

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

New content is posted 4 days a week. Our Week At a Glance visual calendar is pinned to the top our Facebook page, outlining all PCFC programs happening for that week (In-person, Virtually and on Facebook)

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 **Favourites** 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](http://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](mailto:administrator@ptbofc.ca) for help participating.

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

