

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

Mitchell

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

Milverton

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

Listowel

Moms & Tots, Listowel Memorial Park *weather permitting,
Tues 9:30-11:30am, for more info contact church at 519-291-2350

FUN IN THE PARK PROGRAMS

Mitchell Early Years Centre, 10-11:30am

Mitchell Lions Park, Mon Jul 5-Aug 30

St Marys Milt Dunnell Fields, Jul 6-Aug 24

* PLOW here alt Tues starting Jul 13

Sebringville Community Centre, alt Thurs starting Jul 8-Aug19

* PLOW available each week

Dublin Lions Park, Fri Jul 9-Aug 20

Stratford Early Years Centre

Shakespeare Optimist Park, alt Wed 10-11:30am, starting Jul 14-Aug 25

Anne Hathaway School, Fri Jul 2-Aug 27, 9:30-11:30am

North Perth Early Years Centre

Atwood Lions Park, Jul 5-26, 1:00-2:00pm

Listowel Kin Park, Jul 7 & 14, 10-11:30am

Atwood Lions Park, Aug 9-30, 10-11:30am

Listowel Memorial Park, Aug 4 & 11, 1:00-2:00pm

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

Fun In The Sun

Join us for lots of outdoor activities on our front lawn. Don't forget your sunscreen. Stratford Early Years Centre, Jul 6-Aug 31, 9-11:30am

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.

Jul 14, Aug 11 ~ Perth Care For Kids, Mitchell, by appt. only

Jul 15, Aug 19 ~ Stratford Early Years, by appt. only

Aug 4 ~ North Perth Early Years, by appt. only

Buckle Up Bears Car Seat Clinic

Come & have your car seat checked and questions answered.

Jul 9, Aug 27, Oct 8, Nov 19, 10:00am—12:00pm,

Fire Hall #2 McCarthy Rd, Stratford. By Appt only, call 271-7600 x 234 or x 267

PARENTING WORKSHOPS

Die Bonanza, Scrapbooking, craft ideas, letters, numbers, shapes, seasonal dies & more... For a complete list of available dies, check www.pcfk.on.ca

* Stratford Early Years—Jul 12 & 13, 9am-5pm

* Mitchell Early Years—Aug 26 & 27, 9am,-5pm

EARLY LEARNING PROGRAMS

Get Ready For Kindergarten, Pre-register, 273-9082

For children entering kindergarten this year or next. This is a three morning program designed to help get you and your family ready for kindergarten. Parents & guardians will have the opportunity to attend three different sessions while their children enjoy the program. A local kindergarten teacher, our Early Years literacy specialist & a public health nurse. **Stratford Early Years, Jul 20-22, 9:30-11:30am**

INFANT PROGRAMS

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, Jul 28, Aug 25

Stratford Early Years Centre, 9:30 or 10:30am, Jul 30, Aug 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.

Strollercise

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

North Perth Library, Jul 7-21, Aug 4-18, 10-11am

Stratford Early Years Centre, Jul 5-26, Aug 9-30, 10-11am

Baby & Me Swim

Join Debbie for an energizing "water circle" that allows the adult & baby to enjoy the wading pool. The adult is responsible for swimming apparel & sunscreen. Child must be kept within arms reach throughout program. One child per adult. Ideal for children under 3. Maximum 12 adult/child participants.

Listowel Wading Pool, Jul 12-26, Aug 9 & 16, 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. 271-5271

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; Listowel, Connie at 291-5177

Mitchell, Hilda Ruston & Doreen Wurdell at 348-8178

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

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

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.

North Perth, Listowel Memorial Park, last Tuesday of each month, 5:30-7:30p.m. Call 291-6626 for more information.

LIBRARY PROGRAMS

PUBLIC LIBRARY ON WHEELS (PLOW)

www.pcin.on.ca/plow/htm

Reading By The River, Join PLOW for stories, songs, crafts, fun literacy activities & the opportunity to borrow great books for your children. Free drop-in storytime geared for preschool children.

Mitchell Lions Park Pavillion, Jul 5-Aug 23, 10-11am

Reading in the Park, Join PLOW for stories, songs & the opportunity to borrow great books for your children. Free drop-in storytime geared for preschool children. *Rain location at Anne Hathaway Day Care.

10-10:30 Toddler Storytime, 10:30-11am Preschool Storytime, 11:30am Book Lending

Anne Hathaway Park, July 6 & 20, Aug 3 & 17

Jungle Junction, Get out of the heat & into the cool as you participate in some fun stories, songs, activities & crafts at the mall. Free drop-in program geared for children aged 4-8 years.

Festival Marketplace Shopping Centre, July 6-Aug 24, 1-2pm

Upper Queens Park, Join Trish on the bandshell at Upper Queens Park for great stories & songs. The PLOW van will be there too for you to borrow books, DVD's & Parenting materials. Free Drop-in program geared for preschoolers.

Upper Queens Park, Stratford, July 15 & 29, Aug 12 & 26, 10-11am

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

Check out our website for current program information.

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

Jungle Story Time, Join us for "A Trip Through The Jungle". Each week will feature an Eric Carle book have a craft, games & songs. **Mon Jul 5-26, 10-11am**

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

Whale of a Tale, a bedtime story time for preschoolers & their families, come in your pj's & bring a cozy friend for songs, stories & a craft. **Mon 6:30pm**

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

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)

Tues 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**

SUPPORT GROUPS

Stratford Multiple Births Association. *A support group for parents with multiple births. Monthly meetings. Call Sara 271-8887*

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 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

Grief Support

Bears & Kits for Kids

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

North Perth Community Hospice Children's Grief Group

Please call to register as the dates & time change depending on the needs of participants. For more info or to register for programs, please contact the North Perth Hospice, 291-5141. www.northperthcommunityhospice.org

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

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 1-877-271-7348 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 292-2076 for more information or to register.

Breastfeeding Clinics

* Stratford General Hospital, Mon, Wed, Fri, 10:30am-1:00pm Call 272-8210 x 2901

* Listowel Outpatient Building, Wed 10am-12pm, call for appt 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 Jul 28 & Aug 25, 10-11am, Outpatient Building, Listowel

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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