

Prenatal Services / Workshops

COVID-19 Ontario School Screening is mandatory for all individuals attending in-person programs (both outdoor and indoor).

We encourage all adult participants to use face masks when inside.

Some services and workshops may require (click) [**PREREGISTRATION**](#)

- ▶ Preparing to welcome a little one into your life? Feeling a little lost?
- ▶ Have Questions?
- ▶ Concerns?

Peterborough Child and Family Centres offers a wide range of free services, programs, and resources, delivered by welcoming, supporting, and caring professionals.





Breastfeeding & Well Baby Clinic - Drop-in

Breastfeeding/Prenatal

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

Antrim Site

- ◆ Tuesdays 10:00am - 12:00pm
- ◆ Thursdays 10:00am - 12:00pm
- ◆ CLOSED: August 1st through August 29th

Breastfeeding Basics

Prenatal Workshop - [Preregister](#)

This one session class offers expectant parents an opportunity to learn the basic how-to of breastfeeding prior to the birth of their baby. Learn about why and how to breastfeed, and the services available to support you.

Antrim Site

- ◆ NOT CURRENTLY AVAILABLE



Toy and Book Lending Library - Drop-in

0 - 6 years

A lending service where families can borrow high quality, developmentally appropriate toys, books and games for their young children. Access to library staff and early learning tips to try at home.

Antrim Site

- ◆ Tuesdays 9:30am - 12:00pm
- ◆ Thursdays 1:00pm - 5:30pm
- ◆ Saturdays (1st & 3rd/month) 9:30am - 12:00pm
- ◆ CLOSED September 3rd

Triple P: Preparing Your Toddler for a New Baby

Expecting and a 2 to 4-year-old - [Preregister](#)

A new baby means big changes for the family. Sometimes siblings can be excited about the arrival of a new baby, other times they may behave in ways that demonstrate they are not so happy to have a brother or sister.

Join us for an hour session to chat about tips and ideas on preparing your current little one for their new baby brother or sister.

- ◆ NOT CURRENTLY AVAILABLE



Specialized Programs

CAPC | Community Action Program for Children



Babies First Prenatal Nutrition Program

This program is designed to support pregnant women, experiencing challenging life circumstances, to prepare for labor, birth and the transition to parenthood with a focus on healthy birth weight. This is a weekly program staffed by a multidisciplinary team.

Referral and registration required as this program serves a specific population and has limited spaces. We accept both agency and self referrals.

[Referral Form](#)

CLOSED: July / August



School For Young Moms

The School For Young Moms is a high school program for pregnant and parenting teens.

The program is run in partnership with Kawartha Pine Ridge District School Board. The program is highly supportive providing transportation, breakfast and lunch, parenting support and education as well as licensed childcare. Referral and registration is required. Call 705-742-4632 for more information

[Referral Form](#)

CLOSED: July / August