

3 to 4 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 2nd).

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

- ▶ 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 24th to January 1st (inc)



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
(1st, 3rd and 5th/month)

CLOSED December 7th,

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. 5th, Oct. 10th and 24th and Dec. 7th

Otonabee Valley Site

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

CLOSED Sept. 5th and 30th, Oct. 10th and 24th, Nov. 11th and 25th

Me & My Dad - Drop-in

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.

Antrim Site

- ◆ Saturdays 9:30am - 12:00pm
2nd and 4th/month)

CLOSED October 8th and December 24th

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

FALL OUTDOOR FUN



Lakefield Community Garden - Drop-in

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

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

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 Tayor Park

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

Playscape, Antrim Site

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

Roots of Discovery - Drop-in

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.

Isabel Morris Park, Lakefield

- ◆ NOT CURRENTLY AVAILABLE

Jackson Park, Peterborough

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

South End Sing Along - Drop-in

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
(1st, 3rd and 5th/month)
CLOSED December 7th

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)



Helping Your Children Develop Social-Emotional Skills

2 - 6 years / One Session Workshop - [Preregister](#)

Parents are invited to join us virtually for this one evening Triple P session on the importance of social emotional learning.

- ▶ Let's Talk about what Social and Emotional learning is.
- ▶ Let's discover why it is important to your family.
- ▶ Let's share tips to help children develop skills that help them build relationships, solve problems, and regulate their emotions.

Virtual

- ◆ Wednesday, November 9th 7:30pm - 9:00pm

Kids in the Kitchen

2 - 4 years - [Preregister](#)

Why not shake things up for lunchtime this week?

Kids in the Kitchen will offer an opportunity to make and try out healthy kid-approved lunch recipe. Follow along with your child as together you create something yummy to eat.

Lakefield Site

- ◆ Monday, November 28th 10:30am -11:30am

Sensory Artists

2 - 4 years - [Preregister](#)

In *Sensory Artist* we focus on the process of creating rather than the finished product. Children are encouraged to explore several different art mediums through each of their five senses. Come ready for messy Play and let your child's creativity flourish!

Lakefield Site

- ◆ Tuesdays, 1:30pm - 2:30pm
December 6th, 13th and 20th

Toddler and Preschool Fun

2 - 4 years - [Preregister](#)

Toddler and Preschool Fun is an interactive EarlyON program for parents and children aged 2-4 years. A three- weeks session exploring a variety of experiences that will support social-emotional, language, and physical development.

- ◆ NOT CURRENTLY AVAILABLE

Triple P: It's Potty Time

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: One-On-One

Non-age specific / Telephone Consultation - [Preregister](#)

This is a one-to-one session via telephone and/or Zoom with a staff member where you can work through some of your parenting challenges.

Telephone

- ◆ Monday – Thursdays 9:00am - 4:30pm

Triple P: Preparing Your Toddler for a New Baby

Expecting/6months and 2 - 4 years - [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. For families who have toddlers and are expecting or currently have a new baby 6 months and under.

- ◆ NOT CURRENTLY AVAILABLE

Triple P: Seminar Series - Virtual

2 - 10 years old / Three Sessions Workshop - [Preregister](#)

Session 1. The Power of Positive Parenting

Ideas on how to help children learn important life skills including being respectful, communicating well, thinking positively, having healthy self-esteem and being a good problem solver. Triple P promotes good communication and strong relationships between parents and children.

Session 2. Raising Confident, Competent Children

Positive parenting is an effective approach to raising children that involves creating a family environment that is loving, supportive and predictable. Triple P promotes good communication and strong relationships between parents and children.

Session 3. Raising Resilient Children

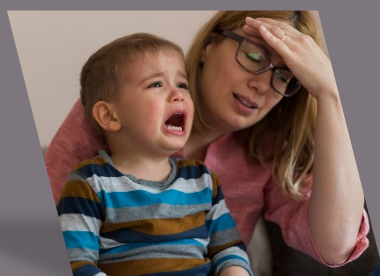
All children experience periods of stress in their lives, this session gives parents ideas on how to help children have the emotional skills to manage stressful life events. Triple P promotes good communication and strong relationships between parents and children.

Antrim Site

- ◆ Session 1 Wednesday, October 5th 1:30pm - 3:00pm
- ◆ Session 2 Wednesday, October 12th 1:30pm - 3:00pm
- ◆ Session 3 Wednesday, October 19th 1:30pm - 3:00pm

Virtual - Zoom

- ◆ Session 1 Wednesday, November 23rd 7:30pm - 9:00pm
- ◆ Session 2 Wednesday, November 30th 7:30pm - 9:00pm
- ◆ Session 3 Wednesday, December 7th 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 5th, October 10th and 24th