

# SPRING Programs 2019 \*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

April 1 - June 24

\*no program April 22, May 20

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

April 2 - June 25

3:30 pm - 6:30 pm



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 3 - June 26 (no program Apr 10)

10:15 am - 11:15 am

### Strollercise

Location: Lindsay Library, 109 Kent Street W

For parents & babies 0 - 12 months

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

May 1 - June 26

11:15 am - 12:15 pm

## Wednesday

### 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.

April 17 - May 29

\*no program April 3 & 10

### 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

### Active Play at Memorial "Train" Park - for the month of June

Location: 367 Lindsay St. S

For parents & children 15 m - 6 yrs (one group)

- Active play in the park
- Cancelled if raining, call the Centre to confirm

June 5 - 26

10:00 am - 11:30 am

### 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

Wednesday April 3, May 1, June 5

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

Session 1: April 4 - May 9

Session 2: May 16 - June 20

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

April 4 - June 27

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 4 - June 27

5:30 pm - 6:30 pm

Please call 705-324-7900 to register