

Play At Home: Virtual Program Schedule

Bringing ideas for joyful play to the comfort of your own home

[Find us on Facebook](#) for all the links to programs listed below.

Fun Under 1

Helping you connect with your baby through play. Mondays are dedicated to all things 'baby'. Here we'll provide activities for you and your baby to try at home, information on developmental milestones, and live and pre-recorded stories and songs.

New Facebook post every Monday morning.



Virtual Circle Time

Join us for virtual circle time and sing along with all your favorite songs and rhymes.

When: Every Tuesday and Saturday at 11am. Every Thursday at 4 pm.

Log on to our Facebook page before the program starts to get the link. Saturday program will be pre recorded.



Take it Outside Tuesday

Children of all ages need to play outside every day, rain or shine. Take It Outside Tuesday will give your family ideas and activities to explore the natural world close to home.

New Facebook post every Tuesday Afternoon.



Wonder Wednesdays

Helping you explore the wonders of childhood alongside your child. Tune in on Wednesdays for songs and stories, activities and resources that will feed your child's natural curiosities and encourage skill development. Here you'll find a variety of live, pre-recorded and written material suitable for families with toddlers, preschool and school-age children. 13 months to 3 years.

New Facebook post every Wednesday morning.



Get to Know PCFC

Even though we are apart, this is a good time to get to know us better. We will highlight who and what makes up this great organization. You will learn a little more about our staff, our history and the many seen and unseen facets of our organization.

New Facebook post every Thursday morning.

Families in The Kitchen

Looking for family friendly meal ideas? Interested in ideas about how to get your children more involved in the kitchen? Families in the Kitchen will feature PCFC staff trying out healthy kid-approved recipes from their family repertoires every Friday and sharing them with you!

New Facebook posts every Friday morning



Kids in the Lab

Looking for quick and easy ways to help unlock the scientist in your family? Join our PCFC mad-scientists for a 3-week summer series on Facebook designed for little scientists from ages 2-5 years old as we discover fun experiments that you and the kids can do using everyday items from around the house. Lab coats not included!

When: July 29th, August 5th, and August 12th at 1pm to 1:30 pm. Zoom link will be posted on Facebook.



Breastfeeding & Well Baby Clinic

Speak to a lactation consultant for breastfeeding help, or a community health nurse to answer your questions about child health and development. Email sharon.fitzgerald@ptbocfc.ca and include your name and a number you can be reached at. All calls will be returned Monday to Friday 9-4.30.

When: Monday to Friday June 29th to August 1st from 9am to 4:30pm



Footsteps to Parenting

Are you new to parenting? Is your infant under 6 months? Do you want to meet other parents with new babies? We invite you to join us and explore the wonderful, perplexing and sometimes scary journey of parenting.

Group facilitated by PCFC and Partners in Pregnancy Clinic.

When: Thursday July 21st to August 25th
2:00 pm to 3:30 pm.



Email candace.passey@ptbocfc.ca to register and receive Zoom link.

Toddler Move and Groove

We are inviting you and your toddler to join us for a fun interactive program. You will both have a chance to be creative and dance around. Burn off some extra energy while engaging in action songs, finger plays and rhymes. Please bring along your shakers, ribbons, and a stuffed animal if you can, to make the experience even more fun!

When: Wednesday July 15th and 22nd at 11 am to 11:30 am. Zoom link will be posted on Facebook.

Songs and Signs

A 3 Session course for parents with children ages 5 to 15 months. Parents will learn a variety of signs through a weekly sign and song circle. Information on the benefits of signing and tips for success will be included.

When: August 13th to 27th
10am to 10:30 am. Zoom link will be posted on Facebook.



Triple P One-on-One

This is a one to one session with a staff member where you can work through some of your parenting challenges. Email administrator@ptbocfc.ca to set up a telephone consultation with one of our Child and Family Educators, and include your name and number you can be reached at. All calls will be returned Monday to Friday 9-4:30.

When: Monday to Thursday from 9am to 4:30pm



Toddlers and Tantrums

Have you ever seen your toddler: crying, screaming, stamping their feet or rolling on the floor? This can be frustrating and even embarrassing for parents. In this session parents of children 1-3 years of age will have an opportunity to discuss: why children have tantrums, how to prevent them and how to manage a tantrum.

When: July 14th 7pm to 8pm

Please email administrator@ptbocfc.ca to register and receive Zoom link.



Toy Lending Library

The PCFC Toy Library will be open for curbside pickup starting **July 8th** every Wednesday & Thursday morning from 9:30 am to 12 pm.

To borrow toys, families will need to:

1. Select toys from our website at www.ptbocfc.ca and submit a toy request form found on the website.
2. Call the toy lending library to set up a pick up time : 705-748-9144 ex. 310
3. Notify by phone that you've arrived at the toy library so staff can leave items in the designated pick up spot.

Families can borrow up to 3 items at a time for a period of 4 weeks.

If you have toys already out, you can return those starting Wednesday July 15th in the designated drop off spot.



Hello My Name is.....

“How to help our children reintegrate into their social world”

Let's face it, we are all learning how to recover from this global pandemic. How can we help our children become social again? In this workshop we will talk about expanding our social bubbles safely, what it means to be “physically distant not socially distant” from others, and how to help children talk about their emotions at this time.



When: Thursday August 6th
7 pm to 8 pm.

Please email administrator@ptbocfc.ca to register and receive Zoom link.

It's Potty Time: Toilet Learning with your Child

Come join us to learn and talk about signs of readiness and how you can make this a positive experience for your child and you.



When: Tuesday August 18th
7pm to 8pm.

Please email administrator@ptbocfc.ca to register and receive Zoom link.

Introducing Solids

Do you want to know more about introducing solid foods to your baby?

Join us for an online session live via Zoom, where you will get up to date information and guidance and an opportunity to ask questions about feeding your baby.

To register, please email sharon.fitzgerald@ptbocfc.ca

When: Monday July 27th 2pm to 3pm



[Find us on Facebook](#) for all the links to our programs.

New content is posted 6 days a week. For detailed program descriptions, click on the 'PCFC Summer Virtual Programming' album title found at the top of our page, or find the album in the **Photos** section

Our videos are categorized according to program. Go to **Videos-Playlists-See More** to access all of our program video playlists

For Facebook Users

- If you do not already, **Like, Follow** and **Share** our page
- Make sure to be the first to access new content by clicking **See First** under the **Following** tab at the top of our page. Any new content we post will show up at the top of your News Feed
- Check out the **Events** tab to see what special events and series are coming up. Click 'Interested' or 'Going' to receive updates and notifications about the events that interest you.

If you need assistance navigating our page or would like help finding specific information or a particular post, send us a Direct Message.



For Non Facebook Users

- PCFC's Facebook page is a public page, meaning you do not have to have a Facebook account to access our content. Visit this link for public access to our page: www.facebook.com/ptbochildandfamilycentres
- Check out the **Events** tab to see what special events and series are coming up. Most of our Events, Series and Parenting Workshops are offered through a separate platform, where you do not need to have a Facebook page to access. Check the Event description for links to join the event, or email administrator@ptbofc.ca for help participating.

If you would like help navigating our Facebook page or finding specific information, email administrator@ptbofc.ca, we are happy to help!

