

Prenatal Services / Workshops

KEY
ON

PLEASE, OPEN YOUR
KEYON ACCOUNT PRIOR TO
ATTENDING PROGRAMS

Creating your account:

www.KeyON.ca

- ▶ Click on “*Become a Member*” to begin creating your account. Make sure to fill in all fields,
- ▶ 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).

- ▶ 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.



TO PREREGISTER FOR WORKSHOPS:

Go to [KeyON Calendar](#)

- ▶ From the “EarlyON Centre” menu (top right of page), choose the PCFC site the program will be running at,
- ▶ Click on “Calendar” on the top of the page menu,
- ▶ Use the arrows on the top right to move to the month the program will be running on,
- ▶ Find the day of the program and click on the program name,
- ▶ Fill in the requested information.



SERVICES / WORKSHOPS

All programs/services are closed from
December 24th to January 1st



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 - Preregistration required

Prenatal, Single Session Workshops

To preregister go to [KeyON Calendar](#)

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, Apr 20 6:30pm - 8:30pm
- ◆ Thursday, Jun 15 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
(1st, 3rd and 5th/month)
- CLOSED May 20 and Jun 7

Triple P: Preparing Your Toddler for a New Baby

Preregistration required

Expecting and a 2 to 4-year-old / Single Session workshop

To preregister go to [KeyON Calendar](#)

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
CLOSED Apr 7

10:00am - 12:00pm



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

