

Fall 2021 Programs and Services

Multiple Ways to Participate



Outdoor



Lending services
**Books *Toys *Games*



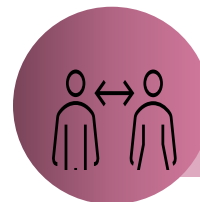
Virtual



Indoor



Parenting Workshops



*One-On-One
Consultation*

IMPORTANT INFO:


All programs and services require advance sign-up. Visit ptbocfc.ca (please sign-up at least one business day prior to program start date)

As of **November 15, 2021**, participants who are 12 years of age and over are required to be **fully vaccinated** with a COVID-19 vaccine series to participate in our **indoor, in-person programs**. The easiest way to prove you are fully vaccinated is by downloading your enhanced vaccine certificate (QR code) at covid-19.ontario.ca, accompanied by government issued identification and presenting it to staff upon entry to the program.

Explore together in our
OUTDOOR PROGRAMS

- ✓ Sensory Development
- ✓ Build confidence in the outdoors
- ✓ Connect with families
- ✓ Nature discovery and appreciation


Roots of Discovery
For children birth to 6 years and their caregivers



Jackson Park
Peterborough
Mondays
10:00am - 12:00pm

Bridlewood/Harper Park
Peterborough
Fridays
10:00am - 12:00pm

*Registration required



South End Sing-Along
For children birth to 6 years and their caregivers

1st and 3rd
Wednesday
of each month

Newhall Park
Peterborough

10:00am - 11:00am

Gather outside for circle
time singing, story time,
and fun!



*Registration required



Chat & Stroll
For parents and their babies
12 months and under



Wednesday Oct 13th
& Nov 10th

City Trails
10:00am - 11:00am

*Registration required



Come play together in our space with the


Family Play to Learn
For ages birth-6 years (unless noted)
and their caregivers

Antrim

- Tuesdays 9:30am-12:00pm
- Wednesdays 9:30am-12:00pm
- Thursdays 1:00pm-3:30pm
- **Infant Play to Learn** - Thursdays
9:30am-12:00pm (ages 0-12months)

Apsley

- Thursdays 10:00am -12:00pm



*Registration required

**INDOOR
PROGRAMS**

Family Play to Learn
For ages birth-6 years (unless noted)
and their caregivers

**Otonabee
Valley**

- Mondays 9:00-11:30pm
- Fridays 9:00am-11:30pm

Lakefield

- Tuesdays 9:30am-12:00pm
- Thursday 9:30am-12:00pm



*Registration required



Me and My Dad
For children birth-6 years and
their male caregivers

Antrim

- Saturdays
9:30am-
12:00pm

*Registration required




- ✓ Connect with other families
- ✓ Learning through play
- ✓ Explore, experiment, have fun

IN-PERSON WORKSHOPS

- ✓ *Tips*
- ✓ *Learning*
- ✓ *Interacting*
- ✓ *Fun*

In-person Parenting Programs



Antrim

Parent Child Mother Goose-Series 1
Mondays Nov 8th-Dec 13th
10:00am-11:00am
(Birth-12 months)

Parent Child Mother Goose-Series 2
Wednesdays Nov 17th-Dec 22nd
2:00pm-3:00pm
(Birth-12 months)

Triple P Seminar Series
Tuesdays Nov 30th-Dec 14th
1:00pm-3:00pm
(Parents of children 2-10 years)

Toddlers & Tantrums
Monday Dec 6th
1:00pm-2:30pm
(Parents of children 1-3 years)

Feeding Your Baby
Tuesday Dec 7th
1:30pm-2:30pm

***Registration required**




In-person Parenting Programs



Otonabee Valley

Songs and Signs
Mondays Nov 22nd-Dec 6th
1:00pm-2:00pm
(5-15 months)

Norwood

Kids In The Kitchen
Wednesdays Nov 10th-24th
10:00am-11:00am
(2-4 years)

Toddler and Preschooler Fun
Wednesdays Dec 1st-15th
10:00am-11:00am
(2-4 years)

Lakefield

Parent Child Mother Goose
Mondays Nov 22nd-Dec 13th
1:30pm-2:30pm
(Birth-12 months)

***Registration required**




VIRTUAL WORKSHOPS



Interactive, virtual, parenting workshops, delivered through Zoom.

Virtual Parenting Programs

On Zoom



***Registration required**

Breastfeeding Basics
Thursday Nov 18th
6:30pm-8:30pm
(Expectant parents)

Infant Massage
Tuesdays Nov 30th-Dec 14th
1:00pm-2:00pm
(1-8 months)

Songs & Signs
Thursdays Dec 2nd-16th
9:30am-10:30am
(5-15 months)




Toy Lending Library

Tuesdays
 9:30am - 12:00pm
Wednesdays
 9:30am - 12:00pm
Thursdays
 1:00pm - 5:30pm
1st and 3rd Saturday of the month
 9:30am - 12:00pm

Available for curbside pickup/drop-off as well as in-person 'shopping' by appointment

Child & Family Centres

Borrow:

- ✓ Books
- ✓ Toys
- ✓ Games

Check out our
LIBRARY

ONE-ON-ONE CONSULTATIONS

Breastfeeding & Well Baby Clinic

Tuesdays and Thursdays
 10:00am-12:00pm

Make an appointment to speak to a lactation consultant/community health nurse for breastfeeding support or to answer your questions about child health and development.

In-person, telephone, and Zoom support options are available.

Email:
 sharon.fitzgerald@ptbocfc.ca
 or Telephone: 705-748-9144

*Registration required

Child & Family Centres

► **Telephone/Zoom**

Access to professional support regarding parenting challenges of young children.

- **In-person**
- **Via Telephone/Zoom**

Professional breastfeeding support and infant development information.

Triple P One-on-One

Available Monday through Thursday

Email us and get connected with staff to discuss positive parenting strategies.

Email register@ptbocfc.ca to make an appointment or call 705-748-9144

Child & Family Centres