

## Peterborough Child and Family Centres 2021 Winter and Spring Programs

Peterborough Child and Family Centres offers a variety of programs to serve families both in person and virtually to best meet the needs of the community while following Public Health guidelines.

We continue to follow strict protocols for in person programs to keep our community safe and healthy. We appreciate your patience and understanding as we work through these protocols.

**To participate in any PCFC in- person program, families must complete our registration process, this includes:**

Complete our registration package. You can request this package [here](#). Once we have received and processed your package, we will send you a confirmation email.

1. After you have received confirmation that your registration package has been processed, you may begin requesting registration for specific in person programs. We can only process requests for programs occurring within four weeks of the date of the request. Registration requests must be sent no less than 24 hours in advance of the program start, requests are not processed after 4:30 pm, on weekends or holidays.
2. Only attend program if you have received a confirmation email for the specific date and time you are attending.
3. Submit a **separate** Covid-19 screen for **each member** of your attending group (adults and children) prior to 9:00 am the day of program. The link will be sent to you with your confirmation.

**To participate in virtual registered programs, families must complete an annual intake form and request a spot:**

1. Complete a program request form and submit.
2. A confirmation message and intake form will be sent to you once your request is processed. Please complete the intake form (if you haven't since October 2020) and send it back to us before your program starts.
3. A zoom link will be emailed to you by the program instructor before the session begins.

### *Program Options*

- ✓ In person Breastfeeding Clinic
- ✓ Library service
- ✓ In person outdoor programs
- ✓ Virtual programs

### Plan Your In-Person Visit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Roots of Discovery 10:00-12:00 Jackson Park	Roots of Discovery 1:30-3:30 Jackson Park	Roots of Discovery 10:00-12:00 Isabel Morris Park Lakefield	Roots of Discovery 10:00-12:00 Mill Pond Forest Norwood	Roots of Discovery 10:00-12:00 Harper Park	
Library 12:30-2:30	Library 10:00-12:00	Library closed	Library 3:30 –5:30	Library closed	Library closed
Clinic closed	Breastfeeding and Well Baby Clinic 10:00-12:00	Breastfeeding and Well Baby Clinic 10:00-12:00	Breastfeeding and Well Baby Clinic 10:00-12:00	Clinic closed	Clinic closed

## Plan Your Virtual Visit: Visit us on Facebook for full schedule

The following programs will be available in virtual format this winter and spring:

- Breastfeeding Basics
- Not What I Expected
- Infant Massage
- Footsteps to Parenting
- Feeding Your Baby
- Let's Talk About Sleep
- Chat and Stroll, mom and baby stroller walk
- Parent Child Mother Goose
- Toddler and Preschool Fun
- Songs and Signs
- Kids in the Kitchen
- Triple P
- Circle Time

### What to expect when you visit:

- Significantly reduced visitor capacity
- Covid-19 screening
- Enhanced cleaning
- Physical distancing of 2m

### We ask you to:

- Always pre-register and ensure you have received a confirmation email before coming to in-person programs
- Complete a COVID screen for everyone in your group by 9:00 am the day of program
- Wear a face mask or covering while in the building
- Although face masks are not required during outdoor programs, we ask that you bring one along just in case you find it difficult to maintain a 2m distance from others
- Maintain a 2-metre distance between your family and others
- Wash or sanitize your hands and the hands of your children frequently
- Stay home if you or your child are feeling unwell or experiencing symptoms
- Be patient and kind with our staff and with one another, we are all learning and adjusting

***PLAY!!! And have fun***