

Parenting Education in the Peterborough Area

A Community Guide

Winter & Spring, 2018

Welcome to the Workshops, Courses, and Groups flyer for winter and spring 2018. The information provided in this flyer is provided by publicly funded, not-for-profit services and agencies, and the 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 Prenatal 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 times, call for more information
Location: 12 Albert Street, Lakefield

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, February 7 – March 14, 2018
Time: 6:00 – 8:00 p.m.
Location: Peterborough Public Health, 185 King Street, Peterborough

Date: Wednesdays, May 2 – June 6, 2018
Time: 6:00 – 8:00 p.m.
Location: Peterborough Public Health, 185 King Street, Peterborough

Breastfeeding Basics

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, February 15, April 19, & June 21, 2018
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. Call to register

Agency: Peterborough Public Health **705-743-1000**
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.)
Location: Peterborough Public Health, 185 King Street, Peterborough
Cost: \$50.00 per series. Subsidies are available



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



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
- Health & Wellness Services
- Family Circle strengthening
- Support & Advocacy
- Access to Community Services
- Cultural Activities
- Individual Services
- Case Management
- Access to Traditional Healing

For more information contact: **705-741-0900**

Location: Nijikiwendidaa Anishnabekwag Services Circle (NASC)
1097 Water Street 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 Peterborough Family Resource Centre and Partners in Pregnancy Clinic.

Call to register.

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

Date: Thursdays, January 11 to February 15, 2018

Time: 10:00 - 11:30 a.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. - 12:00 p.m.

Location: 580 Cameron Street, Peterborough

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 give you the face-to-face expert support you are looking for. Come meet other breastfeeding families and share your experiences with breastfeeding and parenting. Partners are welcome. Monthly meetings except July and August. Phone help and home visits available anytime.

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 - 11:30 a.m. (snacks welcome)

Location: Antrim Family Hub, 201 Antrim Street, Peterborough

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. No class March 14 due to March Break.

Date: Wednesdays, January 31 - March 28 2018

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

Location: Antrim Family Hub, 201 Antrim Street, Peterborough



Infant/Toddler continued

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 ages 1 to 8 months.

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

Date: Thursdays, February 1 to February 22, 2018

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

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

Date: Tuesdays, February 6 to February 27, 2018

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

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

Date: Mondays, April 16 to May 7, 2018

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

Location: Otonabee Valley Family Hub, 580 River Road. S., Peterborough

Date: Tuesdays, May 15 to June 5, 2018

Time: 2:00 - 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 8 to February 12, 2018

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

Location: Otonabee Valley Family Hub, 580 River Road. S., Peterborough

Date: Tuesday, January 30 to March 6, 2018

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

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

Date: Thursdays, March 22 to April 26, 2018

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

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

Date: Thursdays, May 17 to June 21, 2018

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

Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Baby & Me

Children ages 6 to 18 months and their caregivers.

Treat yourself and your baby to special one-on-one time of bonding. Have fun sharing stories, songs, and rhymes. Stay and play after the program!

Registration is required and space is limited. Winter registration begins: Friday, February 2, 2018

Agency: Peterborough Public Library **705-745-5382 ext. 2381**

Date: Fridays, February 9 to March 2, 2018

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

Location: Peterborough Public Library, 345 Aylmer Street N., Peterborough

For Spring session information and dates visit: www.ptbolibrary.ca or follow us on social media.

Songs and Signs for Babies and Toddlers

An interactive course for parents to attend with their children ages 5 to 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 15 to March 8, 2018

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

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

Date: Thursdays, March 22 to April 12, 2018

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

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

Date: Tuesdays, May 1 to May 22, 2018

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

Location: St. John Family Hub, 746 Park Street S, 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, March 26, 2018

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

Location: Antrim Family Hub, 201 Antrim Street, Peterborough

Date: Monday, May 28, 2018

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

Location: Antrim Family Hub, 201 Antrim Street, Peterborough





PRESCHOOL AND SCHOOL AGE

Little Counters

This program is for children ages 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: Tuesdays, April 10 to May 1, 2018
Time: 10:00 - 11:00 a.m.
Location: St John Family Hub, 746 Park Street S., Peterborough

Date: Tuesdays, May 8 to May 29, 2018
Time: 10:00 - 11:00 a.m.
Location: Lakefield Family Hub, 71 Bridge Street., Lakefield



Toddler Time

Children ages 19 to 36 months and their caregivers. Have a busy toddler? Sign up for our Toddler Time and share stories, songs, activities, and rhymes dedicated to our busy littles. Stay and play after the program! **Registration is required and space is limited. Winter registration begins: Wednesday, January 31, 2018.**

Agency: Peterborough Public Library **705-745-5382 ext. 2381**
Date: Wednesdays, February 7 to 28, 2018
Time: 10:30 - 11:00 a.m.
Location: Peterborough Public Library, 345 Aylmer St. N., Peterborough
For Spring Information and dates visit: www.ptbolibrary.ca or follow us on

Toddler Fun

Toddler fun is an interactive program for parents and children ages 1 to 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, February 22 to March 8, 2018
Time: 10:00 - 11:00 a.m.
Locations: Antrim Family Hub, 201 Antrim Street, Peterborough

Date: Mondays, March 19 to April 9, 2018 (no program on Easter)
Time: 1:30 - 2:30 p.m.
Location: Otonabee Valley Family Hub, 580 River Road. S, Peterborough

Date: Tuesdays, March 20 to April 3, 2018
Time: 10:00 - 11:00 a.m.
Location: Lakefield Family Hub, 71 Bridge Street., Lakefield

Kids in the Kitchen

This is a parent and child interactive program for children ages 2 to 4 years. 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, January 23, April 3, 2018
Time: 10:00 - 11:00 a.m.
Location: St. John Family Hub, 746 Park St S, Peterborough

Date: Tuesdays, Jan 16, Feb 20, Mar 20, Apr 17, May 15 & Jun 19,
Time: 10:00 - 11:30 a.m.
Location: Otonabee Valley Family Hub, 580 River Road. S., Peterborough

Date: Tuesdays, February, 13, March 6, April 17 & June 12, 2018
Time: 10:00 - 11:00 a.m.
Location: Lakefield Family Hub, 71 Bridge Street, 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.

Agency: Peterborough Family Resource Centre **705-748-9144**
Date: Thursdays, May 17 to May 31, 2018
Time: 5:00 - 6:30 p.m.
Location: Antrim Family Hub, 201 Antrim Street, Peterborough

MARCH BREAK

Children of all ages

Join us for fun, free programs over the March Break, featuring special guests! **Registration is required for some events. Registration starts Monday, February 26, 2018.**

Agency: Peterborough Public Library **705-745-5382 ext. 2381**
Date: Monday, March 12 to Friday March 16, 2018
Time: Various times
Location: Peterborough Public Library, 345 Aylmer Street N., Peterborough
For more information on March Break programs visit www.ptbolibrary.ca or follow us on social media.

Creative Kids

Children ages 4 to 6 years and parent/caregiver

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

After School Art Club

Children ages 6 to 12 years

Each week we will discuss, explore, and play with new and different art techniques and tools. Great for budding artists of any skill level.

Registration is required and space is limited: Winter registration begins: Tuesday, January 30, 2018.

Agency: Peterborough Public Library **705-745-5382 ext. 2381**
Date: Tuesdays, February 6 to 27, 2018
Time: 4:00 - 5:00 p.m.
Location: Peterborough Public Library, 345 Aylmer St. N., Peterborough

DROP-IN PROGRAMS (0-6yr)



The Old Millbrook School Family Centre Drop-ins

Stay n' Play

This is a FREE drop-in program for parents, grandparents, and caregivers of children ages 0 to 6. It is currently offered Tuesdays and Thursdays, including the summer, from 9:30 a.m. until 1:00 p.m. In addition to monthly themes, the program also hosts several special events and a potluck on the last Thursday of each month.

Agency: The Old Millbrook School Family Centre **705-932-7088**

Date: Tuesdays and Thursdays

Time: 9:30 a.m. - 1:00 p.m.

Location: 1 Dufferin Street, Millbrook

Drop in Gym

A space for gross motor play.

Agency: The Old Millbrook School Family Centre **705-932-7088**

Date: 2nd Thursday of each month

Time: 9:30 - 11:30 a.m.

Location: 1 Dufferin Street, Millbrook 3rd floor Dorothy Stevens room

Music and Movement Drop in

This program is for children ages 0 to 5, caregivers, and Centennial Place residents. The program includes songs, dances, instruments, and fun that will get both young and old moving to the music and enjoying each other's smiling faces. Snack is provided. Parents are reminded to keep sick children at home for the health of our friends at Centennial Place - thank you.

Agency: The Old Millbrook School Family Centre **705-932-7088**

Date: Mondays, January 15 & 29, February 12 & 26, March. 12 & 26, April. 9 & 23, May 7 & 28, 2018

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

Location: Fireside Lounge at Centennial Place
2 Centennial Lane N. Millbrook
Email: abmclean4@yahoo.com

Nogojwanong Friendship - Centre Drop-ins

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

Date: Every weekday

Time: 9:30 - 11:30 a.m.

Location: 580 Cameron Street, 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 is provided.

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

Date: First & Third Saturday of the month (closed 1st Saturday in Jan)

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

Location: 580 Cameron Street, Peterborough

(Service offered to Urban-Aboriginal people)

Peterborough Public Library

Drop In Storytime

Children ages 2 to 4 years.

Help your child's imagination and attention span grow. Join us for a fun-filled 30 minutes of stories, songs, giggles and more!

No registration required.

Agency: Peterborough Public Library **705-745-5382 ext. 2381**

Date: Tuesdays, February 6 to March 6, 2018

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

Location: Peterborough Public Library, 345 Aylmer Street. N., Peterborough

For Spring information and dates visit: www.ptbolibrary.ca or follow us on social media

Peterborough Family Resource Centre

Family Play to Learn and Toy Lending Library

This parent and 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 ages 0 to 6 years are welcome at this drop in program.

Antrim Family Hub

201 Antrim Street, Peterborough

Tuesdays, 9:30 a.m. - 12:00 p.m.

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

"Me & My Dad" Program Saturdays, 9:30 a.m. - 12:00 p.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, 9:00 - 11:30 a.m.

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

Norwood Family Hub

Norwood District High

44 Elm Street, Norwood

Tuesdays, 9:30 a.m. - 12:00 p.m.

St John Family Hub-

St John Elementary School

746 Park Street South, Peterborough (use south side entrance)

Thursdays, 9:30 a.m. - 12:00 p.m.

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

Lakefield Family Hub

Lakefield District Public School **Beginning January 31, 2018**

71 Bridge Street, Lakefield

Wednesdays, 9:30 a.m. - 12:00 p.m.

Thursdays, 9:30 a.m. - 12:00 p.m.

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)



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 ages 1 to 3 years 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, June 4, 2018
Time: 6:30 - 8:30 p.m.
Location: Lakefield Family Hub, 71 Bridge Street, Lakefield

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**
Date: Tuesdays, June 12 & 19, 2018
Time: 6:30 - 8:30 p.m.
Location: Antrim Street Family Hub, 201 Antrim Street, Peterborough

Triple P, Positive Parenting Program Seminar Series

Triple P promotes good communication and strong relationships between parents and children. Parents of children ages 2 to 10 years 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: Thursdays, January 25 to February 8, 2018
Time: 6:30 - 8:30 p.m.
Location: St John Family Hub, 746 Park Street S., Peterborough

Date: Mondays, April 23 to May 7, 2018
Time: 1:00 - 3:00 p.m.

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

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



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: Thursday, May 10, 2018
Time: 1:30 - 3:00 p.m.
Location: St John Family Hub, 746 Park Street. S., Peterborough

Coping Cat Group for Kids and Parents

The Coping Cat Program is a program for children ages 6 to 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 Winter 2018
Time: To be determined
Location: Kinark Office @ 380 Armour Road, Peterborough
For more information contact Nicole Lynch 705-742-3803 ext. 5007

Group Triple P- Positive Parenting Program

For parents with children ages 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 Winter 2018
Time: 6:30 - 8:30 p.m. (Child care available)

Location: Prince of Wales Public School, 1211 Monaghan Rd, Peterborough
For more information contact: John Soars 705-742-5185 ext. 5037

"Small changes, making differences..."



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. 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 www.peterboroughhealthyfamilies.ca for more information on popular parenting topics and upcoming presentations.

For more information please call **705-745-5382 ext. 2381.**



INFORMATION & SUPPORT GROUPS

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 the 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.

Peaceful Families Group

This group is for women and their children ages 4 to 16 years who have witnessed or experienced violence in the home. Childcare and transportation are provided. Call to register.

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

Date: Next group starting January, 2018
Please call for more information.

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

The 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 Winter 2018

Time & Location: to be determined

"Small Changes Make Big Differences!"

SNAP BOYS and SNAP GIRLS

SNAP teaches emotional regulation and problem solving to children age 6 to 11 years 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 5024

Agency: Kinark Child and Family Services

Date: Beginning Winter 2018

Time & location: To be determined

Nijkiwendidaa Anishnabekwag Services Circle (NASC)

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

Location: Nijkiwendidaa Anishnabekwag Services Circle (NASC)
1097 Water Street Peterborough,

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, Peterborough
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, and 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.

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 from January 16 to March 6, 2018

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

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

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 a.m. -12:00 p.m.

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



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



Nijkiwendidaa 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.nijki.com



Old Millbrook School Family Centre

1 Dufferin St. Millbrook
 Peterborough, ON K9H 3P7
 Ph: (705) 7932-7088
 Web: millbrookfamilycentre.com
 Facebook: Old Millbrook School Family Centre



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

345 Aylmer St.
 Peterborough, ON K9H 7E7
 Ph: 705-745-5382 ext. 2381
 Web: www.ptbolibrary.ca
www.peterboroughhealthyfamilies.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

