

# 1 to 2 Years Old



Coming **September** PCFC will start using a new workshop registration and program/workshop sign-in system. **KeyOn** is used by EarlyOn centres across Ontario and will give you access to all centres using the same system.

Get ready to preregister for the fall workshops (registrations open August 2<sup>nd</sup>).

## The new KeyOn system will feature:

- ✓ easier preregistration process with less fields to fill,
- ✓ register for workshops right up to ½ hour of start of the workshop,
- ✓ easier, really time, registration cancellation,
- ✓ user friendly calendar that gives you a view of all programs available within each month, their times, and space availability,
- ✓ preregister right on calendar,
- ✓ easier and faster sign-in with the swipe of a fob or QR code,
- ✓ and much more...



## Creating your account:

[www.KeyON.ca](http://www.KeyON.ca)

- ▶ Click on “*Become a Member*” to begin creating your account:
- ▶ Once you have an account, you can preregister for both virtual and in person workshops across Ontario,
- ▶ Confirm your email address to receive reminders of your pre-registration and cancellations,
- ▶ When you show up in person at the centre, simply scan your QR tag and quickly sign-in and your child(ren).



*share, learn, grow!*

# FALL INDOOR PROGRAMS AND SERVICES

All programs/services are closed from  
December 24<sup>th</sup> to January 1<sup>st</sup> (inc)



## 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

## Family Play to Learn - Drop-in

### 0 - 6 years

This EarlyON parent child interactive program offers an engaging environment to explore and create with your children and to connect with other families. Professional staff are available to support your learning as well as share resources and their expertise when needed.

#### Antrim Site

- ◆ Tuesdays 9:30am - 12:00pm
- ◆ Wednesdays 9:30am - 12:00pm
- ◆ Thursdays 1:00pm - 3:30pm
- ◆ Saturdays 9:30am - 12:00pm  
(1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup>/month)

CLOSED December 7<sup>th</sup>,

#### Apsley site

- ◆ Thursdays 10:00am - 12:00pm

#### Lakefield Site

- ◆ Tuesdays 9:30am - 12:00pm
- ◆ Thursdays 9:30am - 12:00pm

#### Norwood Site

- ◆ Mondays 9:30am - 11:30pm
- ◆ Wednesdays 9:30am - 11:30am

CLOSED Sept. 5<sup>th</sup>, Oct. 10<sup>th</sup> and 24<sup>th</sup> and Dec. 7<sup>th</sup>

#### Otonabee Valley Site

- ◆ Mondays 9:30am - 12:00pm
- ◆ Fridays 9:30am - 12:00pm

CLOSED Sept. 5<sup>th</sup> and 30<sup>th</sup>, Oct. 10<sup>th</sup> and 24<sup>th</sup>, Nov. 11<sup>th</sup> and 25<sup>th</sup>

## Toddler Family Play to Learn - Drop-in

### 1 - 3 years

This EarlyON parent toddler interactive program offers an engaging environment to explore and create with your toddler and to connect with other families. Professional staff are available to support your learning as well as share.

#### Lakefield Site

- ◆ Fridays 9:30am - 12:00pm
- CLOSED September 30<sup>th</sup>, November 11<sup>th</sup> and 25<sup>th</sup>





## FALL OUTDOOR FUN



### Me & My Dad - Drop-in

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0 - 6 years

This parent child interactive program offers an engaging environment to explore and create with your children and to connect with other families. Professional staff are available to support your learning as well as to share resources and their expertise when needed.

#### Antrim Site

- ◆ Saturdays 9:30am - 12:00pm  
2<sup>nd</sup> and 4<sup>th</sup>/month)
- CLOSED October 8<sup>th</sup> and December 24<sup>th</sup>

### Toy and Book Lending Library - Drop-in

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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
- ◆ Wednesdays 9:30am - 12:00pm
- ◆ Thursdays 1:00pm - 5:30pm
- ◆ Saturdays 9:30am - 12:00pm  
(1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup>/month)

### Lakefield Community Garden - Drop-in

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Non-age specific / Self directed / Family led / No staff onsite

Self-directed / Family led / No staff on site

Visit our community garden plot and take part in its maintenance and care, while exploring the natural surroundings.

#### Lakefield Community Garden

- ◆ NOT CURRENTLY AVAILABLE

### Loose Parts in the Park/Playscape - Drop-in

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0 - 6 years

Have you noticed that when you give a child a gift, they are more interested in exploring the box and wrapping than in what is inside? That is what loose parts are all about! Loose parts could be a plastic tube, a cardboard box, sticks or stones. What happens when your child finds these materials outside? Children are naturally curious and when we invite them to explore loose parts in an outdoor space there is freedom to move and explore.

#### John Taylor Park

- ◆ Wednesdays 10:00am - 11:30am  
(2<sup>nd</sup> and 4<sup>th</sup>/month)
- CLOSED December 7<sup>th</sup>

#### Playscape, Antrim Site

- ◆ Mondays 10:00am - 11:30am
- CLOSED September 5<sup>th</sup>, October 10<sup>th</sup> and 24<sup>th</sup>



**FALL  
PARENTING/CHILD  
WORKSHOPS**  
*For multi sessions  
workshops, sign-up only  
for the first session date  
(you will be automatically  
signed up for all sessions)*



## Roots of Discovery - Drop-in

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**0 - 6 years**

Roots of Discovery is a child-led outdoor exploration program offering opportunities for young children to investigate and find joy in the natural outdoor world and parents to support and share in their wonder.

Professional staff are available to support your learning as well as to share resources and their expertise when needed. Join us for the adventure!

**Isabel Morris Park, Lakefield**

◆ NOT CURRENTLY AVAILABLE

**Jackson Park, Peterborough**

◆ Fridays 10:00am - 12:00pm  
CLOSED September 30<sup>th</sup>, November 11<sup>th</sup> and 25<sup>th</sup>

## South End Sing Along - Drop-in

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**0 - 6 years**

Join us at Newhall Neighbourhood Park to gather outside for some circle time singing, story time, and fun! Dress for the weather, as we will be there through snow, rain, and sunshine!

**Newhall Neighbourhood Park, Peterborough**

◆ Wednesdays 10:00am - 11:00am  
(1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup>/month)  
CLOSED December 7<sup>th</sup>

## Curious Connections

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**1 - 3 years - [Preregister](#)**

Come and together explore what loose parts are and how they inspire children's curiosity, imagination, and wonder to motivate learning.

**Antrim Site**

◆ Thursdays 10:00am - 11:00am  
September 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> and October 6<sup>th</sup>



## Song & Signs

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### 5 -15 months - [Preregister](#)

This EarlyON program is an interactive course for parents and children. Parents will learn a variety of baby signs through a weekly signs and songs circle. Information on the benefits of signing and tips for success will be discussed.

#### Antrim Site

- ◆ Mondays, 2:00pm - 3:00pm  
December 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>

#### Otonabee Valley Site

- ◆ Mondays, 1:30pm - 2:30pm  
September 19<sup>th</sup>, 26<sup>th</sup> and October 3<sup>rd</sup>

#### Norwood Site

- ◆ Fridays, 9:30am - 10:30am  
October 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>

## Triple P: It's Potty Time

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### Non-age specific - [Preregister](#)

Join us to learn and talk about signs of readiness, and how you can make toilet learning a positive experience for both you and your child.

- ◆ NOT CURRENTLY AVAILABLE

## Triple P: Toddlers and Tantrums

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### 1 - 3 years - [Preregister](#)

Have you ever seen your toddler: crying, screaming, stamping their feet, or rolling on the floor? This can be embarrassing for parents, especially if it happens in public. In this session parents will have the opportunity to discuss: why children have tantrums, how to prevent them and how to manage a tantrum.

#### Antrim Site

- ◆ Monday, October 17<sup>th</sup> 7:30pm - 9:00pm



# Specialized Programs

CAPC

Community Action Program for Children

## Families Connect

This program is designed for families with children 13 months to 4 years who are experiencing challenging life circumstances. It focuses on play, child development and parent-child relationships.

This is a weekly program staffed by a multidisciplinary team. Referral and registration is required as the program serves a specific population and has limited spaces. We accept both agency and self-referrals.

[Referral Form](#)

### Antrim Site

◆ Mondays 10:00am - 12:00pm  
CLOSED September 5<sup>th</sup>, October 10<sup>th</sup> and 24<sup>th</sup>

