PARENTING

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**

Date: Monday, November 6, 2017

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

Location: TBA

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.

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: Beginning Fall 2017

Time: To be determined

Location: Kinark Office @ 380 Armour Rd., Peterborough

For more information contact Nicole Lynch 705-742-3803 ext. 307

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**

Call Anne to make an appointment 705-748-9144 ex.351



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: Wednesdays, October 11 to October 25, 2017

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

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

Date: Mondays, November 13 to November 27, 2017

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

Location: Antrim Street Family Hub boardroom, 201 Antrim Ptbo

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.

Agency: Kinark Child and Family Services

Date: Beginning Fall 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..."



INFORMATION & SUPPORT GROUPS

Peterborough Public Library

We're on the move again - this time we are homeward bound! During the transition back to our Aylmer St. location we are unable to offer our regular programs. Check out our website and our online collections to keep connected to the library!

Visit us at peterborough.library.on.ca, follow us on social media or sign up for our Kid's Newsletter.

Nijikwendidaa Anishnabekwag Services Circle (NASC)

It is a not-for-profit organization dedicated to the development and delivery of healing services for Anishnaabekwewag and their families who have been abused, are being abused, or are at risk of being abused.

For more information 705 741 0900



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 process, but anyone may register to attend.

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

Pre-registration is required.

Please call for seminar dates and times and to register.

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**

Group Triple P TEEN- Positive Parenting Program For parents with Teens ages 11-16 yrs.

Triple P Teen Group is a 9 week parent education program that helps parents: create a more stable, supportive family environment, deal decisively and consistently with problem behaviour, and build positive relationships with their teen so that conflict can be resolved.

To refer to group, please contact Central Intake 1-888-454-6275. A brief telephone interview will follow.

Agency: Kinark Child and Family Services

Date: Beginning Fall 2017

Time: & Location: to be determined

"Small Changes Make Big Differences!"

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 screening will be arranged. For more information contact Andrea Gurney-Bowen 705 742-5185 x 324

Agency: Kinark Child and Family Services

Date: Beginning Fall 2017

Time & location: To be determined

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 families 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

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, September. 12 to November. 14, 2017

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

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: Thursdays (start date to be determined)

Time: 10:00 a.m. to 11:30 a.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.illptbo.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

Community Counselling & Resource Centre

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

Down Syndrome Association of Peterborough

300 Sunset Blvd.
Peterborough, ON K9H 2P2
Ph: 705-749-6695
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



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



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@llnwa.com
Web: www.llnwa.com



Nogojwanong Friendship Centre

580 Cameron St.
Peterborough, ON K9J 3Z5
Ph: (705) 775 - 0387
Web: www.nogofc.ca
e-mail apn@nogofc.ca for Diane Sheridan
e-mail afs@nogofc.ca for Helen Casmeay



Niijkiwendidaa Anishnabekwag Services Circle (NASC)

1097 Water Street
Peterborough, ON K9H 3P7
Ph: (705) 741 - 0900
Toll Free 1-800-663-2696
Fax: (705) - 741-4816
Web: www.niijki.com



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



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
* location may change in the Fall



Peterborough Family Resource Centre/ Ontario Early Years Centre

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

