Ontario Early Years Centre
Pembroke & Jubilee Place
Program Guide – January to March 2012

Free Programs for Moms, Dads, Caregivers and their Children, Ages 0 to 6 Years
Welcome Everyone!

We invite you to come and experience what the Ontario Early Years Centre Pembroke and Jubilee Place have to offer this Winter. Our guide will provide you with program information from prenatal to school aged children.

Our programs are all free and registration is only required for some programs. You can participate whenever your schedule allows it. We always look forward to seeing you at the Centre and Jubilee Place. It is truly the highlight of our day!

If you have any questions or suggestions, please don’t hesitate to let us know in person, by telephone or email. We can also add you to our email list to receive our calendars, and reminders of upcoming events.

CONTACT INFORMATION

OEYC PEMBROKE
464 Isabella Street
Pembroke, Ontario
K8A 5T9
Telephone: 613-735-7575
Fax: 613-735-0652
Toll Free: 1-866-547-7613

JUBILEE PLACE
1144 Lea Street
Pembroke, Ontario
Telephone: 613-732-8434

Website: www.earlyyearsrenfrew.ca

OFFICE HOURS
Monday to Friday
8:30 am to 4:30 pm
Wednesday
5:30 to 7:30 pm
Saturday
9:00 to 11:30 pm
Sunday
CLOSED

Note: Open additional evenings when workshops/activities are scheduled (check for times in our guide or monthly calendars)
Jubilee Place office hours may vary. Please check for times.

TEAM MEMBERS
Anne-Marie Vaz - Program Coordinator
Angela Grandy - Program Facilitator
Stacey Robinson - Program Facilitator
Paula Hughes - Jubilee Place Outreach Program Facilitator
Jennifer Levair - Jubilee Place Outreach Child Care Worker & Program Support
Lori Duchrow – Program Facilitator & Lactation Consultant
Colleen Legree - Program Support
ON GOING PROGRAMS

Canada Prenatal Nutrition Program
Join us for information and support about various topics including nutrition, breastfeeding, parenting, midwifery, labour and delivery. Lunch, food vouchers and vitamins included. Transportation provided. Call for information.
**Every Monday**
11:30 am to 1:00 pm
**Location:** Jubilee Place

Under One Club / 0-12 months
Come out with your baby to play and meet other parents. Facilitated by Registered Nurse/Lactation Consultant.
**Every Tuesday**
1:30 to 3:00 pm
**Location:** OEYC Pembroke

Special Guest at Under One Club
Infant Development Worker will discuss ways to encourage your child’s development.
**Tuesday, January 31, February 28, March 27**
1:30 to 3:00 pm
**Location:** OEYC Pembroke

Family Mornings
Drop in and join us for a cup of coffee and some warm friendship. Activities for little ones make this morning a great play-date. Call for more information.
**Every Tuesday & Thursday**
9:30 am to 12:00 pm
**Location:** Jubilee Place

Play and Learn Drop-in / 0-6yrs
All children 0-6 and their parents and caregivers are invited to come out to this interactive playgroup, and meet other parents/ caregivers and children while having fun and learning together.
**Every Monday, Tuesday, Wednesday, Thursday Friday and Saturday 9:00 to 11:30 am**
**Location:** OEYC Pembroke
**Closed on Friday, January 27**

Nipissing District Developmental Screen Tool – For Parents of Children Aged 0-6 years
The NDDS gives parents and caregivers the opportunity to do a simple checklist of their child’s development to help determine if they are developing normally

**The tool is free - Pick-up your copy today!**

Baby Cupboard
Is having a new baby making budgeting even more difficult? Maybe we can help. Call for more information.
**Every Monday**
1:00 to 3:00 pm
**Location:** Jubilee Place

Super Wednesdays
Looking for something to do with your children mid-week? Come join us for some fun activities including a craft linked to each month’s theme before heading off to bed. Gym is open!
**Wednesdays**
**January 18, 25**
*Theme: Literacy*
**February 1, 8, 15, 22, 29**
*Theme: Winter*
**March 7, 14, 21, 28**
*Theme: Forest Animals*
5:30 to 7:30 pm
**Location:** OEYC Pembroke
**PRENATAL PROGRAMS**

**Prenatal Yoga**
Gentle and restorative yoga with a focus on stretching and relaxation for prenatal discomforts.

Call to register for one or all classes.

*Wednesdays*
**February 1, 8, 15, 22**
6:30 to 7:30 pm
*Location: OEYC Pembroke*

**Prenatal Classes**
Join a Public Health Nurse for 6 sessions that will focus on building a healthy baby, taking care of yourself, labour and delivery and much, much more! Please call to register.

*Mondays*
**January 23, 30, February 6, 13, 27, March 6**
10:00 am to 12:00 pm
*Location: Jubilee Place*

**INFANT PROGRAMS**

**New**

**Parent & Baby Reading Program**
Come out and explore how to choose and share books with your baby. Help baby learn to enjoy books as an important part of his or her development. Reading routines and different authors will also be discussed over this 3 week program. Please call to register.

*Thursdays*
**January 12, 19, 26**
1:30 to 2:30 pm
*Location: OEYC Pembroke*

**Baby Food Workshop**
Learn about feeding your baby and making nutritious, homemade baby food. Please call to register.

- First Part – Information
- Second Part – Preparing baby food

*Monday, January 23*
6:00 to 8:00 pm
*Location: OEYC Pembroke*

**Baby and Me Yoga**
Bring your baby for a relaxing and enjoyable yoga class. Open program – Come whenever you can; once, twice or all sessions. Call to register.

*Wednesdays*
**February 1, 8, 15, 22**
10:00 to 11:00 am
*Location: OEYC Pembroke*

**Infant Massage**
Learn how to massage your baby from head to toe. Health benefits will be discussed:

- comfort for teething & colds
- relief from gas, colic and constipation
- enhances physical & neurological development

Please call to register.

*Thursdays – March 21, 28*
1:30 to 2:30 pm
*Location: OEYC Pembroke*

**Breastfeeding**
You know your baby is getting enough milk when he breastfeeds often (8 or more times in 24 hours) and suckles strongly. He has 6-8 wet diapers a day and is having 2-3 stools a day by the end of the first week.

Questions about breastfeeding?
Why not ask our lactation consultant!
PARENT AND CHILD ACTIVITIES

**Dad and Me Pizza or Spaghetti Nights / 0-6yrs**
This program is for dads, grandfathers or male caregivers and their little ones to share a meal and play together in the gym. Call to register by Wednesday of the previous week.

**Mondays**
**January 16, February 6, March 5**
5:30 to 7:00 pm
Location: OEYC Pembroke

**ROAR Like a Dinosaur / 2-6yrs**
Join us for a bilingual storytime program filled with songs, stories, games and lots of dino-myte fun! Call to register by Wednesday of the previous week.

**Wednesday, January 18**
1:30 to 2:30 pm
Location: OEYC Pembroke

**Book Cooks/ 2-6yrs**
Come for the story and then stay and make a craft and yummy treat based on the book. Children will learn to measure, mix and pour, follow directions and make connections to some wonderful children’s literature. Call to register by Wednesday of the previous week.

**Wednesday, February 8**
1:30 to 2:30 pm
Location: OEYC Pembroke

**Jump and Jive/ 2-6yrs**
Let’s get physical and have fun with games, music and activities that are sure to make you wiggle and giggle! Children will also have some free play in the gym at the end of the session. Call to register by Wednesday of the previous week.

**Wednesday, February 29**
1:30 to 2:30 pm
Location: OEYC Pembroke

**Music & Movement / 0-6yrs**
Join us for a fun-filled afternoon as we discover new rhythms, sing songs, play games and move to a different beat. Call to register by Wednesday of the previous week.

**Wednesday, March 14**
1:30 to 2:30 pm
Location: OEYC Pembroke

**Messy Play / 2-6yrs**
Put on some old clothes and let’s experience a wide array of creative messy play activities that are sure to delight you. Call to register by Wednesday of the previous week.

**Wednesday, March 28**
1:30 to 2:30 pm
Location: OEYC Pembroke

**Monthly Themes**
For each of the following months at the OEYC Pembroke, we will focus on a specific topic. Handouts will be available in the drop-in along with featured books from our library and other resources.

January: Literacy
February: Autism
March: Immunizations
SCHOOL READINESS

Playful Preschool
This 6 week program is a fun, play based approach to learning that will help your child prepare for a positive entrance into the school system. It is designed for children that will be starting school in September 2012. Registration is required and limited spaces are available. Call for more information.

Session 1
Mondays, January 23, 30 & February 6, 13, 20, 27

Session 2
Thursdays, January 19, 26 & February 2, 9, 16, 23
1:30-3:30 pm

Session 3
Mondays, March 19, 26 & April 2, 16, 23, 30

Session 4
Thursdays, March 22, 29 & April 5, 12, 19, 26
1:30-3:30 pm
Location: OEYC Pembroke

PARENT SUPPORT

Beyond the Basics Parenting Group
This supportive parenting group provides a relaxed, accepting environment where parents share information, techniques and challenges and learn new approaches to parenting. Some of the topics include importance of routines, feeding and mealtimes, positive discipline and well as learning about how your child develops. This group is 10 weeks long. Childcare and transportation are available for the daytime group. Call for more information.

See next column for dates and time.

PARENT CAFÉ SERIES

1) Fun and Frolic - How to Have Fun with Your Toddler
Join us as we look at the best games, toys and activities for your little one!
Tuesday, February 7
10:00 am to 12:00 pm
Location: Jubilee Place

2) How to Deal With Aggressive Toddler Behaviour
Do you find yourself wondering what happened to your gentle little person? Join us as we give you tools to tame!
Tuesday, March 6
10:00 am to 12:00 pm
Location: Jubilee Place

Collective Kitchen
Join us as we make and take home a healthy and delicious meal for supper tonight. Call for more info! Please register by the Friday before the cooking day for this program.
Tuesday
January 17, February 14
9:00-3:00 pm
Location: Jubilee Place
Take a Break Food Bingo
Feeling lucky? Come and have some fun by playing bingo while winning some groceries for the fridge! Call to register.
**Tuesdays**
**January 31, February 28, March 27**
10:00 am to 12:00 pm
**Location:** Jubilee Place

What is Bullying Anyway?
Join us as we explore the topic of bullying and how it affects our children. Call to register.
**Thursday, March 8**
10:00 am to 12:00 pm
**Location:** Jubilee Place

Toilet Training
Trying to figure out if your child is ready for the big toilet. Come and find out more about tips that can make this transition easier. Call to register.
**Thursday, March 22**
10:00 am to 12:00 pm
**Location:** Jubilee Place

Self Esteem and the Power of Positive Habits
In partnership with Bernadette McCann House, we are excited to offer this workshop that encourages women to recognize the effects of healthy self-esteem. Please call Jubilee Place or Bernadette McCann House to register. Childcare, transportation and light lunch will be provided.
**Thursday, March 20**
9:00 am to 3:00 pm
**Location:** Jubilee Place

Family Literacy Day
Stay tuned for some additional information on this event. **Friday, January 27**
**Location:** OEYC Pembroke

Easter Craft Day
Feeling creative? Join us for a beautiful make and take Easter craft for your home! Please call to register.
**Thursday, March 29 from 10:00 am to 12:00 pm**
**Location:** Jubilee Place

How to Write a Great Resume
Today we partner with Algonquin College to offer an informative workshop about how to enhance your resume or start one from scratch! Please call to register.
**Tuesday, January 24**
10:00 am to 12:00 pm
**Location:** Jubilee Place

Budgeting Workshop
Are you looking for ways to save money, live within your means and get your bills paid too? Join us as we look at some tools that may help with this daunting task! Registration required. Lunch, transportation and childcare provided.
**Thursday, January 26**
9:30am-12:00 pm
**Location:** Jubilee Place

How to Write a Great Resume
Today we partner with Algonquin College to offer an informative workshop about how to enhance your resume or start one from scratch! Please call to register.
**Tuesday, January 24**
10:00 am to 12:00 pm
**Location:** Jubilee Place

Budgeting Workshop
Are you looking for ways to save money, live within your means and get your bills paid too? Join us as we look at some tools that may help with this daunting task! Registration required. Lunch, transportation and childcare provided.
**Thursday, January 26**
9:30am-12:00 pm
**Location:** Jubilee Place

Bilingual Resource Library
Sign-out toys, books, videos, and other resources. **Monday to Friday**
9:30-11:30 am & 1:30-3:30 pm
**Saturday, 9:00-11:00 am**
**Location:** OEYC Pembroke

Car Seat Inspections & Information
Questions about car seats? Looking to have your car seat installed? Trained car seat inspectors are available to make sure that your car seats are safe, secure and installed properly. Call for information and to make an appointment.

Lactation Consultant
Questions about breastfeeding? Please call us for additional information on this service.
Aboriginal Healthy Babies Healthy Children  
Telephone: (613) 432-6499  
Website: www.omaa.org

Algonquin College  
Telephone: (613) 735-4700  
Website: www.algonquincollege.com

Bernadette McCann House for Women Inc.  
Telephone: (613) 732-7776  
Website: www.wsssbmh.org

Champlain Community Care Access Center  
Telephone: (613) 732-7007  
Website: www.ccac.ont.ca

Child Care Integration Services  
Telephone: (613) 732-4100  
Website: www.countyofrenfrew.on.ca

Child Poverty Action Network  
Telephone: (613) 735-2374 ext. 250  
Website: www.renfrewcountycpan.ca

Children’s Hospital of Eastern Ontario  
Telephone: (613) 737-7600  
Website: www.cheo.on.ca

Columbus House Young Parent Support Program  
Telephone: (613) 732-2133 or (613) 732-1767  
Website: www.columbusnouse.ca

Conseil des écoles catholiques de langue française du Centre Est  
Telephone: (613) 746-3025  
Website: www.ecolecatholique.ca

Conseil des écoles publiques de l’Est de l’Ontario  
Telephone: (613) 742-8960  
Website: www.cepeo.on.ca

County of Renfrew Child Care Services  
Telephone: (613) 732-4100  
Website: www.countyofrenfrew.on.ca

Developmental Services  
Telephone: (613) 735-6866  
Website: www.cfcs.gov.on.ca/mcss/splash.htm

Eastern Ontario Blind-Low Vision Early Intervention Program  
Telephone: (613) 820-4922  
Website: www.pqchc.com

Eastern Ontario Infant Hearing Program  
Telephone: (613) 820-4922  
Website: www.pqchc.com

Family and Children’s Services  
Telephone: (613) 735-6866  
Website: www.fcsrenfrew.on.ca

Infant Development  
Phone: (613) 735-6866  
Website: www.oaicd.ca

Ottawa Children’s Treatment Centre  
Telephone: (613) 433-8239  
Website: www.octc.ca

Phoenix Centre for Children and Families  
Telephone: (613) 735-2374  
Website: www.phoenixpembroke.com

Sprouting Speech  
Telephone: (613) 732-7007  
Website: www.sproutingspeech.on.ca

Renfrew County and District Health Unit  
Telephone: (613) 735-8666  
Website: www.rcdhu.com

Renfrew County and District Aboriginal Friendship Centre  
Telephone: (613) 687-4141  
Website: www.rcadafc.com

Renfrew County Catholic District School Board  
Telephone: (613) 735-1031  
Website: www.rccdsb.edu.on.ca

Renfrew County District School Board  
Telephone: (613) 735-0151  
Website: www.renfrew.edu.on.ca