

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

January 7 - March 25

(no program February 18-Family Day)

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)
Community Action Program for Children (CAPC)**



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

January 8 - March 26

3:30 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

***Monday, Jan 7; Wednesday Feb 6, Mar 6
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: Jan 9 - Feb 13

Session 2: Feb 20 - Mar 27 no program Mar 13

10:15 am - 11:15 am



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.

Session 1: January 9 - February 13

Session 2: February 20 - March 27

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: January 10 - February 14

Session 2: February 21 - March 28

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

January 10 - March 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

January 10 - March 28

5:30 pm - 6:30 pm

Please call 705-324-7900 to register