

# PROGRAM GUIDE

## Oakville Parent-Child Centre, an Ontario Early Years Centre



*Winter*  
**2009/10**

# Winter Program Guide 2009 - 2010

## Monday December 7th - Friday March 12th, 2010

All program or registration inquiries should be directed to our administrative office located at:  
461 North Service Road West 905-849-6366  
Monday to Friday 8:30 a.m. - 5:00 p.m. Saturday 9:00 a.m. - noon

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### Legend

- F — free program
- \$ — fee for program
- D — Drop-in program - registration not required
- ☺ — childcare available for younger siblings for parent & tot programs or children 0 - 5 years for parenting programs
- ★ — registration required

## How To Register At The Centre

- You can pick up a registration package from any of our locations, or you can download the registration forms from our website. [www.op-cc.ca](http://www.op-cc.ca)
- Complete both the registration form(s) and personal information form
- Enclose your payment if applicable. (Payment can be cash, cheque or credit card)
- Mail or drop off your completed forms at the North Service Road - Main location
- Make cheques payable to Oakville Parent-Child Centre
- If you are registering for **FREE programs only** and **you do not require nursery care for a Parent & Tot program**, you can register online.
- Please note registration deadline is Tuesday November 3rd.

 Packages for our spring programs will be available for pick up January 19th, 2010.

### PARENT EDUCATION AND INFORMATION SERVICE

Need someone to listen? Unsure of what to do?

Our Parent Education and Information Service offers a helping hand in a number of ways.

If you have parenting questions or need some immediate assistance call our "PARENT HELP LINE" at 905-849-6366 and staff will provide support and suggestions.

Monday to Friday 9:00 a.m. to 4:30 p.m.

We also offer individual appointments for parents of children newborn to 12 years of age. Parenting concerns, which may include positive discipline, communication, separation anxiety and setting limits can be discussed.

## Fees

The Oakville Parent-Child Centre is the Ontario Early Years Centre for the Oakville community. Fees are not charged for some programs. See symbol by each program title for more information. Programs with 'F' are free, '\$' requires a fee. Payment for these programs is required when registrations are submitted and can be made by cheque, cash, Visa or MasterCard. Cheques are made payable to Oakville Parent-Child Centre.

## Financial Assistance

We would like ALL families to have the opportunity to participate in all of our programs. If you would like to discuss the payment options available to you or if you require a fee subsidy, please call the North Service Road office and speak to a Program Manager.

## Refunds

A \$25.00 administration fee is charged for all refund and change requests. Refunds & changes are only available if requested up to and including November 27, 2009. No refunds or changes are possible after November 27, 2009. This excludes nursery school programs.

## Returned Cheques

Any cheques that are returned by your bank (NSF etc.) are subject to a \$20.00 administration fee.

## Donations

We greatly appreciate your contribution. Your donation will ensure that we can continue to offer quality programs for you and your children. The Oakville Parent-Child Centre is a registered charitable organization and tax receipts are issued for cash donations over \$10.00.

If you have language difficulties and you need help, please call the Halton Multicultural Council at 905-842-2436 x221

## Volunteering At The Centre

We need your help!

Do you have a few hours to spare on a weekly, biweekly or monthly basis?

Can you help out only during specific times of the year?

We need your help – in the office, in our Daisy's Duds store or for special events – let us know when you are available! Volunteering at the Oakville Parent-Child Centre will provide you with the opportunity to learn new skills, meet new people and share your talents. If you can spare a few hours to become involved, please call the North Service Road – Main location or check out our website and download a volunteer form.

## Cozy Reading Program

A program to promote the love of books! Volunteers are needed to read one hour a week in Halton Schools in the Junior and Senior Kindergarten classes. Contact Wendy Butt, Cozy Reading Coordinator, at 905 825-4011 for more information.



## Resource Library

Our libraries include parent education books, parenting education videos, children's books, children's videos, children's book/tapes, Dual Language Backpacks, Family Resource Bags and other resource materials. These resource libraries are available at all of our locations and are free of charge!

## Toy Library Membership

(North Service Road - Main location only)

Our toy library membership is \$40.00 for a twelve month period and is an exceptional value. Your membership offers your children a super variety of toys selected to meet the needs of infants, toddlers and preschoolers, to age 5. With your toy library membership you may borrow one toy per child for a two-week period.

**Toy Library Hours:**  
**Monday to Friday, 9:00 a.m. - 4:30 p.m.**  
**Saturday 9:00 a.m. to noon**



## Parent & Tot Programs

Our parent and tot programs offer you special time with your little one. Program selection is determined by your child's age. Nursery care is available at our North Service Road-Main and North Service Road-Satellite site, Monday to Friday, for younger siblings under 2 years of age since they will not be able to participate in the program. Registration is required for all children attending programs including those in the nursery.

## Inclusion Policy

Our Centre takes pride in offering our programs to all children, regardless of the level of their need. All children are welcomed into our programs and our staff promotes inclusive social play and full participation in all routines and activities in the classroom. This philosophy fosters an environment of mutual respect and understanding which supports the whole family during their preschool journey. Working collaboratively with professionals from Children's Resource Services, Halton Region and our community partners, our staff strives to ensure a positive outcome for all families and children. If you would like to participate with your child with special needs, in any of our programs and have any questions, please ask!

## Programs For Parents & Caregivers

Our programs offer information, advice and a chance to meet others, as well as, a break from the kids! Program material covers specific age groups of children. Registration is required. Most programs, offered during the day include childcare in our preschool and nursery rooms. Your children 2 to 5 years of age will be supervised by qualified staff while participating in a program that offers free play, crafts and circle activities. A fully equipped nursery offers tender, loving care for infants and toddlers under two years of age.

The Oakville Parent-Child Centre offers fun and informative parenting workshops and presentations to parent groups, childcare centres, schools, ECE professionals and other groups. Call the North Service Road – Main location for more information or to book your workshop. Please check [www.ourkidsnetwork.ca](http://www.ourkidsnetwork.ca) for upcoming school age parenting workshops that are being offered through our Centre and/or in the Oakville area.

## Comments Or Concerns

We value your input. If you have comments or concerns, please contact Kim, Kathy or Sue, Program Managers, at our North Service Road - Main location.

The Oakville Parent-Child Centre is a registered charitable organization and a funded agency of the United Way of Oakville.  
Registered Charitable #107-790-693



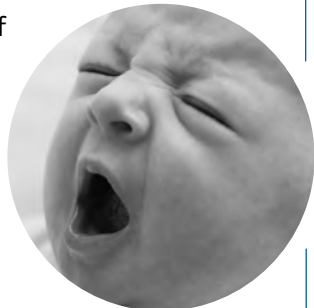
# Parent & Tot

## Infant Programs

(newborn to 12 months)

### Calling New Parents - ongoing **D F**

An excellent opportunity to get out of the house for a few hours and meet new friends. The group is offered by the Halton Regional Health Department and led by a Public Health Nurse. It covers such topics as parenting, sleeping and crying, feeding your baby and infant health. A weekly group for new parents and their babies. Join anytime.



For more information, please call Halton Regional Health Department 905-825-6000.

Location: Florence  
Time: Mondays, 1:30 - 3:30 pm.  
Age Group: Newborn to 6 months  
Start Date: September to June

### Babes & Toddlers - 6 Weeks **F ★**

(8 to 14 months)

What an incredible change - becoming a mom. With your little one in tow, we'll discuss how children learn through play, stages of development, introducing foods and much more. Offered in partnership with the Halton Regional Health Department.

Location: North Service Road - Main  
Start Date: December 8th  
Time: Tuesdays, 9:15 - 10:15 a.m.  
Age Group: 8 to 14 months

### Tickles & Tales - 6 Weeks **F ★**

Don't miss this fun filled hour of baby games, music, rhymes and stories offered in partnership with the Oakville Public Library. Please join us in the afternoon for lots of fun with your little one.

Location: North Service Road - Main  
Start Dates: December 8th and February 2nd  
Time: Tuesdays, 1:00 - 2:00 p.m.  
Location: Florence  
Start Dates: December 10th and February 4th  
Time: Thursdays, 1:00 - 2:00 p.m.  
Age Group: Newborn to 6 months

### My Baby & Me - ongoing **D F**

A "drop-in" program for parents with babies. Enjoy some adult conversation, meet other parents, make friends and enjoy an afternoon out. A fun time for your baby with toys and songs.

Location: North Service Road - Main  
Time: Tuesdays, 2:00 - 3:30 p.m.

Location: Florence  
Time: Thursdays, 2:00 - 3:30 p.m.

Age Group: Newborn to 12 months  
Start Date: September to June

### Mother Goose - 6 Weeks **F ★**

Come and experience the spark of delight and magic that comes from enjoying a favourite rhyme or song together with your little one.

Location: Longos (Burloak)  
Start Dates: December 11th and February 5th  
Time: Fridays, 9:30 - 10:30 a.m.

Age Group: Newborn to 9 months

### Mother Goose - 6 Weeks **F ★**

Come and experience the joy and delight that comes from enjoying a favourite rhyme or song together with your little one and a group of Seniors.

Location: Wyndham Manor  
Start Dates: December 7th and February 1st  
Time: Mondays, 1:45 - 2:45 p.m.

Age Group: Newborn to 12 months

Location: West Oak Village  
Start Dates: December 10th and February 4th  
Time: Thursdays, 2:00 - 3:00 p.m.

Age Group: Newborn to 12 months

### Tales & Tunes - 6 Weeks **F ★**

Come and join the fun with your baby! Songs, stories and games and lots of enjoyment make for a fun afternoon out.

Location: Goodlife Fitness  
Start Dates: December 8th and February 2nd  
Time: Tuesdays, 1:30 - 2:30 p.m.

Location: St. James School  
Start Dates: December 10th and February 4th  
Time: Thursdays, 1:15 - 2:15 p.m.

Location: North Service Road - Satellite  
Start Dates: December 11th and February 5th  
Time: Fridays, 12:30 - 1:30 p.m.

Age Group: 6 to 12 months

## Infant Massage

- 4 Weeks \$ ★ (newborn to 9 months)

Join a certified IAIM instructor to learn the art of infant massage and to study techniques to help foster close bonds, improve baby's sleep and relieve gas and other symptoms of infant stress.

Location: North Service Road - Main  
Start Date: January 7th  
Time: Thursdays, 1:00 - 2:00 p.m.  
Cost: \$40.00

## Toddler Programs

(12 - 30 months)

### Toddler Fun - ongoing D F

A special drop-in for parents, caregivers and toddlers. Bring your little one to this program, and enjoy toddler toys and songs for a fun morning out. Younger siblings welcome.

Location: St. John's School  
Time: Mondays, 10:00 - 11:30 a.m.  
Age Group: 12 to 24 months  
Start Date: September to June

### Toddling Tots - 6 Weeks F ★

Bring along your favourite adult and join us for a fun filled morning of toddling, free play, songs and a craft.

Location: North Service Road - Main ☺  
Start Dates: December 7th and February 1st  
Time: Mondays, 9:30 - 10:30 a.m.  
Cost: Nursery care available for siblings \$15.00/session

Age Group: 12 to 24 months

### Tots in Action - 6 Weeks F ★

Come and join us for an exciting morning with your toddler! In this program we will enjoy songs, finger plays and stories with balls, bubbles and books!

Location: North Service Road - Main ☺  
Start Dates: December 7th and February 1st  
Time: Mondays, 11:00 - noon  
Cost: Nursery care available for siblings \$15.00/session

Location: St. John's School  
Start Dates: December 9th and February 3rd  
Time: Wednesdays, 9:30 - 10:30 a.m.

Age Group: 12 to 24 months

## Enjoying Your Toddler

- 6 Weeks F ★

This is a great way to introduce your child to a playroom, with crafts and songs, while having lots of fun with other parents and children.

Location: North Service Road - Satellite ☺  
Start Dates: December 8th and February 2nd  
Time: Tuesdays, 9:00 - 10:15 a.m.  
Cost: Nursery care available for siblings \$15.00/session

Location: Florence  
Start Dates: December 11th and February 5th  
Time: Fridays, 9:00 - 10:15 a.m.

Age Group: 18 to 30 months

### Boogie Woogie - 6 Weeks F ★

If your child likes to dance and move, then join us for an action packed morning of music, movement, songs and lots of fun for parents and children.

Location: North Service Road - Satellite ☺  
Start Dates: December 9th and February 3rd  
Time: Wednesdays, 9:15 - 10:15 a.m.  
Cost: Nursery care available for siblings \$15.00/session

Location: St. John's School  
Start Dates: December 9th and February 3rd  
Time: Wednesdays, 10:45 - 11:45 a.m.

Location: North Service Road - Main ☺  
Start Dates: December 10th and February 4th  
Time: Thursdays, 9:30 - 10:30 a.m.  
Cost: Nursery care available for siblings \$15.00/session

Age Group: 18 to 24 months

## Preschool Programs

(2 - 6 years)

### Time Together - 6 Weeks F ★

Join us for a morning of crafts, playtime and songs while having lots of fun with parents and children.

Location: North Service Road - Satellite ☺  
Start Dates: December 8th and February 2nd  
Time: Tuesdays, 10:45 a.m. - noon  
Cost: Nursery care available for siblings \$15.00/session

Location: Florence  
Start Dates: December 11th and February 5th  
Time: Fridays, 10:45 am - noon

Age Group: 2 1/2 to 5 years

## Esso Family Math - 6 Weeks \$ ★ ☺

A program for you and your child to share in an enjoyable, math-related environment. Parents learn strategies they can use to assist their children with early math concepts. Children have the opportunity to explore math in a relaxed and fun atmosphere, through games and activities!

Location: North Service Road - Satellite  
Start Date: February 2nd  
Time: Tuesdays, 1:15 - 2:45 p.m.  
Age Group: 3 1/2 to 6 years  
Cost: \$60.00 for one child  
\$40.00 for each additional child  
\$25.00 for nursery care,  
newborn to 24 months

## Twist & Shout - 6 Weeks F ★ ☺

Through music, games and songs you and your child can have fun moving, exercising and playing musical instruments together.

Location: North Service Road - Satellite  
Start Dates: December 9th and February 3rd  
Time: Wednesdays, 10:45 - 11:45 a.m.  
Location: North Service Road - Main  
Start Dates: December 10th and February 4th  
Time: Thursdays, 11:00 - noon  
Cost: Nursery care available for siblings  
\$15.00/session  
Age Group: 24 to 36 months

## Moment de Plaisir Ensemble

- 6 Weeks F ★ ☺

Vient t'amuser avec nous, bricoler, chanter et danser en Français. Programme pour parents - enfants, 2 - 5 ans

A moment of fun together, in French. Come and play with us and do crafts, singing and dancing. Program for parents and children.

Location: North Service Rd - Satellite  
Start Dates: December 9th and February 3rd  
Time: Wednesdays, 1:30 - 2:45 pm  
Cost: Nursery care available for siblings  
\$15.00/session  
Age Group: 2 - 5 years

## Shake Rattle & Roll - 6 Weeks F ★ ☺

This is a great opportunity for preschool siblings to have fun in a program together! Through music, games and songs you and your child/children can have fun with creative movement, dancing and playing musical instruments.

Location: North Service Road - Main  
Start Dates: December 9th and February 3rd  
Time: Wednesdays, 1:15 - 2:15 p.m.  
Location: North Service Road - Satellite  
Start Dates: December 10th and February 4th  
Time: Thursdays, 9:15 - 10:15 a.m.  
or 10:45 - 11:45 a.m.  
Cost: Nursery care available for siblings  
\$15.00/session  
Age Group: 2 1/2 to 5 years

## Family Programs

(newborn - 5 years)

### Cabin Fever - ongoing D F

Cabin Fever is a drop-in for parents, caregivers and children that offers a fun time out. Our playroom offers playdough, great toys, books and puzzles.

Location: Florence  
Time: Mondays, 9:00 - 11:00 a.m.  
Location: Kingsway  
Time: Mondays, 1:00 - 3:00 p.m.  
Location: Sixth Line  
Time: Tuesdays and Thursdays 9:00 - 11:30 a.m.  
Location: St. John's School  
Time: Tuesdays, 9:30 - 11:30 a.m.  
Location: Florence  
Time: Tuesdays, 12:30 - 2:30 p.m.  
Location: Kingsway  
Time: Fridays, 9:00 - 11:00 a.m.  
Location: North Service Road - Satellite  
Time: Fridays, 9:00 - 11:00 a.m.  
Age Group: Newborn to 5 years  
Start Date: September to June

### EVENING DROP-IN

Location: Sixth Line  
Time: Wednesdays, 4:45 - 6:45 p.m.  
Age Group: Newborn to 5 years  
Start Date: September to June

## Programa en Español (sin inscripción previa) - ongoing D F

Un programa sin inscripción previa para padres, acompañantes y niños que ofrece actividades, cuentos y canciones en español. Hermanos(as) menores son bienvenidos(as).

A drop in for parents, caregivers and children that offers activities, stories and songs in Spanish.

Location: North Service Road - Main  
Time: Mondays, 1:00 - 3:00 p.m.

Age Group: Newborn to 5 years  
Start Date: September to June

## Come Play With Me - ongoing D F

Are you concerned that your child may need extra support? Do you have a child with special needs? Are you waiting for service or an assessment for your child? Join us for Come Play with Me, a playgroup that offers you and your child special time together with an opportunity to practice social skills and play. Siblings (newborn to 5 years) are welcome.

Location: North Service Road - Main  
Time: Tuesdays, 10:30 - noon

Age Group: Newborn to 5 years  
Start Date: September to June

## Bonjour Mardi - ongoing D F

Venez vous joindrent á nous pour une petite histoire, et des chansons, comptines rondes en Français.

A drop in for parents, caregivers and children that offers stories, songs and rhymes in French.

Location: Sixth Line  
Time: Tuesdays, 1:00 - 3:00 p.m.

Age Group: Newborn to 5 years  
Start Date: September to June

## Caregivers Corner - ongoing D F

A drop-in program designed for child care providers and the children they care for, newborn to 5 years. Come and join in the fun with songs and play time.

Location: Woodside Library  
Time: Fridays, 9:30 - 11:30 a.m.

Age Group: Newborn to 5 years  
Start Date: September to June

## Saturday Fun - ongoing D F

Join us on Saturday mornings and enjoy a special time with your child in a creative play environment.

Location: Sixth Line  
Time: Saturdays, 9:30 - 11:30 a.m.

Age Group: Newborn to 5 years  
Start Date: September to June

## Calling All Dads - ongoing D F

This "exclusively dads" drop in gives dads an opportunity to connect with their kids, while giving mom a much needed break! We provide lots of stimulating activities for children in a safe, fun environment. Plan to join us, hang out with other dads, and have a great time with the kids.

Location: North Service Road - Main  
Time: Saturdays, 9:30 - 11:30 a.m.

Age Group: Newborn to 5 years  
Start Date: September to June

## Just for Kids

### Playtime ★ \$

Need some time for yourself? Our special program offers parents and caregivers time for themselves while their children are using their imagination creating crafts, painting and singing songs.

1 Location: North Service Road - Main  
Start Date: December 7th  
Time: Mondays, 9:15 - 11:45 a.m.  
Age Group: Newborn to 30 months

2 Location: North Service Road - Satellite  
Start Date: December 7th  
Time: Mondays, 9:15 - 11:45 a.m.  
Age Group: 2 1/2 to 5 years

3 Location: Sixth Line - Early Years Room  
Start Date: December 7th  
Time: Mondays, 9:15 - 11:45 a.m.  
Age Group: 18 to 30 months

4 Location: North Service Road - Main  
Start Date: December 9th  
Time: Wednesdays, 9:15 - 11:45 a.m.  
Age Group: Newborn to 18 months

5 Location: North Service Road - Main  
Start Date: December 11th  
Time: Fridays, 9:15 - 11:45 a.m.  
Age Group: Newborn to 18 months

6 Location: North Service Road - Main  
Start Date: December 11th  
Time: Fridays, 1:30 - 4:00 p.m.  
Age Group: Newborn to 5 years

Cost: \$16.00 per visit for one child  
\$14.00 per visit for each additional child

## Building On Books - 11 Weeks \$ ★

Drop your child off and let them be carried away into the magical world of story land, through crafts, songs and activities.

Location: North Service Road - Satellite  
Start Date: December 7th  
Time: Mondays, 1:15 - 2:45 p.m.

Cost: \$110.00 for one child  
\$65.00 for each additional child

Age Group: 3 to 6 years

## Super Science Fun - 6 Weeks \$ ★

Your child can discover the fascinating world of science, through a craft, experiments and hands-on activities. This program can be repeated, as it will feature a different set of themes.

Location: North Service Road - Satellite  
Start Date: December 8th  
Time: Tuesdays, 1:15 - 2:45 p.m.  
Cost: \$70.00 one child  
\$40.00 for each additional child  
Age Group: 3 1/2 to 6 years

## Gifts from the Heart - 2 Weeks \$ ★

The best gifts are handmade and from the heart. Drop off your child and we will help them create those very special Christmas gifts for friends and family. We'll supply materials and ideas...you bring the kids and the love!

Location: North Service Road - Main  
Start Date: December 9th  
Time: Wednesdays, 1:15 - 3:15 p.m.  
Cost: \$40.00 (includes materials for one child)  
Age Group: 2 1/2 to 6 years

## Kids in the Kitchen - 6 Weeks \$ ★

Children will have fun preparing nutritious snacks. Fun in the kitchen encourages math, science and language development.

Location: North Service Road - Satellite  
Start Dates: December 10th and February 4th  
Time: Thursdays, 1:15 - 2:45 p.m.  
Cost: \$70.00 for one child  
\$40.00 for each additional child  
Age Group: 3 1/2 to 6 years

## Fun Friends (Part 1 of 2) - 6 Weeks \$ ★

Fun Friends program focuses on enhancing the emotional resiliency and social skills development of 4-6 years olds. Children will learn how to recognize their feelings and the feelings of others, understand their body cues when they feel anxious, relaxation games, and explore "red" and "green" thoughts. Parent participation is required 15 minutes at the end of each class. Fun Friends Part 2 will be offered in the Spring.

Location: North Service Road - Main  
Start Date: February 2nd  
Time: Tuesdays, 3:30 - 5:00 p.m.  
Cost: \$35.00  
Age Group: 4 to 6 years

## DISCOVERY STATION NURSERY SCHOOL

Our nursery school program is licensed under the Day Nurseries Act. Each location is inspected annually by the Ministry of Community & Social Services. The Day Nurseries Act contains requirements specific to staff qualifications and ratios, program content & equipment.

### Discovery Station Nursery School offers:

- ✓ Programs for toddlers, 18 to 30 months & preschoolers, 2 1/2 years to 5 years.
- ✓ Activities that will enhance your child's natural curiosity and love of knowledge.
- ✓ Weekly themes, which include the environment, the earth, animals, community helpers and other interesting topics.
- ✓ Staff who will meet the creative, intellectual, social and physical needs of your child.

### We offer:

- ✓ Low child-teacher ratios
- ✓ Special needs/integrated resource consultation provided by the Region of Halton

### Discovery Station Nursery School is offered at:

- North Service Road - Main
- Sixth Line
- Kingsway
- Florence

### Choose from:

- 2, 3 & 5 half day programs
- Mornings, 9:00 - 11:30 a.m.
- Afternoons, 1:30 - 4:00 p.m.
- Toddlers, 18 to 30 months
- Preschool, 2 1/2 to 5 years
- Senior Program, 3 1/2 - 5 years, 2 days 1:30 - 4 p.m.



Registration for Discovery Station Nursery School for Fall 2010 will begin in January. **Spaces are currently available in some of our nursery school programs.** To find out what is being offered at the location nearest you, please give us a call at 905-849-6366.

# Just for Parents

## Parenting Workshop Series

★ \$ ☺ (newborn to 5 years)

Join us for a couple of hours of great discussion as we explore the answers to many common parenting questions. Learn some new strategies, and meet some other parents who are sharing your experiences. You can sign up for just one, or as many as you like. Mark the dates on your calendar and plan to join us!

Location: North Service Road – Main  
Time: **Tuesday**, 9:15 – 11:15 a.m.

Dates/Topics:

Week 1	December 8	<b>Problem Solving</b>
Week 2	December 15	<b>Anxiety and Stress in Children</b>
Week 3	January 5	<b>Discipline: Strategies that Work</b>
Week 4	January 12	<b>Developing Positive Self Esteem</b>

Cost: \$15.00 each with childcare  
\$10.00 each without childcare

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Location: North Service Road – Main  
Time: **Wednesday**, 9:15 – 10:15 a.m.

Dates/Topics:

Week 1	December 9	<b>Multiple Intelligences: How Does Your Child Learn?</b>
Week 2	January 13	<b>Activities for Preschoolers</b>
Week 3	February 10	<b>Talking About the Birds &amp; Bees</b>
Week 4	March 10	<b>Chores and Allowance</b>

Cost: \$5.00 per Workshops

**Note:** Wednesday workshops **do not offer childcare**, but our Playtime drop off program is available. Why not register your child(ren) in Playtime drop off program (newborn to 2 years), join us for an hour of parenting and take the rest of the morning for yourself?

## Mothers Are People Too

- 12 Weeks F ★ ☺

An excellent selection of guest speakers visit the Centre each week to discuss family, parenting, and women's issues.

Location: North Service Road - Main  
Start Date: December 10th  
Time: Thursdays, 9:15 - 11:15 a.m.

## Postpartum Support Group

- ongoing F ★ ☺ (newborn to 2 years)

Are you feeling sad, lonely, angry, depressed, or overwhelmed? If so, you may be experiencing postpartum mood disorder (PMD). Come and meet other moms who are having similar experiences, learn about PMD and what you can do to help yourself and your family. Childcare is available. If you would like to join us, contact Nikki at 905 849-6366 x22.

Location: North Service Road - Main  
Time: 1:00 p.m. - 2:30 p.m.,  
1st and 3rd Thursday of each month  
Start Date: September to June

## Parenting Exceptional Children

D F

Are you parenting a child newborn to 6 years, with special needs? Would you like to meet and share information with other parents? Come and enjoy refreshments, and see what we are all about.

Location: North Service Rd - Main  
Start Date: Last Thursday of each month (Sept to June)  
Time: 7:30-9:00 p.m.

For more information, contact Nikki at 905 849-6366 x22

## Kids Have Stress Too

- 4 Weeks ★ \$ ☺ (3 to 5 years)

Even young children can learn physical and mental strategies to relieve stress and find ways to respond to stressful situations. This program is designed to help parents and caregivers better understand stress and help teach their children ways to manage it.

Location: North Service Road - Main  
Start Date: January 5th  
Time: Tuesdays, 1:15 - 3:15 p.m.  
Cost: \$50.00 with childcare  
\$30.00 without childcare

## Small Fries – 4 Weeks F ★ ☺

(2 1/2 to 5 years)

Need a new approach to handling your small fry? Join us for coffee, conversation and some helpful hints in this program. Topics include ages and stages, communication, behaviour management and activities to keep your little one happy.

Location: North Service Road - Main  
Start Date: January 6th  
Time: Wednesdays, 1:15 - 3:15 p.m.

## You Make the Difference

- 8 Weeks ★ \$ ☺ (6 months to 5 years)

Connecting with your child in a way that makes them feel loved and listened to helps them communicate and learn. In this program, we will explore some simple things that you can do to connect with your child and enhance his or her ability to explore, communicate and understand the world.

Location: North Service Road - Main  
Start Date: January 19th  
Time: Tuesdays, 9:15 - 11:15 a.m.  
Cost: \$65.00

## Understanding Your Child's Behaviour ★ \$ ☺

There is always a reason for the things children do. Join us and increase your understanding of the possible motives for your child's behaviour. Once you realize the reasons behind the behaviour, you can respond with strategies that help them to do better next time!

Location: North Service Road - Main  
Date: January 9th  
Time: Saturday, 9:30 - 11:30 a.m.  
Cost: \$15.00 with childcare  
\$10.00 without childcare

## Parent Chat Parent Drop-in F D

A monthly parents only drop-in that offers you the opportunity to discuss your parenting questions and concerns with our Parent Educator. Join us on the last Wednesday of the month, for coffee and a chat.

Location: North Service Road - Main  
Start Date: January 27th and February 24th  
Time: Wednesdays, 9:15 - 10:15 a.m.

## Discipline Dilemma - 4 Weeks ★ \$ ☺

(2 1/2 to 5 years)

At your wit's end wondering what to do next? Join us for this discipline series, as we explore reasons children behave the way they do. We will also discuss ways to respond to your child's behaviour in a positive, nurturing and constructive way.

Location: North Service Road - Main  
Start Date: February 3rd  
Time: Wednesdays, 1:15 - 3:15 p.m.  
Cost: \$50.00 with childcare  
\$30.00 without childcare

## Loving Limits - 4 Weeks F ★

(2 to 5 years)

Join us for this evening parenting class and learn about parenting styles, ages and stages, communication and behaviour management.

Location: North Service Road - Main  
Start Date: February 3rd  
Time: Wednesdays, 7:30 - 9:00 p.m.

## Super Dads, Super Kids

- 3 Weeks ★ \$ ☺

Super Kids.....they come from Super Dads, and when dads and kids are put together, good things happen! You will spend time playing and exploring with your child, followed by time away from the kids where you will get useful information on popular parenting topics. Dads can sign up for one, two or all three.

Location: North Service Road - Main  
Time: **Saturday**, 9:30 - 11:30 a.m.  
Cost: \$15.00 per workshop  
\$10.00 (childcare for siblings per week)

Dates/Topics:

Week 1	January 23	<b>Communication</b>
Week 2	February 6	<b>Emotions &amp; Emotional Health</b>
Week 3	March 6	<b>Discipline &amp; Setting Limits</b>

## Date Night: Let's Discuss "Expectations for Children" F ★

Need a reason for the two of you to get out of the house? A date night at OPCC is a great way to spend some time away from the kids and explore an aspect of parenting together. Learn about what makes your kids tick, and how to decide what expectations are reasonable.

Location: North Service Road - Main  
Date: February 11th  
Time: Thursday, 7:30 - 9:30 p.m.

## Make and Take - 2 Weeks ★ \$ ☺

An opportunity for parents to have fun and be creative. During these classes, you will create learning materials and activities for your preschooler to enjoy. Learn about flannel board stories, file folder games and more. This is an adults only program.

Location: North Service Road - Main  
Start Date: March 3rd  
Time: Wednesdays, 1:15 - 3:15 p.m.  
Cost: \$40.00 with childcare  
\$30.00 without childcare

# LOCATIONS

## North Service Road - Main

461 North Service Road West, Unit 17  
Main location and administrative offices  
Between Fourth Line and Dorval Drive on the North Service Road

## Satellites

### Sixth Line

1500 Sixth Line  
South of Upper Middle Road in the Plaza across from Munn's Public School

### Kingsway

2828 Kingsway Drive  
Ford Drive, south of the QEW. East on Kingsway

### North Service Road - Satellite

481 North Service Road West, Unit 25  
Between Fourth Line and Dorval Drive on the North Service Road

### Florence

74 Florence Drive  
Off Kerr Street just South of Stewart Street

## Community Locations

### Goodlife Fitness Club

201 Oak Walk Drive.  
Trafalgar Road and Oak Walk Drive. Located in the Superstore

### Longo's (Burloak)

3455 Wycroft Road  
Burloak and Wycroft

### Wyndham Manor

291 Reynold Street  
Reynold and Lawson Street

### St. James Catholic School

255 Morden Road  
South of Speers Road

### St. Johns School

1480 Mansfield Drive  
South of Upper Middle Road, Oxford to Richmond

### West Oak Village

2370 Third Line  
South of Dundas Street on Third Line

### Woodside Library

1274 Rebecca Street  
Between Third Line & Fourth Line



# Oakville Parent-Child Centre Schedule of Programs

Mornings		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
North Service Road - Main	Toddler Room	Playtime 9:15-11:45	Discovery Station Toddlers 9:00-11:30	Discovery Station Toddlers 9:00-11:30	Discovery Station Toddlers 9:00-11:30	Discovery Station Toddlers 9:00-11:30	
	Parent Place		Parenting Programs 9:15-11:15	Parenting Workshops 9:15-10:15	Mothers Are People Too 9:15-11:15		Saturday Workshops
	Music Room	Toddling Tots 9:30-10:30 Tots in Action 11:00-noon	Babes & Toddlers 9:15-10:15 Come Play with Me 10:30-noon			Boogie Woogie 9:30-10:30 Twist & Shout 11:00-noon	
	Nursery	Playtime 9:15-11:45	Parenting Programs 9:15-11:15	Playtime 9:15-11:45	Mothers Are People Too 9:15-11:15	Playtime 9:15-11:45	
	Early Learning Room	Discovery Station 9:00-11:30	Parenting Programs 9:15-11:15	Discovery Station 9:00-11:30	Mothers Are People Too 9:15-11:15	Discovery Station 9:00-11:30	Calling All Dads 9:30-11:30
	Preschool Room	Discovery Station 9:00-11:30	Discovery Station 9:00-11:30	Discovery Station 9:00-11:30	Discovery Station 9:00-11:30	Discovery Station 9:00-11:30	
North Service Road - Satellite		Playtime 9:15-11:45	Enjoy Your Toddler 9:00-10:15 Time Together 10:45-noon	Boogie Woogie 9:15-10:15 Twist & Shout 10:45-11:45	Shake Rattle & Roll 9:15-10:15 & 10:45-11:45	Cabin Fever 9:00-11:00	
Sixth Line	Nursery School	Discovery Station 9:00-11:30	Cabin Fever 9:00-11:30	Discovery Station 9:00-11:30	Cabin Fever 9:00-11:30	Discovery Station 9:00-11:30	Saturday Fun 9:30-11:30
	Early Years Room	Toddler Playtime 9:15-11:45					
Kingsway		Discovery Station Toddlers 9:00-11:30	Discovery Station 9:00-11:30	Discovery Station Toddlers 9:00-11:30	Discovery Station 9:00-11:30	Cabin Fever 9:00-11:00	
Florence		Cabin Fever 9:00-11:00	Discovery Station 9:00-11:30	Discovery Station 9:00-11:30	Discovery Station 9:00-11:30	Enjoy Your Toddler 9:00-10:15 Time Together 10:45-noon	
Other Sites		St Johns School Toddler Fun 10:00-11:30	St Johns School Cabin Fever 9:30-11:30	St Johns School Tots in Action 9:30-10:30 Boogie Woogie 10:45-11:45		Woodside Caregivers Corner 9:30-11:30 Longo's Mother Goose 9:30-10:30	
<b>Afternoons</b>							
North Service Road - Main	Toddler Room		Fun Friends 3:30-5:00		PMD Support Group 1:00-2:30	Playtime 1:30-4:00	
	Parent Place			Parenting Programs 1:15-3:15	PMD Support Group 1:00-2:30		
	Music Room		Tickles & Tales 1:00-2:00 My Baby & Me 2:00-3:30	Shake Rattle & Roll 1:15-2:15	Infant Massage 1:00-2:00		
	Nursery			Parenting Programs 1:15-3:15 Nursery care for Parent & Tot 1:15-2:15	PMD Support Group 1:00-2:30	Playtime 1:30-4:00	
	Early Learning Room	Programa en Español 1:00-3:00	Discovery Station Senior 1:30-4:00	Parenting Programs 1:15-3:15	Discovery Station Senior 1:30-4:00	Playtime 1:30-4:00	
	Preschool Room	Discovery Station 1:30-4:00	Discovery Station 1:30-4:00	Discovery Station 1:30-4:00	Discovery Station 1:30-4:00	Discovery Station 1:30-4:00	
North Service Road - Satellite		Building On Books 1:15-2:45	Super Science Fun/ Esso Family Math 1:15-2:45	Moment de Plaisir Ensemble 1:30-2:45	Kids in the Kitchen 1:15-2:45	Tales & Tunes 12:30-1:30	
Sixth Line	Nursery School	Discovery Station 1:30-4:00	Bonjour Mardi 1:00-3:00	Discovery Station 1:30-4:00		Discovery Station 1:30-4:00	
	Early Years Room						
Kingsway		Cabin Fever 1:00-3:00					
Florence		Calling New Parents 1:30-3:30	Cabin Fever 12:30-2:30		Tickles & Tales 1:00-2:00 My Baby & Me 2:00-3:30		
Other Sites		Wyndham Mother Goose 1:45-2:45	Goodlife Tales & Tunes 1:30-2:30		St. James Tales & Tunes 1:15-2:15 West Oak Village Mother Goose 2:00-3:00		
<b>Evenings</b>				Sixth Line Cabin Fever 4:45-6:45	Parenting Workshops	<b>Drop in Programs indicated in Colour</b>	