



Lanark

Parent Support Calendar

Winter/Spring 2012

Welcome...

...to the Lanark Parent Support Calendar Winter/Spring 2012.

This is a listing of Parent Education workshops for families and children that are happening in your community this Winter/Spring 2012. These workshops will help support you in your crucial role as a parent/caregiver to ensure your child (ren) takes advantage of the best possible start in his or her life.

These services are being offered **free of charge**, unless otherwise mentioned. Each listing has information about respective times and locations. For more information or to register for a workshop, please call: 613-283-0095 or 1-800-267-9252.

Trying to find services in your area?

Where do you find out information about programs and services for your children? Who do you talk to? How do you locate services in your community?

The Early Years Centre has developed a comprehensive listing of community services to help families locate resources and find help and support. This information includes names of agency contact persons, descriptions of programs and services, addresses, phone numbers, and fax numbers.

Contact us: Ontario Early Years Centre, Lanark

(613) 283-0095 or 1-800-267-9252 or

www.crowoeyc.com



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Almonte and Area

Workshop	Date	Location	Time	Description of Workshop
Story and Craft	Sat. Feb. 11	Almonte Public Library	10:30-11:30 am	An adult / child (0-6) workshop- Join us for stories, songs , fingerplays and a craft.
How To Talk So Kids Will Listen	Wed. Feb. 15, 22 & 29	Almonte Public Library	6:30-8:30 pm	A 3 Session Workshop focusing on helping parents learn to listen, communicate and engage cooperation.
Baby Picasso	Tues. May 1, 8 & 15	Naismith School	1:00-2:30 pm	This workshop is designed to do early stimulation and sensory activities to encourage your baby's brain development. We will get messy and explore a variety of creative experiences.
March Break Break	TBA	Almonte Public Library	TBA	
Gym Jam	TBA	Pakenham School	6:00-7:00 pm	For Pre-Schoolers and their supervising adults. Ride, climb, run and jump in the gym with us!
Positive Parenting	May 30	Pakenham Linda Lowe Daycare Centre	6:30-8:00 pm	Come and learn new ways to interact with your child

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Carleton Place and Area

Workshop	Date	Location	Time	Description of Workshop
Mini Monet	Mon. Mar., 19, 26 and Apr. 2	Beckwith (Township Hall)	1:30 - 2:30 pm	A three week program for parents and their older infant (12-18 mths.). We will get messy as we explore a variety of creative art experiences.
Siblings Without Rivalry	Tues. Mar. 20, 27 & Apr. 3	Carleton Place Childcare Services	6:30-8:30	A 3 Session Workshop focusing on helping parents communicate and engage cooperation among multiple children.
Mother Goose on the Loose	Wed. Apr. 4, 11, 18, 25 & May 2	Carleton Place Arkian School Baby Talk No registration, Drop-ins welcome	1:45-2:45	Enjoy and share music with your 0-12 month old. Soothe, tickle, rock and dance with music and rhymes.
Family Science	Mon. Apr. 16, 23 & 30	St. Gregory's Elementary School	6:00-7:00 pm	An adult/child workshop. Explore science with your 3-6 year old by baking, building volcanoes, making dinosaur teeth and launching rockets.
Fun With Numbers	Wed. May 16	TBA	6:30-8:30 pm	Early learning activities for you and your child. An Adult workshop for parents of 2-6 yr. olds.

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Workshop	Date	Location	Time	Description of Workshop
Gym Jam	Thurs. Jan. 26	Maple Grove School	6:00-7:00 pm	For Pre-Schoolers and their supervising adults. Ride, climb, run and jump in the gym with us!
Book and Blanket	Fri. Feb. 10	Lanark Library	6:00—7:00 pm	An adult /child (0-6) workshop- Join us in your pj's for stories, songs , fingerplays and a craft.
Infant Massage	Wed. Feb. 22	Maple Grove School	11:00-12:00	0-12 mths. An interactive workshop for parents and infants to introduce them to the techniques and benefits of massage
Book and Blanket	Tues. Apr. 3	Maple Grove School	6:00—7:00 pm	An adult /child (0-6) workshop- Join us in your pj's for stories, songs , fingerplays and a craft.

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Perth and Area

Workshop	Date	Location	Time	Description of Workshop
Book & Blanket	Tues. Jan. 31	Drummond Central School	6:00-7:30 pm	An adult /child (0-6) workshop- Join us in your pj's for stories, songs , fingerplays and a craft.
Book & Blanket	Thurs. Feb. 9	Glen Tay School	6:00-7:30 pm	An adult /child (0-6) workshop- Join us in your pj's for stories, songs , fingerplays and a craft.
Good Discipline Good Kids	Tues. May 22 & 29	Stewart School	6:30-8:30 pm	A 2 session workshop to help parents learn to listen, com- municate and understand their child's concerns and to encour- age cooperation.
Kids have Stress Too	Wed. Mar. 7	Glen Tay School	6:30-8:30 pm	What are the signs of stress in children? Come out and learn some strategies to help your children relax and cope with stress.
Fun With Numbers	Wed. Apr. 18	Queen Elizabeth School	6:30-8:30 pm	Early learning activities for you and your child. An Adult work- shop for parents of 2-6 yr. olds.

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Smiths Falls and Area

Workshop	Date	Location	Time	Description of Workshop
Baby Picasso No registration, Drop-ins welcome	Mon. Jan.9, 16 & 23	Ontario Early Years Centre 91 Cornelia St. W.	1:00—2:00 pm At Baby Talk	This workshop is designed to do early stimulation and sensory activities to encourage your baby's brain development. We will get messy and explore a variety of creative experiences
Book & Blanket	Thurs. Feb. 23	Duncan J Schouler School	6:00-7:00 pm	An adult /child (0-6) workshop- Join us in your pj's for stories, songs , fingerplays and a craft.
Gym Jam	Tues. Feb. 28	Rosedale Hall Montague	6:30-7:30	For Pre-Schoolers and their supervising adults. Ride, climb, run and jump in the gym with us!
Mother Goose on the Loose No registration, Drop-ins welcome	TBA Mon.	TBA	1:00-2:00 At Baby Talk	Enjoy and share music with your 0-12 month old. Soothe, tickle, rock and dance with music and rhymes.
How To Talk So Kids Will Listen	TBA	Ontario Early Years Centre 91 Cornelia St. W.	TBA	A 3 Session Workshop focusing on helping parents learn to listen, communicate and engage cooperation.

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For more inform



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Infant Massage	Tues Apr .3	Ontario Early Years Centre 91 Cornelia St. W.	10:00-11:00am	0-12 mths. An interactive workshop for parents and infants to introduce them to the techniques and benefits of massage
Ready For Reading	Wed. Apr. 25	TBA	6:30-8:30 pm	Early learning activities for reading and writing. An adult workshop for parents of 2-5 yr. olds.
Book & Blanket	Thurs. May 31	Duncan J Schouler School	6:00-7:00 pm	An adult /child (0-6) workshop Join us in your pj's for stories, songs , fingerplays and a craft.

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**County wide Support with the
 North Lanark Community Health Centre**

Workshop	Date	Location	Time	Description of Workshop
Healthy Young Families Program	On-going	Clinics located in Lanark, Carleton Place and Smiths Falls		Prenatal, well baby, child & adult care, Individual, family, couple counselling nutrition counseling, speech & language services (0-5 yrs.), community presentations & workshops
Feeding your picky eaters	Spring 2012	North Lanark Community Health Centre 207 Robertson Dr. Lanark		Come cook and learn about fast, affordable and nutritious meals that your picky child will eat. Talk to other parents and caregivers, share your successes and ideas while you cook together.
Families get together	Spring 2012	North Lanark Community Health Centre 207 Robertson Dr. Lanark		Come with your child(ren) and enjoy a fun-filled and active program, including cooking and eating together

**For more information, or to register,
 Please call 613-259-2182 or
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**County wide Support with the
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Workshop	Date	Location	Time	Description of Workshop
Single Parenting Saturday Support Group	Jan. 7, Feb.11, Mar. 10, Apr. 14, May 12, June 9	Lanark Health & Community Services 30 Bennett St. Carleton Place	1:00-4:00 pm	Mutual Support, Topics of interest, Resources, Friendship, Healthy snacks Playgroup & snacks for the children
Mindfulness Based Stress Reduction	Info session Tues. Feb. 21 Plus 9 Tues. Mar. 20– May 15	Lanark Health & Community Services 30 Bennett St. Carleton Place	Info-12:30-2:00 Reg. 12:30-3:00 May 1- 9am-3pm	For parents of children 0-6 yrs. Practical instruction about stress/reduction, training in meditation, yoga, breathing, relaxation.
Parenting as a Team	Wed. Feb. 15, 22 & 29	Lanark Health & Community Services 30 Bennett St. Carleton Place	6:30pm-8:30pm	For couples who are parents of children 0-6 yrs. Help to support each other and work as a team. Information and discussion group

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