

# Spring Programs 2018

Programs are located at the Lindsay EarlyON Centre unless otherwise stated.  
55 Mary Street West, Lindsay, Ontario • 705-324-7900 • www.oeyc.ca

## Monday

### Bright Starts Parents and Parents-To-Be

For parents-to-be, parents & children 0 - 18 m

Get the best start for you and your baby!

- Prenatal/postnatal information on pregnancy, birth, breastfeeding, parenting
- Food certificates and prenatal vitamins available
- Lunch provided
- Free transportation

April 9 - June 25 (no program May 21)

9:30 am - 12:30 pm

Please call 705-324-7900 to register

Co-Facilitated with HKPR District Health Unit

Canada Prenatal Nutrition Program (CPNP)



## Tuesday

### Strollercise

For parents & babies 0 - 12 months

Parents and babies:

- enjoy fresh air, nature and physical fitness as we Strollercise together
- siblings, toddlers and preschoolers welcome in strollers and wagons
- meet at the EarlyON Centre

April 3 - June 19

10:15 am - 11:15 am

Registration not necessary, come join the fun!

### Back to Basics Parenting Program

For parents and children 0 - 6 years

**Parenting program:** parents discuss a variety of topics that support everyday living/parenting.

**Children's program:** Children explore a variety of materials that support their learning, sense of discovery and healthy development.

- light supper provided
- free transportation

April 3 - June 26

4:00 pm - 6:30 pm

no program on the 4th Tuesday each month

Please call 705-324-7900 to register

Community Action Program for Children (CAPC)

## Wednesday

### Mother Goose for Infants

Location: Lindsay Library, 109 Kent Street W

For parents & babies 0 - 12 months

Connect with your baby!

- Encourage language and early literacy development by learning rhymes and songs together in a fun, relaxed group setting.
- Siblings welcome, supervised by parent.

April 4 - June 20

10:15 am - 11:15 am

Registration not necessary, come join the fun!

### Fit Kids at Spectrum Gym

Location: 38 Cambridge Street N

For parents & children 15 m - 6 yrs

- Children & parents throw, balance, jump/run together to develop large muscle motor skills.
- Siblings welcome, supervised by parent.

April 4 - June 20

Registration not necessary, come join the fun!

### Waddlers & Toddlers 15 m - 2.5 yrs

9:30 am - 10:30 am

### Preschoolers 2.5 yrs - 6 yrs

10:45 am - 11:45 am

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

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

April 4, May 2, June 6  
5:00 pm - 7:30 pm

## Thursday

### Infant Massage

Location: Path to Stillness Yoga Studio  
55 Mary Street W, Suite 204

For parents & babies 0 - 6 months (or not crawling)

Learn and practice massage techniques in a relaxed environment.

Infant Massage may help your baby:

- sleep longer and deeper
- reduce fussy times, colic, constipation and congestion
- childcare not available for siblings

April 5 - June 21

10:00 am - 11:30 am

Registration not necessary, come join the fun!

### Young Parent Program/L.E.A.P.

For parents & children 0 - 6 yrs

Connect with other young parents!

- Light supper provided
- L.E.A.P. Program is sponsored by the City of Kawartha Lakes.
- For information call, 705 324-9870 ext. 3237

April 5 - June 28

3:30 pm - 6:30 pm



### Fathering Program

Just for Dads!

- Fathers are introduced to parenting tools that will assist in developing healthy, happy, resilient children.
- Light supper provided
- Childcare not available

April 5 - June 28

5:30 pm - 6:30 pm

Please call 705-324-7900 to register