

# Prenatal Services / Workshops

**KEY  
ON**

PCFC is now 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.

## The KeyOn system features:

easier preregistration process with less fields to fill,

- ✓ register for workshops right up to ½ hour of start of the workshop (some exceptions may occur),
- ✓ 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...

- ▶ 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.



**KEY  
ON**

**PLEASE, OPEN YOUR  
KEYON ACCOUNT PRIOR TO  
ATTENDING PROGRAMS**

## 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 with your child(ren).



## SERVICES / WORKSHOPS

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

Drop-in 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

### 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

- ◆ Thursday September 15<sup>th</sup> 6:30pm - 8:30pm
- ◆ Thursday November 17<sup>th</sup> 6:30pm - 8:30pm

### 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  
(1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup>/month)
- CLOSED December 7<sup>th</sup>

### 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](#)

### Antrim Site

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



## 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 required.** Call 705-742-4632 for more information.

[Referral Form](#)

### School for Young Moms 201 McDonald Street, Peterborough

◆ Monday to Friday 9:00am - 2:00pm  
Starting September 6<sup>th</sup>  
CLOSED October 10<sup>th</sup> and 24<sup>th</sup>, November 25<sup>th</sup> and December 7<sup>th</sup>