



## MARCH BREAK FUN AT PFRC ANTRIM HUB!

### REGISTRATION REQUIRED FOR EACH SESSION

All programs are for parents/care providers **with their children!**



### March Break Library Hours

Thursday  
10:00-noon & 1:00-7:00 p.m.

Saturday  
9:30-noon

**Tuesday, March 13**

### 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 14**

### Babies Morning Out

10:30 to 11:30 a.m.

For Ages: 0 to 18 months

Parents with babies are welcome to come out for a morning of fun. We will provide lots of playful activities just for babies. Singing, dancing, and exploring will be encouraged!

### 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 15**

### 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 to 3:00 p.m.

For Ages: 2 to 4 years

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.

### 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.

Date: Thursdays, February 15, April 19 & June 21, 2018

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 12:00 p.m.

**\*Please enter through program doors on Tuesdays**

Date: Every Thursday

Time: 10:00 a.m. to 12:00 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: Monday, March 26, 2018

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

Date: Monday, May 28, 2018

Time: 1:30 - 3:00 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 Peterborough Family Resource Centre and Partners in Pregnancy Clinic.

Date: Tuesdays April 3 to May 8, 2018

Time: 2:00 - 3:30 a.m.

Location: Antrim Family Hub, 201 Antrim Street, Peterborough



## REGISTER FOR PROGRAMS

by phone at 705-748-9144 or on our website: [www.pfrc.ca/program-registration-form/](http://www.pfrc.ca/program-registration-form/)

## 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 on March 14 due to March break.

Date: Wednesdays, January 31 to March 28, 2018

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!

Date: Mondays, January 8 to February 12, 2018

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

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

Date: Tuesdays, January 30 to March 6, 2018

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

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

Date: Thursdays, March 22 to April 26, 2018

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

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

Date: Thursdays, May 17 to June 21, 2018

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

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



## 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.

Date: Tuesdays, April 10 to May 1, 2018

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

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

Date: Mondays, February 5 to March 5, 2018 (no class on Family Day)

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

Location: Roger Neilson School, 550 Erskine Ave. Peterborough

Date: Tuesdays, May 8 to May 29, 2018

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

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



## 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, 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 St. S., Peterborough

Date: Mondays, April 16 to May 7, 2018

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

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

Date: Tuesdays, May 15 to June 5, 2018

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

Location: Antrim Family Hub, 201 Antrim Street, 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 15 to March 8, 2018

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

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

Date: Thursdays, March 22 to April 12, 2018

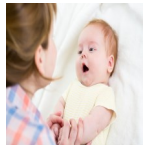
Time: 1:30 - 2:30 p.m.

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

Date: Tuesdays, May 1 to May 22, 2018

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

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



## Toddler Fun

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

Date: Thursdays, February 22 to March 8, 2018

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

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

Date: Mondays, March 19 to April 9, 2018 (no class on Easter)

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

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

Date: Tuesdays, March 20 to April 3, 2018

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

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



## Kids in the Kitchen

This is a parent child interactive program for children ages 2 – 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.

Date: Tuesdays, January 16, February 20, March 20, April 17, May 15, June 19, 2018  
Time: 10:00 - 11:30 a.m.  
Location: Otonabee Valley Family Hub, 580 River Rd. S., Peterborough

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

## Triple P, Positive Parenting Program Seminar Series

Triple P promotes good communication and strong relationships between parents and children. Parents of children ages 2-10 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.**

Date: Thursdays, January 25 to February 8, 2018  
Time: 6:30 - 8:30 p.m.  
Location: St. John Family Hub, 746 Park St. S., Peterborough

Date: Mondays, April 23 to May 7, 2018  
Time: 1:00 - 3:00 p.m.  
Location: Antrim Family Hub, 201 Antrim St., 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.

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



## 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, May 17 to 31, 2018  
Time: 5:00 - 6:30 p.m.  
Location: Antrim Family Hub, 201 Antrim Street, 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 an indoor snack area available, and a playground nearby. Please bring clean indoor shoes, water bottle, and snacks.

Date: Feb 2 & 16, Mar 2, Apr 6, May 18, June 1 & 15  
Time: 9:00 - 11:00 a.m.  
Location: 97 Elgin St., Hastings

## Toilet Training Your Child

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

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



## 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 1-3 years will have an opportunity to discuss: why children have tantrums, how to prevent them, and how to manage a tantrum.

Date: Monday, June 4, 2018  
Time: 6:30 - 8:30 p.m.  
Location: Lakefield Family Hub, 71 Bridge St., 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.

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



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by phone at 705-748-9144 or on our website: [www.pfrc.ca/program-registration-form/](http://www.pfrc.ca/program-registration-form/)

## Home Child Care Provider Supports

### Provider Play Group [register with nancyd@pfr.ca](mailto:registerwithnancyd@pfr.ca)

\*All providers must attend one orientation session prior to being registered in this play group. Email Nancy at [nancyd@pfr.ca](mailto:nancyd@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

### End of Year Pot Luck

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 potluck. PFRC will supply the plates, cups, napkins, and beverages. We will play some outdoor games and have a great time.

Date: Monday, June 18, 2018

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.

### Providers Workshops [register with Lisa at liles@compasselc.com](mailto:registerwithLisa@compasselc.com)

#### 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.

Date: Monday, February 12, 2018

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

Location: Compass Early Learning and Care, 550 Braidwood Ave.

### Inspiring Early Learning Conference 2018

Investing in Quality Peterborough is holding their annual conference on Saturday April 28<sup>th</sup>. There will be a variety of workshops from topics such as story telling, art, music, infant/toddler well being, self-regulation, and LGBTQ, with Dr Jean Clinton as the keynote speaker. 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 Nancy at [nancyd@pfr.ca](mailto:nancyd@pfr.ca) and tell her why this opportunity interests you. More detailed information will be available soon.

## Dealing with Multiple Age Groups

Registrants for this workshop will explore the unique set of challenges many home child care providers face; developing an engaging and stimulating environment when you are accepting children of different age brackets while balancing developmental consideration with guidelines. The facilitator of this workshop will offer concrete strategies to support child care providers in exploring ways to cope with such challenges.

Date: Monday, January 29, 2018

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

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

## Talking to Parents about Concerns

Speaking to parents regarding concerns can be intimidating. Join us for a conversation about strategies to utilize when trying to engage parents in meaningful dialogue about a developmental concern you may have regarding their child. Facilitator Michelle Erridge from Five Counties Children's Centre will offer participants in this workshop the opportunity to gain valuable insight into tried and true approaches on how to talk to parents about possible concerns in a sensitive manner. We will also chat about the parental perspective in this conversation, as well as offering links to community resources to further supports families to maintain a professional and supportive relationship.

Date: Tuesday, March 27, 2018

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

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

## Curriculum Talk

Ever wanted to find unique ways to captivate using loose parts, or engage parents in meaningful discussions about the thought processes behind what skills their child is trying to develop? Then you really need to come to this workshop.

Facilitator Susan Scoffin will lead participants through a series of discussions designed to enrich the understanding of what it means to create well-thought-out play-based learning environments that support the foundation of learning for children while making parents take notice and broaden your understanding too.

Facilitated by: Investing in Quality Peterborough.

Date: Wednesday, May 23, 2018

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

Location: Compass Early Learning and Care, 550 Braidwood Ave., Peterborough

## Family Play to Learn Programs

This parent and child interactive program offers an engaging environment to explore 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

Thursday, 9:30 - noon

Fridays, 9:30 - noon

**Lakefield Family Hub**, Lakefield District Public School

71 Bridge Street, Lakefield **Beginning January 31, 2018**

Wednesdays 9:30 - noon

Thursdays, 9:30 - noon

**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)