

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, Daily drop-in, various dates & times.
Jubilee Christian Fellowship, 707 Downie St. Fri. 9:30-11:30 am
Avon Mennonite Church, 90 Greenwood Dr. Alternate Wed 9:30-11 am
* *PLOW available at this program* Call Anne Hiemstra 271-1759

Mitchell

Play and Learn, Main Street United Church alternate Thurs. 10-11:30a.m.
Check calendar for dates and location.

Kinkora

 **PLOW available at this program*

Wheels on the Bus, alternate Thurs, starting Oct 1-Dec 10, 10-11:30am, Kinkora Community Centre

Dublin

 **PLOW available at this program*

Wheels on the Bus, Alternate Wed, Oct 14-Dec 9, 10-11:30am, St Patricks Catholic School gym

Milverton

Play and Learn, Perth East Public Library, Thurs. 10-11:30 a.m.

Monkton

Monkton Presbyterian Church, Fridays 10-11:30am
*Not available on PA Days or storm days.
Contact Cheryl 347-2593

SATURDAY PROGRAMS

Perth Care for Kids ~ Mitchell, 9:30-11:30am

Oct 17th ~ Halloween Play & Learn (toy lending available)

Nov 21st ~ Play & Learn (toy lending & Die Bonanza available)

Dec 12th ~ Play & Learn Christmas Party (toy lending available)

Stratford Early Years Centre, 9:00am-12:00pm

Every Saturday of the month

Last Saturday of each month is French Play & Learn

North Perth Early Years Centre

Oct 10 ~ Family Kite Flying, Listowel Kinsmen Park, 10-11am

Oct 31 ~ Family Halloween Party, 10am-12pm

Dec 12 ~ Christmas Cookie Gifts, 9:30-11:30am **Pre-register**

CAR SEAT EDUCATION

Car Seat Education

Come and have your car seat checked and questions answered. Please call your local centre, to reserve your time spot.

Oct 6 ~ Perth Care for Kids, 1-4pm, by appointment only

Oct 7, Dec 2 ~ North Perth Early Years, 10am-12pm, by appt. only

Oct 15, Nov 19, Dec 17 ~ Stratford Early Years, 1-3pm by appt. only

Buckle up Bears Car Seat Clinic

Come and have your car seat checked and questions answered.

Fri Oct 9, 10am-12pm, Fire Station #2 Stratford

Sat Nov 7, 10am-12pm, Express Way Ford

For more information call 519-271-7600 x 234, 1-877-271-7348 x 234

EARLY LEARNING PROGRAMS

ESSO Family Math, Pre-register, 273-9082

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 & children.

Tues Sept 22-Oct 27, 6-7:30pm, Stratford Early Years Centre

Getting Ready for K, Pre-register, 273-9082

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

Wed Oct 7—Dec 9, 1:30-3:00pm, Stratford Early Years

LAFF (Literacy and Family Fun), Pre-register, 348-8618

This fun-filled family program aims to develop early literacy skills in your 3-5 year old. Full of hands-on activities for parents & children..

Oct 9-Nov 27, 10-11:30am, Pyramid Rec Centre, St Marys

Cooking With Kids, Pre-register, 273-9082

Get the kids in the kitchen... easy recipes to get them excited about cooking.

Tues Nov 3—Dec 8, 6-7:30pm, Stratford Early Years

Bedtime Buddies

Come play in your Pj's. Crafts, games, songs & rhymes.

Oct 6-Nov 10, 6:30-7:30pm, West Perth Library

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!!

Mitchell Community Centre, 10-11:30am, Oct 28, Nov 25, Dec 30

Stratford Early Years Centre, 9:30 or 10:30am, Oct 23, Nov 27

Babytime

Refer to our calendar for Special Guest speakers.

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

1st Wed of Month

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

Family Connections available.

In Motion Strollercise

In Motion Strollercise is for parents/caregivers and children to get some fresh air exercise, meet new people and share information.

North Perth Library, Oct 5, 19, 26, 10:30-11:30am

OTHER EARLY LEARNING PROGRAMS

Gallery Stratford www.gallerystratford.on.ca

Community Studio, *FREE!* Open during regular Gallery hours. The studio is open to provide you & your children with a place to engage in creative, fun & 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 with your family in the studio with exhibition related art activities, led by our gallery educator.

Second Sunday of every month starting Oct 11,from 2-4pm.

PARENTING WORKSHOPS

Die Bonanza

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

* **Stratford Early Years, Oct 20, 9am-8pm**

* **Perth Care for Kids, Nov 19-21**, please check calendar for times

For a complete list of available dies, check www.pcfk.on.ca

Stratford Early Years Workshops—519-273-9082

Unconditional Parenting in Uncertain Times, Pre-register

Day to day stress can impact our children more than we realize. Learn ways to parent that focus on putting the relationship first. Limited Childcare available.

Oct 6, 7pm , Romeo Public School, Stratford

Effective Communication Pre-register

*A step-by-step approach to improving relationships in your home. Sessions include engaging cooperation. Alternatives to punishment & encouraging autonomy. **Limited Childcare available.***

Nov 11, 18, 25, 6:30-8:30pm, Stratford Early Years Centre

Toilet Learning Workshop, Pre-register

*Discussion will include: Child Readiness, How to prepare yourself & your child, Strategies & Tips. **Limited childcare available.***

Dec 2, 7-8:30pm, Stratford Early Years Centre

West Perth Early Years Workshops—519-348-8618

Circle Workshop for Parents, Pre-register

Come learn the songs your children are singing! Make song props & take home a song book with all the songs that are our children's favorites!

Oct 7, 6:00-7:30pm, Perth Care for Kids, Mitchell

PARENTING PROGRAMS

Family Time

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

Stratford, Monday's 9:30-11:30am 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 & 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.

RECREATIONAL ACTIVITIES

Happy Healthy Birthday Kit

Free to lend!! Tons of activities for children 0-12years to keep them active during a party! Call Perth Care for Kids at 519-348-8618 to reserve

Indoor Walking, Mon-Thurs, 3-8pm, Listowel District Secondary School

Toddlers *In Motion*,

Parents & toddlers are invited to get "in motion". A variety of play toys & equipment will be available for you a& your little one(s) to get active & have fun indoors!! **Wed Oct 14-Nov 18, 6-7 pm, Listowel Eastdale Public School**

FREE Parent & Tot Skating

Listowel— Mon & Tues, 10:00am-12:00pm,

Wallace— Wed, 10:30am-12:00pm, Starting Oct 7th

Elma Logan— Mon & Tues, 10:00am-12:00pm, Starting Oct 5th

West Perth— Fri 10am-12pm, Dec 11-Mar 12

Perth East— Mon & Wed, 10:30-11:30am *Supervisors must wear skates, shoes not permitted on ice, Helmets are recommended for all participants.

LIBRARY PROGRAMS

PUBLIC LIBRARY ON WHEELS (PLOW)

www.pcin.on.ca/plow/htm

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 website listed above.

ST. MARYS PUBLIC LIBRARY www.stmarys.library.on.ca

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

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

NORTH PERTH LIBRARY 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

Preschool Story Time, Wed Oct 7-28, 9:00am

Thanksgiving Crafts, Sat Oct 3, 1:00pm

Halloween Crafts, Sat Oct 17, 1:00pm

Christmas Crafts, Sat Dec 5, 1:00pm

STRATFORD PUBLIC LIBRARY www.stratford.library.on.ca

Stratford Public Library has a variety of great children's programs. To see what they are currently offering, please check out the website listed above!

PERTH EAST LIBRARY, MILVERTON

www.pertheast.library.on.ca

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

Bedtime Buddies, Songs, stories & crafts for ages 0-6; come in your pj's!!

Tues, 6:30-7:30pm

Homework Club, bring your homework to the library for assistance,

Wed 3:30-5pm

Play Wii, come and play Wii at the Perth East Library. NOTE: A permission slip must be signed (once) before a child will be allowed to play Wii)

Tuesdays 3:30-6pm, Thursdays 3:30-9pm

Saturday Stories, crafts, stories & games, ages 4-8; pre-register by calling

the library at 519-595-8395. **2nd Sat of each month, 10:30am-12:00pm**

Celebrate the Library's 100th Birthday, watch the library website for details of celebration events. **Sat Oct 24th**

Food For Fines, offset outstanding fines with a donation to the food bank (donations collected at the library, some rules apply) **Dec 7-12**

WEST PERTH PUBLIC LIBRARY, MITCHELL

www.westperth.library.on.ca

Tweenie Tots, Books are the focus & fun is the goal. Preschoolers are invited to join in the stories, songs, rhymes & crafts. Each week will be a new opportunity to learn & laugh during this program.

Thurs 10:30-11:15am, starting Sept 24

SPECIAL EVENTS

Breastfeeding Celebration, Pre-register, 1-877-271-7348 x 267

Join us in Perth County's Breastfeeding Celebration as we celebrate World Breastfeeding Week. Light lunch, circle time & Baby wearing Demonstration. Sat Oct 3, 11am-1pm at 3 locations, West Perth Early Years Centre, Stratford Early Years Centre & North Perth Early Years Centre

Literacy Moves to Music , Pre-register

*Charlotte Diamond will perform a children's show. **Free concert with a non-perishable food item. Pre-registration required, registration starts Oct 13. For more information contact*

Nov 9, 10:30am, Stratford Rotary Complex

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.

Disabilities/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.

Mending Broken Hearts

A group for women who are currently or have been in an abusive relationship. Offering women the opportunity to understand & talk about the violence & abuse that they have experienced & to move forward from the experience.
Offered in Listowel, Spring & Fall.

Call Valerie, North Perth Worker, Optimism Place, 519-301-5310

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.
Sept 22-Oct 28, 9:30-11:30am Call 271-5290 x 2249

Small Wonders

A parent/child interaction program for children 2-5 years and their parents.
Sept 23-Oct 28, 9:30-11:30am Call 271-5290 x 2249

123 Magic

A structured discipline program designed to teach effective discipline techniques to parents of school aged children.

Nov 3-Nov 24, 1:00-3:00pm, Call 271-5290 x 2249

Mom's & Kids

An informal group for parents with children under 8 years of age. This is a time to relax, socialize with other adults & discuss various topics of interest to parents.

Oct 8-Dec 17, 1:00-3:00pm. Call 271-5290 x 2249

Grief Support

Bears & Kits for Kids

This is an ongoing program by North Perth Community Hospice to offer supportive 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.

North Perth Community Hospice Children's Grief Group

The next session will start Oct 15th, 7pm. Please call to register as the date & time may change depending on the needs of participants. 519-291-5141

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 or www.pdhu.on.ca
Tues Sept 15, Arden Park Hotel, Stratford, 6:30-8:30pm
Tues Nov 3, Royal Canadian Legion, Listowel, 6:30-8:30pm

Young Parents' Prenatal Classes

This is a free prenatal program for teens and young women & their partners, offered by the Health Unit. Support people also welcome.
Call 271-7600 x 224 or 1-877-271-7348 x 224.

Perth County Prenatal Classes

Free series of three evening classes or one all day class, offered by the Health Unit in Listowel and Stratford. Topics include nutrition, preterm labor, stress management, parenting, keeping your baby safe, physical activity, changes during pregnancy & more.

Call 271-7600 x 224 or 1-877-271-7248 x 224

Stratford Hospital Third Trimester Prenatal

This prenatal classes consists of 2 sessions dealing with labor & delivery, breastfeeding & what to expect after delivery. Registration Fee. Call Maternal Child Preadmit Nurse, 272-8210 x 2901

Listowel Prenatal Classes

Call Listowel Memorial Hospital 291-3120 for more information or to register.

Breastfeeding Clinics

* Stratford General Hospital Mon, Wed, Fri, 9am-12pm. Call 272-8210 x 2901.

* Listowel Memorial Hospital, Wed 10am-12pm, call 291-3125 x 6278 or 292-2076

Mother and Baby Clinic St Marys Hospital

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

Breastfeeding Buddies

This program will provide opportunities to access peer breastfeeding support, along with the presence of a lactation consultant & Early Years professionals.
Wed Oct 28, Nov 25, Dec 30, 10-11am, Outpatient Building, Listowel

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 For more information call 271-3733 x 257 or 1-800-669-2948

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 x 267

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

• 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 or 1-800-265-8598
North Perth Violence Against Women Resource Centre 519-301-5310

• Perth County Children's Resource Consultant
Program: 271-3773 x 257 or 1-800-669-2948

• Supervised Access Visitation & Exchange Huron Perth
Perth 272-9706
Huron 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

• Information Perth www.informationperth.ca

This brochure was compiled by:
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