

# Fall Programs 2018 \*Please call to register for all programs.

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

September 10 - December 17  
(no program October 8)

9:30 am - 12:00 pm

Please call 705-324-7900 to register

Co-Facilitated with HKPR District Health Unit

Canada Prenatal Nutrition Program (CPNP)



## Tuesday

### 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

September 4 - December 18

4:00 pm - 6:30 pm

Please call 705-324-7900 to register

Community Action Program for Children (CAPC)



## Wednesday

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

For breastfeeding moms, pregnant women and their families.

- Dinner and breastfeeding discussion
- Discussion: 5:00 pm
- Dinner: 6:30 pm

Sept 5, Oct 3, Nov 7, Dec 5  
5:00 pm - 7:30 pm

## 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.

Session 1: Sept 5 - Oct 31 (no program Sept 19)

Session 2: November 7 - December 19

10:15 am - 11:15 am

### Strollercise

Location: Lindsay Library, 109 Kent Street W

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

September 5 - Oct 31 (no program Sept 19)

11:15 am - 12:15 pm

### Active Play at Spectrum Gym

Location: 38 Cambridge Street N

For parents & children 15 m - 6 yrs

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

Memorial Train Park: Sept 12 & 26 (1 group)

10:00-11:30 (Memorial Park time only)

Session 1: October 3 - November 7

Session 2: November 14 - December 19

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

## 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

Session 1: September 6 - October 4

Session 2: October 11 - November 8

Session 3: November 15 - December 13

10:00 am - 11:30 am

### 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

September 6 - December 20

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

September 6 - December 20

5:30 pm - 6:30 pm

Please call 705-324-7900 to register