

## PLAYGROUPS

- \* *foster friendships between parents, children and families.*
- \* *provide age appropriate activities for the children 0-6 years of age*
- \* *allow parents to gain information and support*
- \* *Playgroups require parents or caregivers to stay with their children.*

### Stratford

**Early Years Centre**, 35 Waterloo St. N. Daily drop-in, various dates and times.

**Jubilee Christian Fellowship**, 707 Downie St. Fri.9:30-11:30 a.m. Call 273-9082.

**Avon Mennonite Church**, 90 Greenwood Dr. alternate Wed starts Sept 10, 9:30-11am Call Verna Martin, 271-9355

### Shakespeare

**Shakespeare Presbyterian Church**, alternate Wed starts Sept 10, 10-11:30am

### Mitchell

**Play and Learn**, Grace Lutheran Church alternate Thurs. 10-11:30a.m.

### Sebringville

**Wheels on the Bus**, Sebringville Community Centre, 9:30-11:30am, Thurs Sept 18, Oct 2, 16, 30, Nov 13, 27, Dec 11. *PLOW will be available at this program.*

### Brodhagen

**Imagination Station**, St Peter's Lutheran Church, 10-11:30am, Wed Sept 24, Oct 8, 22, Nov 5, 19, Dec 3 & 17

### St. Marys

**Play & Learn, Toy Lending**, St. Marys Community Centre, 10-11:30am, Sept 23, Oct 7, 21, Nov 4, 18, Dec 2,& 16. *PLOW will be available at this program.*

**Play & Learn & Family Connections**, St. Marys Presbyterian Church, last Tues. of each month, 10-11:30am

### Milverton

**Play and Learn** at the Library, Thurs. 10-11:30 a.m.

### Monkton

**Monkton Presbyterian Church**, Fri. 10-11:30am. Call Cheryl Young, 347-2593

## SATURDAY PROGRAMS

### **Family Bookmaking**

*Experience the fun of making books with your children Variety of books you can make together & examples to inspire you. For parents & children, ages 3-6.*

**Sat Oct 4, 10-11:30am, North Perth Day Care, \*Pre-register\* 291-6626**

**Play & Learn, Toy Lending**, Perth Care for Kids. 3rd Sat of month, 9:30-11:30am.

### **Halloween Party**

Come dressed in your Halloween costume for some spooky fun!!!

**Oct 18, 9:30-11:30, Perth Care for Kids Mitchell**

**Oct 25th, 10am-12pm, North Perth Day Care Centre**

### **Family Christmas Party**

Join us for Christmas songs, games and crafts.

**Dec 20, 9:30-11:30am, Perth Care for Kids Mitchell**

**Dec 20, 10am-12pm, North Perth Early Years Centre**

## LIBRARY PROGRAMS

### **PUBLIC LIBRARY ON WHEELS (PLOW)**

*Public Library on Wheels (PLOW) is traveling throughout Perth County providing preschool story times & lending library materials to children & their parents. To find a current PLOW program near you, please go to the PLOW website at: [www.pcin.on.ca/plow.htm](http://www.pcin.on.ca/plow.htm)*

**ST. MARYS PUBLIC LIBRARY [www.stmarys.library.on.ca](http://www.stmarys.library.on.ca)**

Tales for Tots, Thurs & Fri, 10:30-11:05am

Story Sleuths, Thurs & Fri, 10:30-11:05am

**NORTH PERTH LIBRARY [www.northperth.library.on.ca](http://www.northperth.library.on.ca)**

#### **Listowel Branch**

Stepping Stones, Kindergarten Readiness program, Thurs. 2-3 pm

Tot Time, Fri. 10:30-11:15 am

#### **Atwood Branch**

Pre-school Story Time, Thurs Sept 25-Oct 16, 2pm

**STRATFORD PUBLIC LIBRARY [www.stratford.library.on.ca](http://www.stratford.library.on.ca)**

Story Time registration opens Sept 17. *Rhymes, tickles, stories, songs, puppets & crafts.* All sessions are **8 weeks**, starts Sept 24, 10:30am

*Babytime (8-18 mo) begins Wed Sept 24th, 10:30-11am, Lower Program room*

*Tales for Twos (19-35 mo) Thurs begins Sept 25th, 10:30-11am Lower Program room*

*Story Garden (3-5 yrs) Thurs begins Sept 25th, 10:30-11am, Auditorium*

Whale of a Tale, Family/preschool story time, Monday evenings 6:30pm

Call 271-0220, for other program listings, check the website or call the library.

### **PERTH EAST LIBRARY, MILVERTON**

[www.pertheast.library.on.ca](http://www.pertheast.library.on.ca)

Toddler Time, Tues 10:30-11:15 am, songs & stories for toddlers & caregivers; stay after for playtime with others

Bedtime Buddies, Tues, 6:30-7:30pm. Songs, stories & crafts for ages 0-6 & caregivers; come in your pj's!!

Homework Club, drop in to do homework with friends; library staff can offer assistance in completing homework and doing research

Saturday Stories, 2nd Saturday of each month, 10:30am-12pm, crafts, games, activities for ages 4-8; parents do not need to stay during the program

## PARENTING WORKSHOPS

### **Die Bonanza**

*Scrapbooking, craft ideas, letters, numbers, shapes, seasonal dies and more.*

\* **West Perth Early Years Centre, Oct 17, 9am-6pm & Oct 18, 9am-12pm**

\* **North Perth Early Years Centre, Dec 3, 8am-8pm**

For a complete list of available dies, check [www.pcfk.on.ca](http://www.pcfk.on.ca)

### **Car Seat Safeness**

*An evening of information to let you know if your car seat is as safe as it can be.*

*Questions will be answered regarding when to move children to the next stage seat, is my seat in tight enough, what is safer? UAS or Seatbelt?*

**Oct 2, 6-8pm, Perth Care For Kids Mitchell**

### **Toilet Learning Workshop, Pre-register**

*Discussion will include: Child Readiness, How to prepare yourself & your child, Strategies and tips.*

**Wed Oct 22, 6:30-7:30pm, North Perth Early Years, 291-6626**

**\*\*Pre-register for child care only\*\***

**Wed Dec 3, 7pm, Stratford Early Years, pre-register 273-9082**

### **Baby Wearing Demonstration, Pre-register**

*Hands-on demonstrations of a variety of carriers for you to try out and discuss.*

**Wed Nov 12, 6:30-7:30pm, North Perth Early Years, 291-6626**

### **Help Your Child Worry Less**

*Join us for an evening workshop in building resiliency in our children. The evenings focus will be developing strategies to help your child worry less; common strategies and tolls to use with your children. \*\*Pre-register for child care only\*\**

**Wed. Dec 10, 6:30-7:30pm, North Perth Early Years**

## OTHER EARLY LEARNING PROGRAMS

### **Gallery Stratford [www.gallerystratford.on.ca](http://www.gallerystratford.on.ca)**

*Community Studio, **FREE!** Open during regular Gallery hours. The studio is open to provide you and your children with a place to engage in quiet educational art activities. Use our art supplies to create your own art project. Call to confirm studio schedule.*

*Family Art Sunday's, **FREE!** Have fun in the Community Studio with exhibition-based activities.2-4pm, 2nd Sunday of month, starts Oct 12*

### **Down To Earth Science Program**

*Come out and discover nature and all its wonder. There will be hands on experiments, crafts, songs, stories & more.*

**Wallace Public School, Sept 15-Oct 27th, 1:30-2:30pm**

### **Getting Ready for K, Pre-register**

*For children in Kindergarten this year or entering next. This program concentrates on early learning activities including alphabet, writing skills, math & social skills.*

**Stratford Early Years, Oct 14-Dec 16, 1:30-3pm, 273-9082**

**Atwood Presbyterian Church, Nov 12-Dec 17, 1:30-3:30pm**

### **ESSO Family Math, Pre-register**

*Come & join us for a fun filled program to help your children succeed in math. This program is full of hands on activities for parents and children.*

**Sept 18-Oct 23, 6-7:30pm, St Marys Library. Call 348-8618**

**Nov 4-Dec9th, 6-7:30pm, Stratford Early Years. Call 273-9082**

**Nov 10-Dec 15th, 1:30-3:00pm, Wallace Public School. Call 291-6626**

## INFANT PROGRAMS

### **Infant Program**

*Ideal for parents of infants 0-18 months. Topics include infant massage, infant sign language and more.*

***North Perth Early Years Centre, Call 291-6626 to register for the next session.***

### **Baby Picasso**

*Learn how to increase your baby's brain development through art & sensory experiences. Be prepared to get messy & have fun!!*

**Listowel Agricultural Hall, 10:30-11:30am, Oct 6, Nov 10, Dec8**

**Mitchell Community Centre, 10-11:30am, Sept 24, Oct 29, Nov 26**

**Dec 31**

**Stratford Early Years Centre, 9:30 or 10:30am Oct 24, Nov 28,**

**Dec 19**

### **Babytime**

*Family Connections offered 1st Wed of month. Refer to our calendar for Special Guest speakers.*

**Mitchell Community Centre, Wed 10-11:30am.**

**Stratford Early Years Centre, Fridays 9:30am-12:00 pm. Drop in.**

*Family Connections available.*

## PARENTING PROGRAMS

### **Family Time**

*A speaker series for parents and caregivers. Childcare available. Check Early Years Calendar for speakers*

**Stratford**, Monday's 9:30-11:30 am Pre-register, call 273-9082

**Mitchell**, Grace Lutheran Church, Monday's 9:30-11am, Pre-register

**Listowel**, Salvation Army Church, Tuesday's 9:30-11:30am

### **Young Parents Place (ages 16-25 years)**

*A place for parents to learn more about caring for their children and support each other in their parenting role. Child care and supper are provided. Assistance with transportation available if needed.*

**Stratford** Early Years Centre, first & third Wednesday of the month, 5:00 pm, call 273-9082 for more information.

**Listowel** Early Years Centre, last Tuesday of each month, 6–8p.m. Call 291-6626 for more information.

### **COPEing with Challenging Behaviour: Ages 3-10yrs**

*Learn how to increase positive behavior, avoid conflict, encourage cooperation & respond to aggression. Child care available, must pre-register. 273-9082*

**Wed Oct 8– Nov 26, 7-9pm, Stratford Early Years**

## SPECIAL EVENTS

### **Breastfeeding Celebration**

*Join us in Perth County's Breastfeeding Celebration as we celebrate World Breastfeeding Week. Light lunch, circle time & exercise with baby. **Sat. Sept. 27, 11am-1pm, at 3 locations, West Perth Early Years, North Perth Early Years & Stratford Early Years***

### **Literacy Gives You Wings!**

Community Early Literacy Forum: for anyone interested in learning how to support literacy development in children 0-6 years.

Keynote speaker: Frank Glew, followed by choice of workshops.

Pre-register from Oct 1-15th. For more info or to register:

[www.yourschools.ca](http://www.yourschools.ca) or call 519-527-0111 x 130

**Mon Oct 20, 6-8:30pm, Bedford Public School**

## RECREATIONAL ACTIVITIES

***October is In Motion Month!! [www.hpinmotion.ca](http://www.hpinmotion.ca)***

### **Toddlers in Motion**

*Parents & Toddlers are invited to get "in motion". A variety of play toys & equipment will be available for you & your little one(s) to get active and have fun indoors! For more info call 292-2056 or 291-6626*

**Wed Oct 8-Nov 26, 6-7pm, Listowel Eastdale Public School**

### **FREE Parent & Tot Skating**

Listowel—Mon & Tues, 10am-12pm

*Play room available Nov 10th*

Wallace—Wed 10:30-12pm, Starting Oct 1st

*Play room available Oct 1st*

Elma Logan—Mon & Tues, 10am-12pm, starting Sept 29th

Perth East—Mon & Wed, 10:30-11:20am

West Perth—Tues 1-2pm & Fri 10-11am

**Indoor Walking**, Mon-Thurs, 3-6pm, Listowel District Secondary School

**Family/Social Bike**, Wed, 7pm, meet in front of Only Sports, Listowel

## SUPPORT GROUPS

### Stratford Multiple Births Association

A support group for parents with multiple births. Monthly meetings. Call Stephanie 275-3560.

### New Pathways For Women

A support group for women who have experienced abuse in their lives. Family Services Perth Huron. Call 273-1020 for more info.

### Men's Program

Family Services offers support groups for men. Issues such as communication & relationship as well as family violence & anger management issues. Offered at Family Services Perth Huron. Call 273-1020 for dates.

### PDD/ Autism Support Group

For support with your child with PDD. Contact Pat Weir at 273-1020.

### Early Intervention

A group providing children and mothers the opportunity to understand the violence and abuse they have experienced. Optimism Place. Call Sally at 271-5310 x 11. For individual support for women, call 271-5550.

### Children's Mental Health

Program provides intensive support to families of children with complex needs aged 0-6. A social worker and an early childhood educator offer a team approach.

Contact Huron Perth Centre 273-3373

### Drop-in Clinic

This clinic is for parents waiting for counseling. It provides useful suggestions and referrals to counselors. Offered by the Huron Perth Centre every Thurs. morning. It is best to call ahead. Contact Faye 273-3373

### Family Focus

A parenting program for parents of children 0-6 years. Tues Sept 23-Oct 28, 1:00pm, Call 271-5290 x 2249

### 123 Magic

A program designed to teach effective discipline techniques for children 2-12 years. Tues Nov 4-25, 1:00pm. Call 271-5290 x 2249

### Moms and Kids

An informal support group for parents. Child care available. Thurs Oct 2-May 21/09, 1:00pm

### Grief Support

#### \*Good Grief Charlie Brown

Children's Grief Group, starts Wed. Oct 15th, 4pm at the Hospice office. Group sessions last 6 weeks.

### Bears & Kits for Kids

This is a new initiative by North Perth Community Hospice to offer supportive counseling to children in the community who are dealing with a life-threatening illness. Each kit is created to suit the unique needs of each child. For more information or to register for the program, please contact the North Perth Hospice, 291-5141.

### Postpartum Support

Postpartum Helpline 519-672-HOPE(4673)

This line is available 24/7

Postpartum Peer Support Group, www.ppdpeersupport.com

## PRENATAL AND BABY WELLNESS

### Preconception/Prenatal Health Fairs

These **FREE** fairs provide information on planning for pregnancy & ways to have a healthier pregnancy & baby. Displays, door prizes & more! Everyone welcome. For more information & dates please call 271-7600 x 267 or 1-877-271-7348 x 267

Stratford—Oct 14, Arden Park Hotel, 6:30-8:30pm

### Special Delivery Club

This is a free prenatal program for teens and young single women offered by the Health Unit as needed, usually four times a year. Support people welcome. Call 271-7600 x 224 or 1-877-271-7348 x 224.

### Healthy Start Prenatal Classes—Phase 1

A monthly series consisting of 3 free classes, offered by the Health Unit. Topics include nutrition, preterm labor, stress management, parenting, keeping your baby safe, physical activity, changes during pregnancy & more. It is designed for expectant parents in early to mid pregnancy. Call 271-7600 x 224 or 1-877-271-7348 x 224

**Phase 2**—A late prenatal class consisting of 2 sessions offered by the Stratford Hospital. These sessions deal with labor and delivery, breast feeding & what to expect after baby. Registration fee. Call 272-8210 x 2901—Doreen Griffin

### Listowel Prenatal Classes

Listowel Memorial Hospital, the first three Tues each month at 7 pm. Call Ruth Anne Biehn 519-292-2076

### Breastfeeding Clinic Stratford General Hospital

Drop-in support for breastfeeding mothers. Offered Mon, Wed, Fri, 9a.m.- noon. Call 272-8210 x 2901.

### Listowel Memorial Hospital

This clinic offers breastfeeding support as needed. By appointment only. Call Brenda Hamilton 292-2076.

### Mother and Baby Clinic St Marys Hospital

This clinic provides support to all new parents. It operates on Tues from 6-10p.m & Thurs 9am-1pm, drop-in. Call 284-1332 x 3365.

## Parenting Information and Support

### Resource Consultant

The Resource Consultant is pleased to talk to families about any challenges they are facing with their children including developmental screening, strategies dealing with behavior, social skills and assist with transition into school

### Family Connections

A health nurse is available for individual health consultations at Early Years playgroups throughout the county & also at the House of Blessing. Check calendars at www.pcfk.on.ca for dates

**Health Line** Ask a Public Health Nurse about pregnancy, sexual health, breastfeeding, parenting, infectious diseases, immunization, community resources and much more. Call 271-7600 x 267 or 1-877-271-7348 x267

**Stratford Parents Online** To join, go to <http://groups.yahoo.com/group/stratfordparents/>

### Welcome Wagon

Stratford 273-0058 or 1-877-675-8452; Mitchell, Hilda Ruston & Doreen Wurdell at 348-8178 Listowel, Connie at 291-5177

## COMMUNITY AGENCIES

### Perth Middlesex Early Years Centres:

Listowel site 291-6626

Mitchell site 348-8618

Stratford site 273-9082

Online calendars & parenting articles, visit [www.pcfk.on.ca](http://www.pcfk.on.ca)

- **Perth District Health Unit:**  
271-7600, 1-877-271-7348
- **Telehealth Ontario 1-866-797-0000**
- **Huron Perth Centre For Children & Youth:**  
Stratford: 273-3373  
Listowel: 291-1088
- **Family Services Perth Huron:**  
Stratford: 273-1020  
Listowel: 291-5401
- **SmallTALK: 272-8216 or 1-866-333-7716**
- **Children's Aid Society: 271-5290**
- **Optimism Place: 271-5310**
- **Perth County Children's Resource Consultant Program:**  
271-3773 x257 or 1-800-669-2948
- **Supervised Access Visitation & Exchange Huron Perth**  
Perth 519-272-9706  
Huron 519-482-8766
- **House of Blessing: 273-3433**
- **Salvation Army:**  
Stratford 271-2763  
Listowel 291-2900  
St. Marys 284-2760
- **Hospitals:**  
Stratford General 272-8210  
St Marys Memorial 284-1332  
Listowel Memorial 291-3120
- **Libraries:**  
Stratford 271-0220  
St Marys 284-3346  
West Perth 348-9234  
Perth East 595-8395  
North Perth 291-4621  
Atwood 356-2455  
Monkton 347-2703
- **Hospice:**  
North Perth 291-5141  
Stratford 273-1020

This brochure was compiled by:  
North Perth ~ Ontario Early  
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# Perth County Parenting Brochure Fall 2008

