

## PLAYGROUPS

- *Foster friendships between parents, children & families*
- *Provide age appropriate activities for the children 0-6 years of age*
  - *Allow parents to gain information & support*
- *Playgroups require parents or caregivers to stay with their children*

### Stratford

**Early Years Centres**, Daily drop-in, various dates & times  
**Jubilee Christian Fellowship**, 707 Downie St. Fri 9:30-11:30am  
**Avon Mennonite Church, 90 Greenwood Dr.**  
Alternate Wed, 9:30-11am

### Milverton

**Play & Learn**, Perth East Public Library, Thurs10-11:30am

### Monkton

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

### Shakespeare

**Play & Learn**, Shakespeare Presbyterian Church, 10-11:30am, alternate Wed starting Jan 11

### St Marys

**Play & Learn**, St Mary Salvation Army Church, 10-11:30am, Tuesdays starting January 10th

### Sebringville

**Wheels on the Bus**, Sebringville Community Centre, 10-11:30am, Thurs Jan 5-Feb 23

### Listowel

**Moms & Tots**, Listowel Mennonite Church, Wed 9:30-11am, call 291-2350 for more info.

## SATURDAY PROGRAMS

### **Stratford Early Years Centre, 9am-12pm**

Drop-In Play & Learn, every Saturday (excluding long weekends)  
French Play & Learn—Jan 28, Feb 25, Mar 31

### **North Perth Early Years Centre**

Jan 28, Fill the Van Book Exchange, 9:30-11:30, Listowel Central School  
Feb 11, Family Valentines Party, 10-11:30am, Listowel Central School  
Mar 17, Paddyfest Songtime, Listowel Kin Station, 12:30pm

### **West Perth Early Years Centre, 10-11:30am**

Feb 4, Valentines Day Party, Perth Care for Kids, Mitchell

## CAR SEAT EDUCATION

### Car Seat Education

*Have your car seat checked and your questions answered, by appointment only.*

**Jan 19, Feb 16, Mar 15** - Stratford Early Years

**Feb 1** - North Perth Early Years

**Jan 12, Feb 7, Mar 8** - West Perth Early Years

## PARENTING PROGRAMS

**Family Time** - A speaker series for parents & caregivers. Childcare available. Check Early Years Calendar for speakers.

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

Mitchell, Grace Lutheran Church, Mon 9:30-11am, Pre-register, call 348-8618

Listowel, Salvation Army Church, Tuesdays, 9:30-11:30am

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

Stratford Early Years Centre, first & third Wed of each month, 5-7pm

Listowel Early Years Centre, last Tues of each month, 5:30-7:30pm

**Positive Parenting: Infants** - A parenting program for parents of children ages 0-2 years.

**Tues Jan 3-Feb 7, 1-3pm, to register call 271-5290 x2249**

**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.

**Thurs Jan 12-May 31, 1-3pm, to register call 271-5290 x2249**

**Middle Years Magic** - A structured 4 week general parenting program designed to teach effective discipline techniques to parents of school aged children.

**Tues Feb 14-Mar 6, 1-3pm, to register call 271-5290 x2249**

**Raising Your Spirited Child** - A parenting program focusing on the temperamental traits of children from infancy to teen years.

**Wed Feb 15-Mar 7, 6:30-8:30pm, to register call 271-5290 x2249**

## INFANT PROGRAMS

**Infant Program** - Ideal for parents of infants 0-6 months. Topics include infant massage, infant sign language & more.

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

**Baby Time** - Ideal for parents of infants 0-18 months. Weekly topics discussed.

Stratford Early Years, Fri 9am-12pm, Drop-in  
Mitchell Community Centre, Wed 10-11:30am

**Baby Picasso** - Learn how to increase your baby's brain development through art & sensory experiences. Be prepared to get messy & have fun! **Available at each Early Years Centre, please check your local calendar for dates, times & locations.**

## RECREATIONAL ACTIVITIES

**Happy Healthy Birthday Kit** -Free to lend!! Tons of activities for children 0-12 years to keep them active during a party! **Call Perth Care for Kids, 348-8618 to reserve.**

**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 & have fun indoors!

**Wed Jan 18-Mar14, 6-7pm, Listowel Central School**

### Parent & Tot Skating

Listowel Arena, Mon & Tues, 10am-12pm, ends Mar 27

Wallace Arena, Wed, 10am-12pm, ends Mar 28

Elma Logan Arena, Mon & Tues, 10am-12pm, ends Mar 26

Perth East Arena, Mon,Tues,Thurs,Fri,10:30-11:30am,ends Mar 23

West Perth Arena, Tues 1-2pm, Fri 10-11am, ends Mar 30

## PARENTING WORKSHOPS

Pre-register for workshops by calling your local early years centre.

### **Baby Wearing Workshop**

*This workshop will include: tips & techniques on how to properly wear them; how to fit them properly & more. If you have a carrier, please bring it with you & have it checked.*

**Wed Jan 11, 6:30pm, North Perth Early Years Centre**

### **Picky Eaters Workshop**

*This workshop will cover feeding issues of children ages 2-5 years; review "normal" picky eating behaviours & strategies for dealing with them; importance of role modeling; timing of meals & snacks and portion size.*

**Wed Feb 22, 6:30pm, North Perth Early Years Centre**

### **Minimizing Power Struggles Workshop**

*Learn about the power of using firm, clear limits to encourage cooperation & minimizing the frequency of power struggles in the home.*

**Wed Feb 22, 7pm, Stratford Early Years Centre**

## EARLY LEARNING PROGRAMS

**Get Ready for Kindergarten** \*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 & social skills.*

**Stratford Early Years, Jan 11-Mar 14, 1:30-3:00pm**

**ESSO Family Math** \*Pre-register 273-9082

*A fun filled program to help your children experience success in math, hands on activities for parents & children ages 3-6 years.*

**Stratford Early Years, Jan 17-Feb 21, 6-7:30pm**

## Special Events

### **Fill The Van Event, Jan 20-27, 2012**

Drop off you gently used books at any of the following locations:  
Zehrs Listowel, North Perth Library-Listowel Branch or Listowel Honda

### **Fill The Van Book Exchange**

Come & pick some new to you books!!  
Sat Jan 28, 9:30am-11:30am

### **Paddyfest Songtime**

*Limited seating. Check out the North Perth Early Years March Calender for further details.*

**Sat Mar 17, Listowel Kin Station, 12:30pm start time**

## FAMILY LITERACY ACTIVITIES

Celebrate Family Literacy Day!

January 27, 2012

[www.abclifeliteracy.ca/en/family-literacy-day](http://www.abclifeliteracy.ca/en/family-literacy-day)

Make sure to check out your local Early Years Calendars and your local Library websites for fun Family Literacy week activities near you!!!

## LIBRARY PROGRAMS

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

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

**Toddler Time**, Songs, & stories for toddlers & caregivers, stay after for playtime with others. **Tues 11-11:30am**  
**Bedtime Buddies**, songs, stories & crafts for ages 0-6; come in your PJ's!! **Tues 6:30-7:00pm**

**Play Wii After School**, come and play Wii at the Perth East Library. NOTE: a permissions slip must be signed (once)

before a child will be allowed to play Wii

**Saturday Stories**, Crafts, stories & games, ages 4-8;

pre-register by calling the library, 595-8395.

**2nd Sat of each month, 10:30am-12pm**

**Saturday Movie**, come and enjoy a movie at the Library,  
**1st Sat of each month,10:30am**

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

**Listowel Branch**

**Stepping Stones**, Kindergarten Readiness program,

**Thurs 2-3pm**

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

**Monkton Branch**

**Pre-School Story Hour**, Everyone welcome. **Wed 10:30am**

**Atwood Branch**

**Pre-School Story Hour**, Everyone welcome. **Wed 10:30am**

### **ST MARYS PUBLIC LIBRARY**

[www.townofstmarys.com/public-library](http://www.townofstmarys.com/public-library)

**Tales for Tots**, **Thurs & Fri 10:35-11:10am**

**Story Time**, **Thurs & Fri 10:35-11:10am**

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

**Whale of a Tale**, a bedtime story time for preschoolers & their families, come in our pj's & bring a cozy friend for songs, stories & a craft.

**Mon 6:30-7:15pm, Stratford Library**

**Story Time**, registration begins Jan 11, 2012 by phone, programs begin the following week for 8 weeks at the library.

**Baby Time**, ages 8-18 months, Special time of songs, lullabies

& tickles for parents & their babies; intended as a one time

participation for early literacy skills. **Wed 10:30-11am**

**Tales for 2's**, ages 1<sup>1/2</sup>—2<sup>1/2</sup> years. **Thurs 10:30-11am**

**Story Garden**, ages 2<sup>1/2</sup>—5 years, **Thurs 10:30-11:15am**

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

[www.pcin.on.ca/plow/htm](http://www.pcin.on.ca/plow/htm)

**Family Literacy Day 2012**— Families are encouraged to pick up a free "Passport to Literacy" at their library, & hunt for literacy clues using GPS coordinates or a map. From Jan 21-27, families can visit checkpoints & have their passport stamped. Completed passports will be entered into a draw for great prizes! Sponsored by PLOW & Perth Middlesex Earl Years Centre  
**Monster Madness** - we extend a wild welcome to monsters of all ages! Fine out Where the Wild Things Are. This is a free drop-in event.  
Thurs Jan 5, 2-4pm, Festival Marketplace Shopping Centre

### **WEST PERTH PUBLIC LIBRARY [www.westperth.library.on.ca](http://www.westperth.library.on.ca)**

**Tweenie Tots**, have fun reading books, playing games, singing songs and add a touch of silliness to make it a great time. Infants are welcomed as well. Children must be accompanied by an adult. **Thurs 10:30-11:15am**

**Stepping Stones**, Kindergarten Readiness Program, **Wed 2-3pm**

## SUPPORT GROUPS

**Early Intervention** - A group providing children and mothers the opportunity to understand the violence and abuse they have experienced.

**Optimism Place, call Sally at 519-271-5310 x 11**  
**For individual support for women, call 519-271-5550**

**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 they have experienced and to move forward from their experience. Offered in Listowel Spring & Fall.

**Call Valerie, North Perth Transition Worker, Optimism Place Women's Shelter & Support Services, 519-301-5310**

### Children's Mental Health

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

**Contact Huron Perth Centre, 519-273-3373**

**Drop-In Clinic** - This clinic is for parents waiting for counseling. It provides useful suggestions & referrals to counselors. **Huron Perth Centre, Thurs morning, best to call ahead, Faye 519-273-3373**

**New Pathways for Women** - A support group for women who have experienced abuse in their lives.

**Family Services Perth Huron, call 519-273-1020**

**Men's Program** - Family Services offers support groups for men. Issues such as communication & relationship as well as family violence & anger management issues.

**Family Services Perth Huron, 519-273-1020 for dates**

**Disabilities/Autism Support Group** - for support with your child with PPD. **Contact Pat at 519-273-1020**

### Multiples Support

**Stratford Multiple Births Association** - A support group for parents with multiple births. Monthly meetings. **Call Sara 519-271-8887**

### Multiples Play Group

**Jan 14, Mar 10, 10-11:30am North Perth Day Care, Listowel**  
**Feb 11, 10-11:30am, Perth Care for Kids, Mitchell**  
**Jan 7, Feb 4, Mar 3, 9am-12pm, Stratford Early Years Centre**

### Grief Support

**Bears & Kits for Kids** - A program to offer support to children in the community who are dealing with a life-threatening illness. Each kit is unique to each child. **Contact North Perth Community Hospice, 519-291-5141**  
**North Perth Community Hospice Children's Grief Group** call office for dates & times, **519-291-5141**

### Postpartum Support

**Postpartum Helpline** - 1-519-672-HOPE(4673) available 24/7

## PRENATAL AND BABY WELLNESS

### Perth County Prenatal Health Fair

A FREE event hosting exhibits by local businesses & service providers. All expectant parents welcome. For more information & dates please call 271-7600 x 267 or 1-877-271-7348 x 267 or [www.pdhu.on.ca](http://www.pdhu.on.ca)

### Perth County Prenatal Classes

Free series of three evening classes or one all day class, offered by the Health Unit in Listowel & Stratford. Register as soon as possible; recommended for women at any stage of their pregnancy.

**Call 271-7600 x 224 or 1-877-271-7348 x 224**

### Stratford Hospital Third Trimester Prenatal

This prenatal series consists of 2 sessions dealing with labour & delivery, breastfeeding & what to expect after delivery. Registration Fee. **Call Maternal Child Pre-Admit 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 Drop-in Clinic

**Mon, 10:30am-1pm** Call 519-272-8210 x 2901

\* St Marys Memorial Hospital Drop-In Clinic

**Tues 6-10pm & Thurs 9am-1pm, call 519-284-1332 x 3365**

\* Listowel Outpatient Building, **Wed 10am-12pm**, call 291-3125 x 6278 or 292-2076 to book an appointment

### Breastfeeding Buddies

A mother-to-mother breastfeeding support drop-in program. Receive support, encouragement & a link to community breastfeeding & parenting resources. Toddlers welcome.

**Jan 25, Feb 29, Mar 28, 10-11am, Listowel Outpatient Building**

**Jan 5, Feb 2, Mar 1, 1-2pm, Stratford Early Years Centre**

## PARENTING INFORMATION & 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 & assist with transition into school. **For more information call 271-3733 x 257 or 1-800-669-2948**

### 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, 348-8178  
Listowel, Connie, 291-5177

## COMMUNITY AGENCIES

### Perth Middlesex Early Years Centres:

Listowel Site: 519-291-6626

Mitchell Site: 519-348-8618

Stratford Site: 519-273-9082

### Perth District Health Unit

519-271-7600, 1-877-271-7348

### Telehealth Ontario 1-866-797-0000

### Huron Perth Centre For Children & Youth

Listowel 519-291-1088

Stratford 519-273-3373

### Family Services Perth Huron

Listowel 519-291-5401

Stratford 519-273-1020

### SmallTALK: 519-272-8216 or 1-866-333-7716

### Children's Aid Society: 519-271-5290

### Optimism Place

519-271-5310 or 1-800-265-8598

### North Perth Violence Against Women Resource Centre:

519-301-5310

### Perth County Children's Resource Consultant Program:

519-271-3773 x 257 or 1-800-669-2948

### Supervised Access Visitation & Exchange Huron Perth

Perth 519-272-9706

Huron 519-482-8766

### House of Blessing: 519-273-3433

### Salvation Army: Listowel 519-291-2900

St. Marys 519-284-2760

Stratford 519-271-2763

### Hospitals

Listowel Memorial 519-291-3120

St Marys Memorial 519-284-1332

Stratford General 519-272-8210

### Libraries: Atwood 519-356-2455

Monkton 519-347-2703

North Perth 519-291-4621

Perth East 519-595-8395

St Marys 519-284-3346

Stratford 519-271-0220

West Perth 519-348-9234

### Hospice: North Perth 519-291-5141

Stratford 519-273-1020

### Information Perth [www.informationperth.ca](http://www.informationperth.ca)

### 211~ [www.211ontario.ca](http://www.211ontario.ca)

# Perth County

# Parenting

# Brochure

# Winter 2012

