

Monday

**Bright Starts
Parents and Parents-To-Be**

January 8 - March 26

9:30 am - 12:30 pm

no program February 19

**Canada Prenatal Nutrition Program (CPNP)
For parents-to-be, parents & children 0 - 18 m**

OEYC staff, a local health nurse and guest speakers share prenatal/postnatal information.

Get the best start for you and your baby!

- food certificates and prenatal vitamins available for those pregnant or breastfeeding children under 6 months
- Learn Infant Massage techniques
- Mother Goose rhymes & songs

**lunch provided
free transportation**

Dads Welcome!

Co-Facilitate by OEYC and HKPR Health Unit



Tuesday

**Back to Basics
Parenting Program**

January 9 - March 27

4:00 pm - 6:30 pm

no program on the 4th Tuesday each month

**Community Action Program for Children (CAPC)
For parents and children 0 - 6 years**

**Participate in a
parent education program,**

where parents discuss a variety of topics that support everyday living.

Children's Program:

Provides children with a chance to explore a variety of materials that support their curiosity and sense of discovery

These experiences help build social skills at their stage of growth and development.

**light supper provided
free transportation**

Dads Welcome!



Wednesday

Mother Goose for Infants

**Location: Lindsay Library
109 Kent Street West**

Session 1: January 10 - February 14

Session 2: February 21 - March 28

10:15 am - 11:15 am

no program March 14

For parents & babies 0 - 12 months

Siblings welcome; must be supervised by parent.

A fun relaxing morning; parents and babies learn songs, rhymes and stories.

Fit Kids at Spectrum Gym

Location: 38 Cambridge Street N

Session 1: January 10 - February 14

Session 2: February 21 - March 28

Siblings welcome; must be supervised by parent.

Exploring Waddlers & Toddlers

For parents & children 15 m - 2.5 yrs

9:30 am - 10:30 am

Busy Preschoolers

For parents & children 2.5 yrs - 6 yrs

10:45 am - 11:45 am

Enhance motor skills with throwing, balancing, jumping, dancing, & running.

**Food, Friends & Feeding Baby
La Leche League**

January 10, February 7, March 7

5:00 pm - 7:30 pm

For breastfeeding moms, pregnant women and their families.

Dinner and breastfeeding discussion one Wednesday of each month.

Discussion: 5:00 pm Dinner: 6:30 pm

Thursday

Infant Massage

**Location: Path to Stillness Yoga Studio
55 Mary Street W, Suite 204
(above the OEYC)**

Session 1: January 11 - February 15

Session 2: February 22 - March 29

10:00 am - 11:30 am

childcare not available for siblings

Learn and practice massage techniques, in a relaxed environment. Infant Massage may help your baby to sleep longer and deeper, reduce fussy times, colic, constipation and congestion.

Young Parent Program

January 11 - March 29

3:30 pm - 6:30 pm

For parents & children 0 - 6 yrs

L.E.A.P. Program, sponsored by City of Kawartha Lakes.

For information call, 705 324-9870 ext. 3237

Connect with other young parents!

light supper provided

Fathering Program

January 11—March 29

5:30 pm - 6:30 pm

Just for Dads!

**light supper provided
childcare not available**

Fathers are introduced to parenting tools that will assist in developing healthy, happy, resilient children.