



**(English)**

If you have language difficulties and you need help please call the Halton Multicultural Council at (905)842-2486 Ext. 221

**(French)**

En cas de difficultés à communiquer en d'autres langues ou si vous avez besoin d'assistance, veuillez communiquer avec Le Conseil Multiculturel d'Halton au (905) 842-2486, poste 221

**(Spanish)**

Si usted tiene dificultad comunicandose en ingles y necesita ayuda por favor llame a Halton Multicultural Council Tel. (905) 842-2486 Ext. 221 nosotros podemos ayudarle.

**(Arabic)**

إذا كنت تعاني من صعوبات أو مشاكل لغوية وتحتاج للمساعدة، الرجاء الإتصال بمجلس هالتون المتعدد الثقافات على الرقم: (905) 842-2486 تحويلة 221

**(Serbian)**

Ако имате проблем са језиком и треба вам помоћ слободно позовите Халтон Мултикултурални Центар на телефон 905 842 2486 локал 221

**(Croatian)**

Ako imate problem sa jezikom i treba vam pomoć slobodno pozovite Halton Multikulturalni Centar na telefon 905 842 2486 lokal 221

**(Chinese)**

如果您有语言上的困难需要帮助，请致电 Halton Multicultural Council (905) 842-2486 分机号 221

**(Punjabi)**

ਜੇ ਤੁਹਾਨੂੰ ਬੋਲੀ ਵਿੱਚ ਔਖਿਆਈ ਆ ਰਹੀ ਹੈ ਅਤੇ ਤੁਹਾਨੂੰ ਮਦਦ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਤੁਸੀਂ ਹਾਲਟਨ ਮਲਟੀਕਲਚਰਲ ਕੌਂਸਲ ਤੇ ਇਸ ਫੋਨ ਨੰਬਰ ਫੋਨ ਕਰੋ (905) 842-2486 Ext. 221

**(Polish)**

Jezeli maja Panstwo trudnosci w poslugiwaniu sie jezykiem angielskim i potrzebuja Panstwo pomocy prosze zadzwonic do Halton Multicultural Council pod numer 905-842-2486 wew.221

**(Portuguese)**

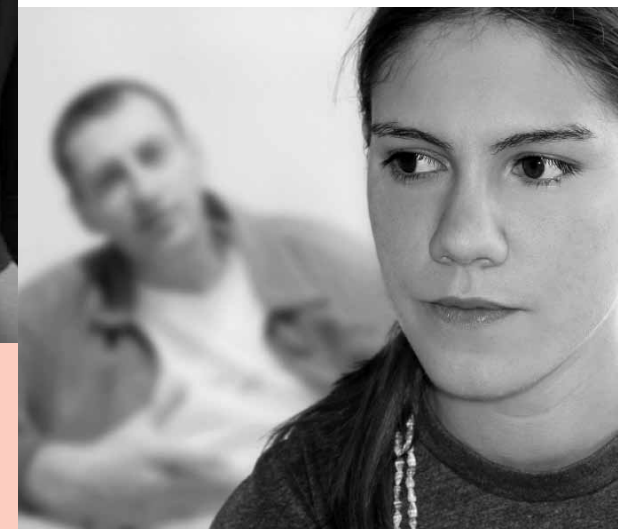
Se tiver problemas para-se comunicar em inglês e precisar de ajuda, por favor telefone para o "Halton Multicultural Council" (905) 842-2486 ext. 221

**(Korean)**

언어소통 문제가 있을 경우 Halton Multicultural Council 에 도움을 청하십시오(905-842-2486 구내번호 221).

**Tagalog (Filipino)**

Kong mayroon kayong kahirapan sa lenguahe at kailangan ninyo ng tulong masiyahang tumawag sa Halton Multicultural Council sa 905-842-2486 ext. 221.



*Programs and services that strengthen and enhance parenting skills and knowledge.*

# Halton Parenting Directory

January to September 2012



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## About Our Kids Network

Raising children is both a rewarding and challenging experience. Our Kids Network is a partnership of organizations serving children and youth in Halton Region and is dedicated to giving family members the resources, services and encouragement to raise responsible, caring kids.

By working together, OKN partner agencies provide a strong, dependable system of services and supports. We offer research-based information, ideas and practical tools to improve knowledge and skills, and build a positive strength-based approach to positive parenting. Community Hubs, parenting presentations and youth engagement projects are some of the ways OKN is taking action in the community. OKN has also identified some key areas to support positive parenting and child development: the \*Halton 7, \*\*Developmental Assets® and children's rights. Learn more at [www.ourkidsnetwork.ca](http://www.ourkidsnetwork.ca).

## Halton Parenting Advisory Committee (HPAC)

HPAC is an Our Kids Network committee of service providers who deliver programs and services that enhance parenting knowledge and skills. The committee produces the *Halton Parenting Directory*, a source of programs and services that support positive parenting in the Halton community.

## Our Kids Network Community Hubs

Our Kids Network Community Hubs are located in schools and are within walking distance for most families who are involved. Each of the Hubs has a distinct character that reflects the needs of the community, families and service partners within it.

\*Seven fundamental conditions of well-being in Halton used to measure the progress of Our Kids Network.

\*\*Developmental Assets are described as the positive experiences and personal qualities that children and youth need to grow up healthy, caring, and responsible. Learn more at [www.search-institute.org](http://www.search-institute.org).

## Acton Community Hub

The Acton Hub brings people, services and resources together. With their ideas and enthusiasm, community partners help the Acton Hub make a positive difference in the lives of youth and families by responding to real needs within the community. For example, schools in the Acton area work with the Hub to offer after-school programs, workshops, seminars and summer camps.

**For more information, contact: Alison Hilborn, Hub Coordinator**

McKenzie-Smith Bennett Public School (south side)  
69 Acton Blvd., Acton ON L7J 2H4

Local in Acton 289-428-5097  
Local in south Halton 647-258-9763  
[actonhub@ourkidsnetwork.ca](mailto:actonhub@ourkidsnetwork.ca)

## Aldershot Community Hub

The Hub helps families find solutions to help children and teens grow into responsible and caring adults. Through community partnerships, the Aldershot Hub brings people, services and resources together to support the needs of children, youth and families in our community. The Hub offers numerous initiatives as a result of partnerships with many community resources including the Burlington Community Foundation, the Warwick Surrey Community Association, the Compassion Society and ReFresh Food.

**For more information, contact: Sheila Slattery-Ford, Hub Coordinator**

Holy Rosary School  
261 Plains Road East, Burlington, ON L7T 2C7

Phone: 905-633-7108  
Fax: 905-633-7107  
[aldershothub@ourkidsnetwork.ca](mailto:aldershothub@ourkidsnetwork.ca)

**Flexible hours. Drop in hours 3 to 6 p.m. Tuesdays and Thursdays.  
Regional caseworker at the Aldershot Hub on Mondays 8:30 a.m. to 4 p.m.**

## Milton Community Hub

Milton is experiencing rapid population growth. As the population has grown, so have programs and services at the Milton Community Hub. Integrated program partnerships have been formed with community agencies and schools in the West Milton area. The Hub offers numerous initiatives as a result of partnerships with Big Brothers Big Sisters Homework Club; Food for Thought; a healthy snack program for the students of Our Lady of Victory High School; and the Dads and Kids cooking course. The Hub provides much-needed space and vital services to the expanding Milton community.

**For more information, contact: Vanessa Box-Jones, Hub Coordinator**

Our Lady of Victory School  
540 Commercial Street, Milton, ON L9T 3R2

Phone: 905-876-1306  
Fax: 905-876-2776  
[miltonhub@ourkidsnetwork.ca](mailto:miltonhub@ourkidsnetwork.ca)

**[www.ourkidsnetwork.ca](http://www.ourkidsnetwork.ca)**



# Developmental Assets: Building Blocks for Raising Caring, Responsible Kids



Our Kids Network is dedicated to giving family members the resources, services and encouragement to raise responsible, caring kids. Educating families about Developmental Assets is one way we're taking action. These are the skills, qualities, opportunities, and relationships that children and young people need to help them grow into caring, responsible adults. Families empower children and teens when they help them build assets.

The Search Institute® has developed a list of 40 Developmental Assets that children and youth need to succeed. The more assets a person has, the more likely they are to do better in school, make friends, and make healthier decisions. They are also less likely to engage in risk-taking behaviour, such as experimenting with drugs or alcohol, or early sexual activity. For more information about Developmental Assets and to see lists of 40 assets visit [www.search-institute.org](http://www.search-institute.org).

Parents play a crucial role in shaping the lives of their children. They are more influential in their children's lives than anyone else, shaping their thoughts, feelings, and behaviors. When we intentionally build Developmental Assets, children develop a sense of belonging, feel secure, enjoy learning and feel loved and nurtured grow up to be caring, responsible, happy adults. The following are seven ways that you can make a difference in a child's life.

## Connectedness

A basic need is a sense of belonging – to family, friends, school, community and neighbourhood. The more positive relationships developed the better we are able to be supported, support others, and make a positive difference in the world.

**Give your kids a hug today even if they're really big kids.**

Developmental Assets 8- to 12-year-olds, Family Support Category (Family life provides high levels of love and support.) – How to take action.

## Communication

Communication is both listening and talking. It is not just what is said, but how it is said or received, in both words and actions.

**Teach your children words they can use to describe their feelings. For example a child may feel pleased, excited, content or thrilled instead of just happy.**

Developmental Assets 3- to 5-year-olds, Positive Family Communication Category (Parents and/or primary caregivers express themselves positively and respectfully, engaging young children in conversations that invite their input.) – How to take action.

## Security and Trust

A child's growth and development is founded on security and trust—in relationships, in their environments, and in meeting basic needs such as food, shelter and supervision.

**Remove yourself from a situation immediately if you ever feel troubled enough to use physical or emotional violence against your teenager.**

Developmental Assets 12- to 18-year-olds, Safety Category (Young person feels safe at home, school, and in the neighborhood.) – How to take action.

## Life Learning

Parents/caregivers are a child's first and most influential teacher. Children reach their full potential when positive values, appropriate skills (social emotional skills, resiliency, life skills, and problem solving) and a life-long love of learning are fostered.

**Live honestly even when it's no big deal. Return the extra if given too much change, play fair, own up to fibs or made-up excuses.**

Developmental Assets 8- to 12-year-olds, Honesty Category (Parent(s) tell the child it is important to tell the truth.) – How to take action.

## Time Together

Parenting is about building life-long positive relationships with children. Quality time and positive attention are important investments parents can make to optimize children's success.

**Spend time each week with each of your teenagers.**

Developmental Assets 12-to 18-year-olds, Family Support Category (Family life provides high levels of love and support.) – How to take action.

## Nurturing

Everyone has physical and emotional needs that start before birth and continue throughout life. Families thrive when these needs are met.

**Offer positive comments and praise when children behave in desirable ways.**

Developmental Assets 3 -to 5-year-olds, Positive Expectations Category (Parent(s), caregivers, and teachers encourage and support the child in behaving appropriately, undertaking challenging tasks, and performing activities to the best of her or his abilities.) – How to take action.

## Parenting Support and Self-Care

**Parents/caregivers are a child's most important asset. Parents/caregivers need to take care of themselves and each other in order to take good care of children.**

## Important Parenting Support Contacts

### Information and Resources

<b>Reach Out Centre for Kids/Ontario Early Years Centre (OEYC)</b> <i>(Parents of children 0 to 6 years old)</i>	<a href="http://www.rockonline.ca">www.rockonline.ca</a>	Burlington 905-632-9377 Aldershot 905-632-4011
<b>Milton Community Resource Centre/OEYC</b> <i>(Parents of children 0 to 5 years old)</i>	<a href="http://www.mcrc.on.ca">www.mcrc.on.ca</a>	905-876-1244 (ext. 222)
<b>Oakville Parent-Child Centre/OEYC</b> <i>(Parents of children 0-12 years)</i>	<a href="http://www.op-cc.ca">www.op-cc.ca</a>	905-849-6366 (ext. 22)
<b>Oakville YMCA</b> <i>(Parents of children 0-18 years)</i>	<a href="http://www.ymcaofoakville.com">www.ymcaofoakville.com</a>	905-845-3417
<b>Halton Region</b>	<a href="http://www.haltonparents.ca">www.haltonparents.ca</a>	Dial 311 or 905-825-6000

### Telephone Consultations and Support

<b>Oakville Parent-Child Centre/OEYC</b> <i>(Parents of children 0-12 years)</i>	<a href="http://www.op-cc.ca">www.op-cc.ca</a>	905-849-6366 (ext. 22)
<b>Halton Region</b> <i>(Parents of children 0-18 years)</i>	<a href="http://www.haltonparents.ca">www.haltonparents.ca</a>	Dial 311 or 905-825-6000
<b>Reach Out Centre for Kids/OEYC</b>	<a href="http://www.rockonline.ca">www.rockonline.ca</a>	Burlington 905-632-9377

### Crisis Support (24 hours) – Phone Calls Only

<b>Children's Aid Society</b>	905-333-4441
<b>COAST Crisis Outreach and Support Team</b> <i>(Adult Mental Health Crisis Line)</i>	1-877-825-9011
<b>ROCK (Reach Out Centre for Kids)</b> <i>(Parents of children 0-18 years)</i>	905-878-9785
<b>Telehealth</b> <i>(Ask a nurse health-related questions)</i>	1-866-797-0000
<b>Telecare Burlington Distress Centre</b>	905-681-1488

## RIGHT FROM THE START

"Right from the Start" (RFTS) is a parenting course designed to enhance parents' skills in reading infant cues and responding sensitively. The course uses attachment theory as a framework and active adult learning principles. RFTS is appropriate for any parent or caregiver of an infant under 24 months, including those at risk for social, emotional, behavioural, or developmental difficulties to increase confidence parenting their infant.

DATES	TIMES	LOCATIONS
<b>WINTER</b> Fridays: January 20 <sup>th</sup> – March 9 <sup>th</sup> , 2012	9.30-11.30 a.m.	Links2 Care 8 James Street, Georgetown Contact: Jennifer MacArthur @ 905-873-2960
<b>WINTER</b> DAD's RFTS Group Thursdays: Jan. 12 <sup>th</sup> - March 8 <sup>th</sup> , 2012	7:00 - 9:00 p.m.	Oakville Parent-Child Centre 461 North Service Rd, Oakville Contact: Nikki Taylor @ 905-849-6366 x22
<b>SPRING</b> Fridays: March 23 <sup>rd</sup> – May 18 <sup>th</sup> , 2012	12:30 – 2:30 p.m.	Milton Community Resource Centre 410 Bronte St South, Milton Contact: Sue Brathwaite @ 905-876-1244 x222

## COPEing WITH TODDLER BEHAVIOUR

COPEing with Toddler Behaviour is an 8 - session course for parents of 12 - to 36 month olds that was designed for groups of parents wanting to learn effective parenting strategies for toddlers. Using an active learning model, parents learn how to foster a positive parent-child relationship, use an authoritative "backbone" parenting style, have appropriate developmental expectations, tailor their parenting to their child's temperament, and use strategies to prevent and respond to challenging behaviours.

DATES	TIMES	LOCATIONS
<b>WINTER</b> Tuesdays: Jan. 10 <sup>th</sup> – February 28 <sup>th</sup> , 2012	6:15 – 8:15 p.m.	Milton Community Resource Centre 410 Bronte St. South, Milton Contact: Sue Brathwaite @ 905-876-1244 X222
<b>SPRING</b> Thursdays: March 1 <sup>st</sup> – April 26 <sup>th</sup> , 2012 Registration: Jan. 23 <sup>rd</sup> to Feb. 3 <sup>rd</sup> , 2012	9:30 – 11:30 a.m.	Burlington ROCK Early Years Centre 710 Cumberland Ave, Burlington Contact: Kristi MacDonald @ 905-632-9377

## PARENTING YOUR 3 – 6 YEAR OLD

Parenting Your 3 – 6 Year Old is a 7-session course focusing on encouraging positive behaviour through the use of positive parenting strategies and an understanding of the parent-child relationship. Videotaped segments of common parenting challenges are used to foster small and large group discussion.

DATES	TIMES	LOCATIONS
<b>WINTER</b> Thursdays: Jan. 5 <sup>th</sup> – February 10 <sup>th</sup> , 2012 Registration: Nov. 28 <sup>th</sup> – Dec. 9 <sup>th</sup> , 2011	9:30 – 11:30 a.m.	Burlington ROCK Early Years Centre 710 Cumberland Ave, Burlington Contact: Kristi MacDonald 905-632-9377
<b>SPRING</b> Tuesdays: March 27 <sup>th</sup> – May 8 <sup>th</sup> , 2012	6:15 – 8:15 p.m.	Milton Community Resource Centre 410 Bronte St. South, Milton Contact: Sue Brathwaite @ 905-876-1244 X222

## Parent-Child Mother Goose Programs: January 2012 - September 2012

### Ontario Early Years Centre: North Halton

Milton programs are 7-8 weeks long. Mother Goose is available at several times and locations throughout Milton. Check our OEYC schedule on our website at [www.mcrc.on.ca](http://www.mcrc.on.ca) for registration dates. Registration is based on a lottery system.

Location	2012 Start Dates	Day	Time	Age Group	Phone #
Milton Community Resource Ctr: 410 Bronte St. South Milton	Jan. 9, 2012 Mar. 5, 2012 May 7, 2012	Monday Thursday Thursday	1:30 pm – 2:45 pm 11:00 - 12:15 pm 1:30 – 2:45 pm	0-12mo.	905-876-1244 ext. 210
Lumen Christi Catholic School 841 Savoline Blvd. Milton	As above	Monday	9:30 – 10:45 am	0-12mo.	905-876-1244 ext. 210
Bruce Trail Early Learning Centre 1199 Costigan Road Milton	As above	Tuesday	1:00 - 2:15 pm	0-12mo.	905-876-1244 ext. 210
Premier Fitness 1117 Maple Ave. Milton	As above	Friday	1:00 pm – 2:15 pm	0-12mo.	905-876-1244 ext. 210

Georgetown & Acton programs are 10 weeks long. Please call for space availability and further information. Registration is based on a lottery system. Registration for April programs will be held from **March 19-23, 2012.**

**Effective September 6, the OEYC Georgetown Satellite will have moved to  
8 James Street, Georgetown, ON L7G 2H3.**

Acton Satellite 85 Wallace Street Acton	April 17, 2012	Tuesday	10:00 – 11:00 am	0-12mo.	519-853-2574
OEYC: Georgetown/Links 2 Care 8 James Street Georgetown	April 18, 2012	Wednesday	12:45 – 2:15 pm	0-12mo.	905-873-2960

### Reach Out Centre for Kids/Ontario Early Years Centre Burlington

Burlington programs are 8 – 9 weeks long. Mother Goose is available at several times and locations throughout Burlington. Check our website at [www.rockonline.ca](http://www.rockonline.ca) for specific times and locations, or call 905-632-9377 for more information about the program, and registration details.

Session Dates - Week of:	Registration Dates	Contact Information
January 2 – February 25, 2012	November 28 – Dec. 9, 2011	<a href="http://www.rockonline.ca">www.rockonline.ca</a> or 905-632-9377
February 27 – April 28, 2012	January 23 – February 3, 2012	<a href="http://www.rockonline.ca">www.rockonline.ca</a> or 905-632-9377
April 30 – June 30, 2012	March 26 – April 5, 2012	<a href="http://www.rockonline.ca">www.rockonline.ca</a> or 905-632-9377
July 3 – August 24, 2012	May 28 – June 8, 2012	<a href="http://www.rockonline.ca">www.rockonline.ca</a> or 905-632-9377

## Oakville Parent-Child Centre: Ontario Early Years Centre

Oakville programs are usually 6 weeks long and are located across the Oakville community. Please call for space availability. Spring registration (for programs running March – June) will begin January 24, 2012. See our program guide at [www.op-cc.ca](http://www.op-cc.ca) for all program and registration details.

Location	2012 Start Dates	Day	Time	Age Group	Phone #
Longo's 3455 Wyecroft Rd. Oakville	January 31, 2012	Tuesday	9:30 – 10:30 am	0-12mo.	905-849-6366
Sixth Line 1500 Sixth Line, Oakville	February 1, 2012	Wednesday	1:00 – 2:00 pm	0-12mo.	905-849-6366
West Oak Village 2370 Third Line, Oakville	February 2, 2012	Thursday	1:45 – 2:45 pm	0-12mo.	905-849-6366

## YMCA of Oakville

Programs are 6 weeks long. Register online, or at YMCA membership service desk. For information call the YMCA of Oakville or on the web at [www.ymcaofokville.com](http://www.ymcaofokville.com).

Location	2012 Start Dates	Day	Time	Age Group	Phone #
YMCA of Oakville 410 Rebecca St. Oakville	January 10, 2012 February 28, 2012 April 17, 2012 May 29, 2012 (4 weeks only)	Tuesday	12:15 – 1:15 pm 1:30 – 2:30 pm	0 – 6mo. 7- 12mo.	905-845-5597 Ext. 433
St. Michael School 165 Sewell Drive Oakville	January 11, 2012 February 29, 2012 April 25, 2012	Wednesday	9:30 – 10:30 am 10:45 – 11:45 am	7-12mo. 0-6mo.	

## Oak Park Neighbourhood Centre

No Pre-registration is required. Join in any time. The last Tuesday of every month between September and June we are at Post Inn Village, 203 Georgian Drive, Oakville. [www.opnc.ca](http://www.opnc.ca)

Location	2012 Start Dates	Day	Time	Age Group	Phone #
2530 Sixth Line Unit 9 Oakville	January 9, 2012 to March 6, 2012, & March 20 to August 21, 2012	Tuesday	1:15 – 2:45 pm	0-18mo.	905-257-6029 <a href="http://www.opnc.ca">www.opnc.ca</a>

## TRIPLE P PARENTING PROGRAMS

“making little changes...changes everything”

Parents decide which values, skills, and behaviours they want to encourage in their child. You also want to develop your own approach to dealing with your child's behaviour. Triple P is helpful for many parents, making parenting easier and more enjoyable. Whether you want a quick tip over the phone on how to handle a specific problem, some ideas on how to promote your child's development, or you have more complex family issues; a Triple P trained practitioner in your community can tailor Triple P to suit your needs.

### Choose from:

- Telephone support: Call Halton Region for more information.
- Individual Triple P includes private sessions with a Triple P practitioner. Call Halton Region for more information.
- Triple P seminars are 1.5 hour workshops at various community locations. See the chart below for more information.
- Triple P groups are a series of five or six group sessions and telephone support. You must register. Child care and transportation may be available.

**FREE! Childcare and transportation may be available; ASL Interpreter, accessibility or accommodation requirements arranged upon request. Please advise ASAP if needed.**

For more information or to register, please contact Halton Region at:

E-mail: [accesshalton@halton.ca](mailto:accesshalton@halton.ca) | Tel: dial 311 or 905-825-6000  
TTY: 905-845-2769 | Toll free: 1-866-4HALTON (1-866-442-5866)  
or visit [www.halton.ca](http://www.halton.ca); and [www.haltonparents.ca](http://www.haltonparents.ca)



Registration is required and interpreters are available upon request for all Triple P events.

## UPCOMING TRIPLE P SEMINARS

Target Age	Location	Event Date	Time
<b>The Power of Positive Parenting</b>			
1 - 6	Milton Sports Centre, 605 Santa Maria Blvd. Milton	Tues. January 31, 2012	7 - 8:30 p.m.
3 - 9	Our Kids Acton Hub, McKenzie-Smith Bennett School, 69 Acton Blvd., Acton	Wed. April 18, 2012	7 - 8:30 p.m.
<b>Raising Confident, Competent Children</b>			
3 – 9	Milton Sports Centre, 605 Santa Maria Blvd. Milton	Tues. April 24, 2012	7 – 8:30 p.m.
<b>Raising Resilient Children</b>			
1 – 6	Burlington Central Lib., 2331 New St. Burlington	Wed. April 11, 2012	7 - 8:30 p.m.
1 - 6	Halton Region, Glenorchy/Dakota, 1151 Bronte Rd., Oakville	Wed. April 18, 2012	7 - 8:30 p.m.
<b>Managing Challenging Behaviours</b>			
3 – 9	St. Brigid School, 73 Miller Drive, Georgetown	Tues. February 28, 2012	7 – 8:30 p.m.
7 – 13	Halton Region, Glenorchy/Dakota, 1151 Bronte Rd., Oakville	Tues. March 6, 2012	7 - 8:30 p.m.
7 – 13	Our Kids Aldershot Hub, Holy Rosary School, 261 Plains Road, Burlington	Wed. April 18, 2012	7 - 8:30 p.m.

## UPCOMING TRIPLE P SEMINARS (Cont'd.)

### No More Homework Hassles

7 – 13	Milton Library, 1010 Main St. East, Milton	Wed. February 22, 2012	7 - 8:00 p.m.
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## UPCOMING TRIPLE P SMALL GROUP SERIES

Target Age	Location	Event Dates	Time
<b>Burlington:</b>			
2 - 9	Burlington Central Library, 2331 New Street, Burlington	Mon. Jan. 9, 16, & 23, 30; Feb. 6 & 27, 2012 Telephone dates: Mon. Feb. 13 & Tues. Feb. 21	6:30 – 8:30 p.m.
<b>Oakville:</b>			
1 – 6	Oakville YMCA, 410 Rebecca Street, Oakville	Thurs. Apr. 5, 12, 19, 26; May 3 & 17, 2012 Telephone date: Thurs. May 10, 2012	9:30 – 11:30 a.m.
<b>Halton Hills:</b>			
<b>Milton:</b>			
3 - 9	Chris Hadfield Public School, 1114 Woodward Ave., Milton	Thurs. Jan. 26; Feb. 2, 9, 16, 23; Mar. 8, 2012 Telephone date: Thursday March 1, 2012	6:30 – 8:00 p.m.

**For all above group programs, some childcare & transportation may be available. ASL interpreter, accessibility, or accommodation requirements can be arranged upon request. Please let us know ASAP.**

## Halton Community Breastfeeding Supports



### Halton Baby Friendly Initiative

**Community Breastfeeding Support is an important part of success exclusive breastfeeding.**

**The Halton Baby Friendly Initiative** is a community coalition involved in many projects supporting breastfeeding in Halton. Check out the website for more information on breastfeeding support [www.babyfriendlyhalton.ca](http://www.babyfriendlyhalton.ca).

**Calling New Parents, Healthiest Babies Possible and Halton Prenatal Nutrition Program** all provide breastfeeding support and information. For more information dial 311 or 905-825-6000; toll free 1-866-442-5866; TTY 905-845-2769 or [www.halton.ca](http://www.halton.ca)

#### International Board Certified Lactation Consultants

International Board Certified Lactation Consultants provide in home consultations for a fee. Visit [www.ilca.org](http://www.ilca.org) for a list of lactation consultants.

#### Postpartum Doulas

Supportive and knowledgeable hands on guidance in prenatal and the early postpartum period. Visit [www.cappacanada.ca](http://www.cappacanada.ca) for a list of doulas.

### Telephone Support

#### Joseph Brant Memorial Hospital- Burlington 905-681-4831

24 hour phone support for infant feeding and postpartum concerns provided by a registered nurse for families who have delivered at the hospital.

#### Halton Health Care Services

##### Georgetown Hospital 905-873-0111 ext. 8245

Obstetric Unit 24 hour phone support

#### Halton Region Health Department

311 or 905-825-6000; toll free 1-866-442-5866; TTY 905-845-2769

A Public Health Nurse will be able to answer your questions about breastfeeding, pregnancy, or concerns about your child or yourself.

#### Halton Breastfeeding Connection

311 or 905-825-6000; toll free 1-866-442-5866; TTY 905-827-9833

A volunteer program that provides mother to- mother telephone support for expectant or breastfeeding mothers.

#### La Leche League

1-800-665-4324

Breastfeeding support provided via a telephone warm line and monthly meetings. Visit [www.lllc.ca](http://www.lllc.ca) for more information.

#### Mother Risk Warm line

416-813-6780

The Toronto Hospital for Sick Children provides evidence-based information about the safety or risk of drugs, chemicals and disease during pregnancy and breastfeeding.

#### Telehealth Ontario

416-813-6780

24 hours/day free confidential telephone service for health advice or general health information from a Registered Nurse.

*Drop-In Support Groups on Page 12*

## Drop In Support Groups – Halton Baby Friendly Initiative

### Oakville

#### **Breastfeeding Café - Drop In Support Group**

2nd and 4th Friday of the month 10a.m.-12p.m.  
Oakville Parent Child Centre  
461 North Service Road W. Unit 17, Oakville

#### **La Leche League**

Toddler Meeting  
Last Saturday/Sunday of every month  
Contact: [LLLoakville@gmail.com](mailto:LLLoakville@gmail.com) for more information

Fridays 12:15-2:00 p.m.  
Oak Park Neighbourhood Centre  
2530 Sixth Line #9, Oakville

### Burlington

#### **Breastfeeding Meet Up**

1st and 3rd Wednesday of the month 1:00 - 3p.m  
Reach Out Centre for Kids/Ontario Early Years Centre  
710 Cumberland Ave, Burlington

#### **La Leche League**

1st Thursday of the month 8:00-9:30p.m  
Burlington and Area Midwives  
4332 New Street, Burlington

### Milton

#### **Breastfeeding Drop In**

Tuesdays and Fridays 10:00 a.m. - 11:30p.m  
Milton Hub, Our Lady of Victory School  
540 Commercial Street, Milton

#### **La Leche League**

3rd Wednesday of the month  
7:15 - 9:00 p.m.  
Milton Community Resource Centre  
410 Bronte Street S, Milton

### Georgetown

#### **Baby Talk – Drop In Support Group**

Fridays 10:30a.m - 12:30p.m  
St. Georges Anglican Church  
Guelph Street, Georgetown

## **Parent/Child Library Programs in Halton**

<b>Storytime Program</b>	<b>Age</b>	<b>Branch Locations</b>
<b>Baby Rhyme Time</b> Burlington Public Library Visit <a href="http://www.bpl.on.ca">www.bpl.on.ca</a> for more information	4 to 12 months	Central Tansley Woods
<b>Baby's First Storytime</b> Oakville Public Library Visit <a href="http://www.opl.on.ca">www.opl.on.ca</a> for more information	6 to 18 months	Central Glen Abbey Iroquois Ridge Woodside
<b>Baby Tales</b> Halton Hills Public Library Visit <a href="http://www.library.hhpl.on.ca">www.library.hhpl.on.ca</a> for more information	6 to 23 months	Georgetown Acton
<b>Wee Reads</b> Milton Public Library Visit <a href="http://www.mpl.on.ca">www.mpl.on.ca</a> for more information	6 to 23 months	Main Beaty
<b>Small Oneders</b> Burlington Public Library Visit <a href="http://www.bpl.on.ca">www.bpl.on.ca</a> for more information	12 to 23 months	Visit Web for branch locations & program schedule
<b>Toddlers</b> Burlington Public Library Visit <a href="http://www.bpl.on.ca">www.bpl.on.ca</a> for more information	18 to 36 months	Visit Web for branch locations & program schedule
<b>Toddler Storytime</b> Oakville Public Library Visit <a href="http://www.opl.on.ca">www.opl.on.ca</a> for more information	19 to 36 months	Central Clearview Glen Abbey Iroquois Ridge White Oaks Woodside
<b>Tales for Twos</b> Halton Hills Public Library Visit <a href="http://www.library.hhpl.on.ca">www.library.hhpl.on.ca</a> for more information	24 to 35 months	Georgetown Acton
<b>Tales for Twos</b> Burlington Public Library Visit <a href="http://www.bpl.on.ca">www.bpl.on.ca</a> for more information	24 to 35 months	Visit Web for branch locations & program schedule
<b>Rise 'n Shine</b> Milton Public Library Visit <a href="http://www.mpl.on.ca">www.mpl.on.ca</a> for more information	0 to 3 years	Main Beaty
<b>Shake, Rattle and Read</b> Milton Public Library Visit <a href="http://www.mpl.on.ca">www.mpl.on.ca</a> for more information	2 to 4 years	Main Beaty
<b>Preschool Storytime</b> Burlington Public Library Visit <a href="http://www.bpl.on.ca">www.bpl.on.ca</a> for more information	3 to 5 years	Visit Web for branch locations & program schedule

Storytime Program	Age	Branch Locations
<b>Family Storytime</b> Oakville Public Library Visit <a href="http://www.opl.on.ca">www.opl.on.ca</a> for more information	3 to 5 years	Central Clearview Glen Abbey Iroquois Ridge White Oaks Woodside
<b>Library Lion Tales</b> Halton Hills Public Library Visit <a href="http://www.library.hhpl.on.ca">www.library.hhpl.on.ca</a> for more information	3 to 5 years	Georgetown Acton
<b>Family Storytime</b> Burlington Public Library Visit <a href="http://www.bpl.on.ca">www.bpl.on.ca</a> for more information	3 to 5 years	Visit Web for branch locations & program schedule
<b>Family Storytime</b> Milton Public Library Visit <a href="http://www.mpl.on.ca">www.mpl.on.ca</a> for more information	3 to 6 years	Main Beaty
<b>Family Storytime</b> Halton Hills Public Library Visit <a href="http://www.library.hhpl.on.ca">www.library.hhpl.on.ca</a> for more information	0 – 6 years	Georgetown Acton
<b>Teddy Bear Time</b> Milton Public Library Visit <a href="http://www.mpl.on.ca">www.mpl.on.ca</a> for more information	3+	Main Beaty
<b>Sleepy Time Stories</b> Halton Hills Public Library Visit <a href="http://www.library.hhpl.on.ca">www.library.hhpl.on.ca</a> for more information	0 to 6 years	Georgetown Acton
<b>Books Before Bed</b> Burlington Public Library Visit <a href="http://www.bpl.on.ca">www.bpl.on.ca</a> for more information	3 to 5 years	Visit Web for branch locations & program schedule

### Prenatal Courses Offered

#### Healthiest Babies Possible

Halton Region Health Department

#### Halton Region (various locations)

Download registration form from our website [www.halton.ca](http://www.halton.ca) or leave a voice mail @ 905-825-6000 x2933 to have one mailed to you. Toll Free: 1-866-442-5866 TTY 905-845-2769

Healthiest Babies Possible is a prenatal and parent education program lead by Public Health Nurses from the Halton Region Health Department. Sessions are FREE to residents throughout Halton. The program is open to singles, couples, family, and friends. A wide range of topics on pregnancy, birth, breastfeeding and parenting are covered. It is a great place to meet other expectant parents and learn from one another's experiences. We suggest that you register before the 16th week of your pregnancy.

#### Halton On-Line Prenatal Program

Halton Region Health Department

#### Halton Region

Once registered, you will be sent a confirmation email to receive your pin number and a link to the online prenatal education program.

The online prenatal program is a free prenatal education program to help pregnant women and their partners prepare for childbirth and the transition to parenthood. For more info and to register dial 311 or 905-825-6000; toll free 1-866-442-5866; TTY 905-845-2769 or visit [www.halton.ca](http://www.halton.ca).

#### Halton Prenatal Nutrition Program

Halton Region Health Department

#### 5 Locations: Burlington, Oakville, Milton, Acton and Georgetown

This program provides a nutritious meal, grocery vouchers, bus tickets, and prenatal vitamins. No formal registration necessary. A variety of topics are covered such as healthy eating, breastfeeding, labour, parenting and baby care.

HPNP is a year round program for pregnant women needing extra support to improve both their health and baby's health. This FREE program offers a friendly environment to meet other pregnant women and to receive support from a Registered Dietitian and/or a Public Health Nurse. For more info dial 311 or 905-825-6000; toll free 1-866-442-5866; TTY 905-845-2769 or visit [www.halton.ca/hpnp](http://www.halton.ca/hpnp).

#### Parent Connection

St. Christopher's Anglican Church

every Wednesday  
10:00 am to 11:30 am  
**St. Christopher's Anglican Church**  
662 Guelph Line  
Burlington

An opportunity for parents of children 0-5 years to connect with one other. All are welcome. Free childminding and refreshments are provided. Wheelchair accessible. Contact Mike Deed or Sue Nicolls at 905-634-1809 for more information or summer hours.

## Workshops and Courses Offered for Parents of 0-6 yr olds

### Buggy Business And More

YMCA of Oakville

every Thursday  
10:00 am to 11:30 am  
**White Oaks Public Library**  
1070 McCraney St. E.  
Oakville

Join an ECE from the YMCA of Oakville along with other Parents and your baby for a brisk walk then return for a circle time provided by OPL. No reg. is required. Meet in the parking lot. The children's area is used during inclement weather. Last day of program Nov.24/11. Back Mar.22/12  
*If you require more information about this FREE program please contact the Coordinator of Community Programs Sandra Rippin at the YMCA of Oakville 905-845-5597 ext.433*

### Successful Single Parenting Support Group

Reach Out Centre For Kids/Ontario Early Years

1st Monday  
5:30 pm to 7:30 pm  
**ROCK/OEYC Cumberland Location**  
710 Cumberland Ave  
Burlington

This support group allows single parents to meet others, discuss common concerns, and get support. Join us the 1st Monday of the month for a light meal with your children (0-6 yrs) then childcare is provided giving parents a chance for open discussion. Available Sept-June.  
*For more information or to register, contact Debbie at 905-632-4011 or email parented@rockonline.ca*

### Young Parents Dinner Club

Links2Care

every Monday  
**Ontario Early Years Centre - Georgetown Satellite**  
96 Guelph Street  
Georgetown

This is a weekly 3-hour session for parents 24 yrs and under with children 0 - 6 years of age. Parents participate in meal preparation and parenting workshops. Children participate in play-based activities. All participants dine together. Program runs from Sept. to June. Please call for dates and times of next course  
*For info and to register, call Brigid at 905-873-2960.*

### Calling New Parents

Halton Region Health Department

**Halton Region (various locations)**

*For more info dial 311 or 905-825-6000; toll free 1-866-442-5866; TTY 905-827-9833*

A weekly drop-in support group for parents with infants under 6 months of age. The group meets to talk about topics related to baby care and parenting. A Public Health Nurse supports the group and is available to answer questions. A great place to meet new friends!  
*No registration required. Join anytime. Weekly drop in program offered throughout Halton Region at multiple locations. Visit [www.halton.ca/callingnewparents](http://www.halton.ca/callingnewparents) for schedules, topic descriptions and resources.*

## Workshops and Courses Offered for Parents of 0-6 yr olds

### Down Syndrome New Parent Network Group

Oak Park Neighbourhood Centre

1st Thursday  
7:30 pm to 9:30 pm  
**Oak Park Neighbourhood Centre**  
2530 Sixth Line, Unit 9  
River Glen Mews Plaza  
Oakville

To provide support, guidance, information and resources to assist parents in a non-judgmental and welcoming environment. Informal drop-ins & scheduled presentations.  
*info@haltondownsyndrome.com 905-802-6851  
[www.haltondownsyndrome.com](http://www.haltondownsyndrome.com)  
[www.oakparkmomsandtots.ca](http://www.oakparkmomsandtots.ca)*

### Dad's Program

Reach Out Centre For Kids/Ontario Early Years

every Saturday  
9:30 am to 11:00 am  
**ROCK/OEYC Cumberland Location**  
710 Cumberland Ave  
Burlington

Dads and their children have the chance to talk with other dads and learn games and songs. Story time, free play, music and large muscle activities are all a part of this busy morning. Registration required.  
*For more information, please check our website at [www.rockonline.ca](http://www.rockonline.ca) - click on OEYC or call 905-632-9377.*

### My Baby & Me

Reach Out Centre For Kids/Ontario Early Years

every Monday  
2:00 pm to 3:30 pm  
**ROCK/OEYC Cumberland Location**  
710 Cumberland Ave  
Burlington

A drop-in for parents/caregivers and their babies, newborn - 16 months. Adults enjoy conversation, meeting others, and making new friends while babies enjoy toys and songs. No registration required, but space is limited. Mondays and Fridays from 2:00-3:30 at Cumberland OEYC  
*For more information visit our website at [www.rockonline.ca](http://www.rockonline.ca) - click on OEYC or call 905-632-9377.*

and  
every Tuesday  
2:00 pm to 3:30 pm  
**New Appleby Public Library, 676 Appleby Line**

and  
every Friday  
2:00 pm to 3:30 pm  
**ROCK/OEYC Cumberland Location**

### Wiggles and Giggles

YMCA of Oakville

every Monday  
9:00 am to 11:00 am  
**YMCA OF OAKVILLE**  
410 Rebecca Street  
Oakville  
and  
every Friday  
9:00 am to 11:00 am  
**YMCA OF OAKVILLE**  
Same address as above

Wiggles and Giggles is a FREE parented drop-in program that offers free play, crafts, sharing time, and a lovely fenced in outdoor play area. For children 0-5 yrs. A great opportunity to meet other parents grandparents, caregivers. Check out our Resource Library. NO REGISTRATION REQUIRED.  
*For more information about this FREE Program please contact The Coordinator of Community Programs at 905-845-5597 ext.433.*

## Workshops and Courses Offered for Parents of 0-6 yr olds

**Speech & Language Questions?**  
Milton Community Resource Centre

4th Thursday  
9:30 am to 11:30 am  
**Ontario Early Years Centre North Halton - Main Location**  
410 Bronte Street S., Milton  
*Appointments are scheduled (in Milton) generally on the 4th Thursday morning of the month between 9:30 and 11:30. For an appointment call 905-876-1244, ex. 210.*

How is your child's speech and language developing? It's never too early to ask. If you are interested in a half hour consultation with a Speech-Language Pathologist (working with ErinoakKids / Halton-Peel Preschool Speech & Language) please contact MCRC.

**Toddler Time**  
Oak Park Neighbourhood Centre

every Thursday  
9:30 am to 10:00 am  
**Oak Park Neighbourhood Centre**  
2530 Sixth Line, Unit 9  
River Glen Mews Plaza  
Oakville

Parents join us with your toddler to enjoy activities that help children develop new skills. Based on the Invest In Kids Comfort, Play & teach program. Directly following the program is a family drop in with Circletime that goes to 11:30. 905-257-6029 [www.opnc.ca](http://www.opnc.ca) [michelle@opnc.ca](mailto:michelle@opnc.ca)

**Adult & Child Together**  
Milton Community Resource Centre

Mon. Tues., Thurs., Friday  
9:15 am to 12:00 pm  
AND  
Mon., Wednesday  
1:30 – 4:00 pm  
**Ontario Early Years North Halton - Main Location**  
410 Bronte Street South  
Milton

This friendly, informal drop-in program is for adults with their children birth to age 6 years. Join us for creative activities, free play, circle time and stories. A variety of drop-in programs are offered throughout the week. Call 905-876-1244, x 210 for further details. *Ongoing. No registration is required for this program.*

**Evening Drop-In**  
Reach Out Centre For Kids/Ontario Early Years

every Thursday  
4:00 pm to 7:00 pm  
**ROCK/OEYC Aldershot Location**  
645 Plains Road East  
Burlington

Drop-ins are programs that allow you to interact with your children, 0-6 years and network with other parents and caregivers. ECE's are available during these times to provide information on parenting, development, and behaviour. Available Sept-June. *For information visit our website at [www.rockonline.ca](http://www.rockonline.ca) - click on OEYC or call 905-632-9377.*

**Rhythm, Rhyme, and Read - 3 Rs**  
YMCA of Oakville

every Wednesday  
1:00 pm to 2:00 pm  
**YMCA Of Oakville Multi Purpose # 4**  
410 Rebecca Street  
Oakville

Let's rock & read to this three Rs parented drop in program. In Partnership with the Oakville Public Library, their Children's Outreach Assistant introduces children to early literacy with exciting rhymes, stories, music and crafts. Program is Free to everyone 18 mo. - 4 yr *No registration Required. For more information please contact The Coordinator of Community Programs at 905-845-5597 ext. 433*

## Workshops and Courses Offered for Parents of 0-6 yr olds

**Adult and Tiny Tot Together Drop-In - Georgetown Satellite**  
Links2Care

9:00 am to 11:30 am  
**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street  
Georgetown

Join other parents for an informal drop-in program with activities such as circle, free play and creative. This program is offered for infants and toddlers only (0-36 months). *For information, please call 905-873-2960.*

**Stay & Play**  
Links2Care

9:15 am to 11:15 am  
**The Acton Hub**  
69 Acton Boulevard  
Acton

Children from 0-6yrs old play with other young children. Chat with other parents/caregivers while you enjoy books, puzzles, creative art, story time, snack and more with your kids. Bring your questions about parenting and child development. *For more information please call Pat at 519-853-2574.*

**Post-Partum Support Group**  
Oakville Parent Child Centre  
OEYC  
Halton Region Health Department

1st Thursday  
1:00 pm to 2:30 pm  
**NSR - Main**  
461 North Service Rd W., Unit 17  
Oakville  
and  
3rd Thursday  
1:00 pm to 2:30 pm  
**NSR - Main**

Do you have a child 2 years old or under? Are you feeling sad, lonely, angry, depressed or overwhelmed? If so, you may be experiencing Postpartum Mood Disorder (PMD). Come meet other moms and learn what you can do to help yourself and your family. Childcare available. *For more information, or to register, call Nikki at 905-849-6366.*

**Burlington Postpartum Mood Disorder Support Group**  
Reach Out Centre for Kids  
Halton Region Health Department

1:00 pm to 3:00 pm  
**Burlington ROCK**  
710 Cumberland  
Burlington

Come and join other mothers for light refreshments, discussion and support in a relaxing environment. Facilitated by a Public Health Nurse and a parent educator. *Meetings: 2nd and 4th Wednesday afternoons of the month. Contact 905-632-9377 for information and to register for child care.*

**Milton Postpartum Mood Disorder Support Group**  
Our Kids Network Milton  
Halton Region Health Department

7:00 pm to 9:00 pm  
**Milton Hub, Our Lady of Victory School**  
540 Commercial Street  
Milton

Come and join other mothers for light refreshments, discussion and support in a relaxing environment. Facilitated by a Public Health Nurse and a parent volunteer. *Meetings 1st and 3rd Thursday evenings of the month. No child care available. Babies up to 6 months may attend with their mothers. For more information dial 311 or 905-825-6000; toll free 1-866-442-5866; TTY 905-845-2769.*

## Workshops and Courses Offered for Parents of 0-6 yr olds

**Parenting Conference**  
**Oakville Parent-Child Centre**

**Save the Date!**  
**Saturday, May 5, 2012**

**Mark Your Calendar Now!**  
**Watch for more details early in 2012!**

Oakville Parent-Child Centre is planning a Parenting Conference for the spring of 2012. Plan to join us for an engaging morning of learning and sharing.

**Nobody's Perfect**  
 Halton Region Health Department

January 17, 2012  
 9:30 am to 11:00 am  
**Salvation Army Community Church**  
 1225 Rebecca St.  
 Oakville

If you struggle with being the perfect parent, you are not alone! At Nobody's Perfect, you will talk with other parents who are having the same challenges. This 6-10 week program is for parents of children birth to 5 years. Childcare and transportation may be available.  
*For more information or to register for this Nobody's Perfect, contact Aisha Chaney 905-827-5324 ext. 22. For more information about other Nobody's Perfect programs, dial 311 or call 905-825-6000 or 1-866-442-5866.*

**Nobody's Perfect**  
 Halton Region Health Department

April 18, 2012 – May 23, 2012  
 6:30 pm to 8:30 pm  
**Milton YMCA Childcare Centre**  
 233 Ontario St. South  
 Milton

If you struggle with being the perfect parent, you are not alone! At Nobody's Perfect, you will talk with other parents who are having the same challenges. This 6-10 week program is for parents of children birth to 5 years. Childcare and transportation may be available.  
*For more information or to register for Nobody's Perfect programs, dial 311 or call 905-825-6000 or 1-866-442-5866.*

**Dad's Connect**  
 Links2Care

**Location:**  
**Ontario Early Years Centre - Georgetown Satellite**  
 8 James Street,  
 Georgetown

**Times: 5:30 p.m. to 7:30 p.m.**

**Dates:**  
 January 25, 2012  
 February 22, 2012  
 March 28, 2012  
 April 25, 2012  
 May 23, 2012  
 June 20, 2012

This program is for fathers of children 0-6yrs to enjoy a light supper with their children. There will be crafts, songs, stories & the opportunity to spend some quality play time with their children. This is also an opportunity to meet & network with other dads.  
*For more information, please call 905-873-2960.*

## Workshops and Courses Offered for Parents of 0-6 yr olds

**Time for Tots Drop In- Acton Satellite**  
 Links2Care

**Location:**  
**Ontario Early Years Centre Acton Satellite**  
 85 Wallace Street, Acton

**Times:**  
**9:30 a.m. to 11:30 a.m.**

**Dates:**  
 January 19, 2012  
 February 02, 2012.  
 February 16, 2012.  
 March 01, 2012.  
 March 22, 2012.  
 April 05, 2012.  
 April 19, 2012.  
 May 03, 2012.  
 May 17, 2012.  
 June 07, 2012.  
 June 21, 2012

Join other parents for an informal drop in program with activities such as circle, free play and creative. This program is offered for infants and toddlers only (0-36 months).  
*For more information please call 519-853-2574*

**Toilet Learning**  
 Reach Out Centre For Kids/Ontario Early Years

**Location:**  
**ROCK/OEYC Cumberland**  
 710 Cumberland Ave  
 Burlington

**Time:** 6:30 pm to 8:00 pm  
**Dates:**  
 January 30, 2012

Learning to use the toilet is a natural part of growing up. We will discuss how to know when your child is ready and strategies to make this a successful learning experience. Limited amount of free childcare is available.  
*To register, or to book childcare spots, please call 905-632-4011 or email Debbie at [parented@rockonline.ca](mailto:parented@rockonline.ca)*

**Father Goose**  
 Links2Care

**Location:**  
**Ontario Early Years Centre - Georgetown Satellite**  
 8 James Street, Georgetown

**Time:** 10:00 am to 11:00 am  
**Dates:**  
 February 11, 2012  
**and**  
 February 25, 2012

Join other fathers and/or grandfathers and their little ones 0-12 months old in rhymes, songs and stories together. Moms are welcome to come and enjoy a quiet cup of coffee at the centre while dads are participating in the program. *For more information, please call 905-873-2960.*

**Understanding Toddler Behaviour**  
 Reach Out Centre For Kids/Ontario Early Years

February 22, 2012  
 6:30 pm to 8:00 pm  
**ROCK/OEYC Cumberland**  
**Location**  
 710 Cumberland Ave  
 Burlington

Your sweet little baby has suddenly turned into a walking, foot stomping, independent, NO saying toddler. We will discuss why toddler behaviour is different and strategies for managing it. Limited number of free childcare spots available.  
*To register or to book childcare spots, please call 905-632-4011 or email Debbie at [parented@rockonline.ca](mailto:parented@rockonline.ca)*

## Workshops and Courses Offered for Parents of 0-6 yr olds

### Toileting 101

Milton Community Resource Centre

March 20, 2012  
6:30 pm to 8:00 pm  
**Ontario Early Years North Halton - Main Location**  
410 Bronte Street South  
Milton

This workshop will examine the "before", "during" and "after" of toilet learning and offer parents positive strategies to support their child's learning experience.  
*For further information please call 905-876-1244, ex. 239.*

### Strollercize

Links2Care

April 5, 2012  
10:00 am to 11:00 am  
**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street  
Georgetown

Whether you want to walk, run or crawl, this class is for all shapes/sizes and fitness levels! Strollercize offers you an excellent opportunity to network with other parents while you exercise. All you need is a stroller, water and your child.  
*For more information, please call Jennifer @ 905-873-2960.*

### Baby & Me

Links2Care

**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street, Georgetown  
**Times:** 9:30 am to 11:00 am  
**Dates:**  
April 13, 2012  
and  
May 25, 2012.

This is a program for parents and caregivers of infants that are not yet fully mobile. Baby & Me offers a mix of topics, guest speakers and time for sharing experiences and support. Limited childcare is available for older siblings.  
*Registration for Spring Session One March 26-30, 2012.  
Registration Session Two is April 30- May 4, 2012. For more information please call Jennifer @ 905-873-2960.*

### Networking Together - Acton Satellite

Links2Care

**Ontario Early Years Centre - Acton Satellite**  
85 Wallace Street, Acton  
**Times:** 12:30 pm to 2:30 pm  
**Dates:**  
April 17, 2012  
and  
October 02, 2012.

A 10- week program for parents and caregivers with children 0-6 years. Adults enjoy weekly workshops and discussions focusing on parenting, family, health and development. Children participate in play-based activities.  
*Registration for the Spring Session is March 19-23, 2012 with sessions starting April 17, 2012. Registration for the Fall Session is Sept 4-14, 2012 with sessions starting Oct 2, 2012. For more information, please call Jennifer @ 905-873-2960.*

## Workshops and Courses Offered for Parents of 0-6 yr olds

### Play & Learn

Reach Out Centre For Kids/Ontario Early Years

May 3, 2012  
9:30 am to 11:30 am  
**ROCK/OEYC Cumberland**  
710 Cumberland Ave  
Burlington

Play is child's work! We will explore many different ways that children play at different ages and stages of development. Parents get ideas about how to promote learning through play, how to take advantage of "teachable moments" and how to get involved in their child's play  
*Registration is from March 26 to April 5 at all Burlington ROCK Early Years locations.  
For information please call 905-632-9377 or go to [www.rockonline.ca](http://www.rockonline.ca) - click on OEYC.*

### Saturday Drop-In

Reach Out Centre For Kids/Ontario Early Years

every Saturday  
11:00 am to 3:00 pm  
**ROCK/OEYC Cumberland Location**  
710 Cumberland Ave  
Burlington

Drop-ins allow you to interact with your children, 0-6 years and network with other parents and caregivers. Our Early Childhood professionals are available during these times to provide information on parenting, family, health, development, and behaviour. Available Sept-June  
*For more information, visit our website at [www.rockonline.ca](http://www.rockonline.ca) - click on OEYC or call 905-632-9377*

### Caregivers Corner

Oakville Parent Child Centre OEYC

every Thursday  
9:30 am to 11:30 am  
**St. John's School**  
1480 Mansfield Drive  
Oakville

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!  
*This is an ongoing program.*

### HIPPY Oakville Home Instruction for Parents of Preschool Youngsters

HIPPY Oakville

every other Monday  
9:30 am to 11:30 am  
**Kerr Street Ministries**  
485 Kerr Street  
Oakville

A free of charge, home-based, family focused programme which prepares vulnerable children for kindergarten. We give qualified parents tools and support to help their children learn in their own home. Activities are laid out in a structured manner so they are easy to follow.  
*For more information, please visit our website [www.hippyoakville.org](http://www.hippyoakville.org) or call 905-582-7860*

## Workshops and Courses Offered for Parents of 0-6 yr olds

**Parent-Child Anxiety Group (5-6)**  
ROCK (Reach Out Centre for Kids)

**Burlington ROCK**  
471 Pearl St.  
Burlington

Please call for dates and times of next course

Over 8 weeks, children aged 5-6 learn to identify, measure, and cope with anxious feelings by using breathing, relaxation, and other techniques. Children also attend an informal social skills group while their parents learn about the origins of anxiety and helpful approaches to parenting anxious children. Screening is required.  
*For more information please contact intake department at 905-634-2347 x439*

**Newcomers Breakfast**  
Links2Care

4th Saturday  
9:30 am to 11:00 am  
**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street  
Georgetown

Join us for Food, Fun and Friendship! All OEYC Newcomers are invited to a breakfast where staff will be on hand to answer your questions about the programs and services that the Ontario Early Years has to offer.  
*For more information, please call Jennifer @ 905-873-2960.*

**Programa en Espanol**  
Oakville Parent Child Centre  
OEYC

every Monday  
1:00 pm to 3:00 pm  
**NSR-Main**  
461 North Service Rd W., Unit 17  
Oakville

Un programa sin inscripcion previa para padres, acompanantes y ninos que ofrece actividades, cuentos y canciones en espanol. Hermanos(as) menores son bienvenidos(as). A drop in for parents, caregivers and children, 0 to 5, that offers activities, stories & songs in Spanish  
*This program is ongoing.*

**Calling All Dads**  
Oakville Parent Child Centre  
OEYC

every Saturday  
10:00 am to 12:00 pm  
**North Service Road - Main**  
461 North Service Rd W., Unit 17  
Oakville

This "exclusively dads" drop in gives dads an opportunity to connect with their kids (newborn to 5 years). 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!  
*This is an ongoing program.*

**Come Cook with Me!**  
Links2Care

11:30 am to 3:00 pm  
**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street  
Georgetown

Join us for an all age drop-in (0-6yrs) with planned activities such as cooking, art and hands-on science activities. Please Note - The cooking portion of this program is available from 1:00 pm-2:15 pm.  
*For more information, please call 905-873-2960.*

## Workshops and Courses Offered for Parents of 0-6 yr olds

**Adult and Child Together Drop-In - Georgetown Satellite**  
Links2Care

**Location:**  
**Ontario Early Years - Georgetown Satellite**  
8 James Street, Georgetown  
**Times:** 9:00 Am To 1:00 Pm  
**Dates:**  
July 03, 2012.  
July 05, 2012.

An informal drop-in with activities such as creative, free play, circle and stories. Interact with your children, talk with other parents and caregivers, or make use of the resources available.  
*For more information, please call 905-873-2960.*

**Family Time Together - Acton Satellite**  
Links2Care

**Ontario Early Years Centre - Acton Satellite**  
85 Wallace Street  
Georgetown

Informal weekend drop-in program for dads, working parents and families with young children ages 0-6yrs old. *For more information call 519-853-2574*

**Adult and Child Together Drop-In - Acton Satellite**  
Links2Care

**Location:**  
**Ontario Early Years - Acton Satellite**  
85 Wallace Street, Acton

**Dates & Times:**  
July 09, 2012.  
9:00 am to 1:00 pm

and  
July 04, 2012.  
9:00 am to 1:00 pm

Join us for an informal drop-in with activities such as creative, free play, circle, and stories. Interact with your children, talk with other parents and caregivers, or make use of the resources available.  
*For more information, please call 519-853-2574*

**Decouvrez le Francais/Discover French**  
Links2Care

every Monday  
**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street  
Georgetown

Enjoy a simple and fun introduction to French words and phrases. Learn French songs and stories with your child. For Children 0-6 years old with their parents. Runs September - June.  
*For more information, please call 905-873-2960.*

**Parented Preschool**  
Oak Park Neighbourhood Centre

every Wednesday  
10:30 am to 11:30 am  
**Oak Park Neighbourhood Centre**  
2530 Sixth Line, Unit #9  
River Glen Mews Plaza  
Oakville

Join us to learn routines and skills to prepare for school. Parents stay with younger siblings in our front room and then pitch in to help when needed.  
*Does not require pre-registration, michelle@opnc.ca 905-257-6029, [www.opnc.ca](http://www.opnc.ca)*

## Workshops and Courses Offered for Parents of 0-6 yr olds

**Let's Chat!**  
Milton Community Resource Centre

daily Monday - Friday  
9:30 am to 4:00 pm  
**Ontario Early Years North Halton - Main Location**  
410 Bronte Street South  
Milton

MCRC's Parent Resource Library  
monthly feature: Jan - Literacy / Winter Activities, Feb - Transition to School, Mar - Nutrition, Apr - Safety, May - Sensitive Subjects, June - Summer Activities. An opportunity to ask questions and access resources and information.  
*This is an informal drop-in opportunity. Call 905-876-1244, ex. 222 for further details and extended library hours.*

**Caregivers Connect - Acton Satellite**  
Links2Care

**Location:**  
**Ontario Early Years Centre - Acton Satellite**  
85 Wallace Street, Acton  
**Times:** All 9:30 am – 11:30 am  
**Dates:**  
January 12, 2012  
February 09, 2012  
March 08, 2012  
April 12, 2012  
May 10, 2012  
June 14, 2012

Come and join other Home Child Care Providers for a once a month drop-in program. Bring the 0-6 year old children in your care and enjoy activities such as art, active play and circle. Connect and share ideas with other Home Child Care Providers. Breakfast is included.  
*For more information please call 519-853-2574*

**Childcare Providers' Corner**  
Milton Community Resource Centre

January 11, 2012  
9:15 am to 12:00 pm  
**Ontario Early Years Centre North Halton - Main Location**  
410 Bronte Street South  
Milton

A Wednesday morning drop-in program designed for child care providers and the children they care for, newborn to 6 years. Come and join in the fun with songs and play time. Call 905-876-1244, x 210 for further details.  
*Ongoing. No registration required.*

**Caregivers Connect - Georgetown Satellite**  
Links2Care

**Location:**  
**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street, Georgetown  
**Time:** 11:00 am to 1:00 pm  
**Dates:**  
January 13, 2012  
April 13, 2012  
May 11, 2012  
June 01, 2012

and  
**Location:**  
**OFF SITE - Georgetown**  
**Time:** 11:00 am to 1:00 pm  
**Dates:**  
February 10, 2012  
March 9, 2012

Come and join other Home Child Care Providers for a once a month drop-in program. Bring the 0-6 year old children in your care and enjoy activities such as art, active play and circle. Connect and share ideas with other Home Child Care Providers. Lunch is provided.  
*For more information, please call 905-873-2960*

## Workshops and Courses Offered for Parents of 0-6 yr olds

**Family Time Together - Georgetown Satellite**  
Links2Care

**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street, Georgetown  
**Time:** All - 9:00 am to 12:00 pm

**Dates:**  
January 14, 2012  
January 28, 2012  
February 11, 2012  
February 25, 2012  
March 10, 2012  
March 24, 2012.  
April 14, 2012.  
April 28, 2012

Join us for an informal drop-in for dads, working parents and families with young children ages 0-6yrs.  
*For more information, please call 905-873-2960*

**And Also:**  
May 12, 2012  
May 26, 2012  
June 09, 2012  
June 23, 2012

**Single Parent's Networking Group**  
Milton Community Resource Centre

January 18, 2012  
6:00 pm to 8:00 pm  
**Ontario Early Years Centre North Halton - Main Location**  
410 Bronte Street South  
Milton

Join us on the 3rd Wednesday evening of the month for a light meal followed by time for parents to discuss topics of interest, network and build upon their knowledge and skills. Child care is available, following the meal, for children 0 - 6 years and older siblings.  
*Registration is required. The cost of this program is covered by the host agency and community partners. Call 905-876-1244, x 222 for further details.*

**Managing Challenging Behaviours**  
Oak Park Neighbourhood Centre

February 6, 2012  
7:00 pm to 9:00 pm  
**Oak Park Neighbourhood Centre**  
2530 Sixth Line, Unit 9  
River Glen Mews Plaza  
Oakville

This session will introduce strategies that will help you observe, understand and manage challenging behaviours at home. An interactive workshop that will provide you with a new understanding of how children use behaviours as a method of communication and sometimes as a plea for help.  
*charlene@opnc.ca \$10 905-257-6029*  
[www.opnc.ca](http://www.opnc.ca)

**Positive Discipline Strategies for 3-6 Year Olds**  
Reach Out Centre For Kids/Ontario Early Years

March 6, 2012  
6:30 pm to 8:00 pm  
**ROCK/OEYC Cumberland Location**  
710 Cumberland Ave  
Burlington

Positive Discipline is about teaching children 3-6 yrs how to behave responsibly-not about giving in. We will discuss several strategies in order for you to find one that suits your child's temperament. Limited number of free childcare spaces available by registration only  
*For information or to register please call 905-632-4011 or email Debbie at [parented@rockonline.ca](mailto:parented@rockonline.ca).*

## Workshops and Courses Offered for Parents of 0-6 yr olds

**Nutrition Fair**  
Milton Community Resource Centre  
March 6, 2012  
4:00 pm to 6:30 pm  
**Ontario Early Years North Halton - Main Location**  
410 Bronte Street South  
Milton  
Providing visitors with the opportunity to browse displays, gather resources and learn about healthy eating. *No registration required. For details about displays and mini presentations please call 905-876-1244, ex. 222 or email sueb@mcrc.on.ca.*

**Dad's Breakfast Workshop - The Heart of Boundaries**  
Links2Care  
March 31, 2012  
9:00 am to 11:00 am  
**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street  
Georgetown  
Every family has boundaries. Boundaries shape the ground rules for behaviour. What is expected of me? What do I expect of you? How am I to be treated? How do I treat you? This workshop encourages the development of boundaries that respect family members. *For further information and to register, please call Jennifer @ 905-873-2960.*

**Networking Together- Georgetown Satellite**  
Links2Care  
April 18, 2012  
9:30 am to 11:30 am  
**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street  
Georgetown  
and  
October 03, 2012.  
9:30 am to 11:30 am  
**Ontario Early Years Centre - Georgetown Satellite**  
A 10-week session for parents & caregivers with children 0 - 6yrs. Adults enjoy weekly workshops & discussion focusing on parenting, family, health & development. Children participate in play-based activities. *Registration for the Spring Session is March 19-23, 2012 with programs starting April 18, 2012. Registration for the Fall Session is September 4-14, 2012 with programs starting October 3, 2012. For more information please call Jennifer at 905-873-2960.*

**Preschool Music Makers Georgetown Satellite**  
Links2Care  
April 18, 2012  
1:00 pm to 2:00 pm  
**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street  
Georgetown  
and  
October 03, 2012.  
1:00 pm to 2:00 pm  
**Ontario Early Years Centre - Georgetown Satellite**  
For Preschoolers 30 - 48mo. on their own, this is a fun-filled session of music & energetic movement. Children learn songs, games & activities to encourage creative movement. Children will gain an understanding of different instruments by using and creating their own. *This is a fee based program. Registration for the Spring Session is March 19-23, 2012. Spring programs start the week of April 18, 2012. Registration for the Fall Session is September 4-14, 2012 with programs starting the week of October 3, 2012. For more information, please call Jennifer at 905-873-2960.*

## Workshops and Courses Offered for Parents of 0-6 yr olds

**Family Time Math Georgetown Satellite**  
Links2Care  
April 21, 2012  
10:00 am to 11:30 am  
**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street  
Georgetown  
This program encourages parents and their children 3.5 - 6 yrs to come together to participate in enjoyable math-related activities in a relaxed and fun atmosphere. Parents will learn strategies they can use to assist their children with mathematical thinking. *For more information or to register please call Jennifer @ 905-873-2960.*

**Your Child's Temperament**  
Milton Community Resource Centre  
May 15, 2012  
6:30 pm to 8:00 pm  
**Ontario Early Years North Halton - Main Location**  
410 Bronte Street South  
Milton  
Children are born with distinct ways of thinking, feeling, and acting. This inborn genetic 'wiring' is called temperament, and it will have a major impact on your child's emotions, how they eat, sleep, and react to the world around them. In this workshop, you'll discuss what temperament is and how it impacts your family life. *Pre-registration is required. For further information and to register please call 905-876-1244, ex. 239.*

**Summer Fun Mini Camp**  
Links2Care  
**Location:**  
**Ontario Early Years Centre - Georgetown Satellite**  
8 James Street, Georgetown  
**Time:** All - 9:00 am to 1:00 pm  
**Dates:**  
July 4, 2012  
July 16, 2012  
August 01, 2012  
August 13, 2012  
Your 3 to 6 year old children who are toilet trained and not yet in grade one, will enjoy a planned program which includes creative crafts, sing songs, science activities, cooking and games. Lunch is provided. *This is a fee based program that runs Mon./Wed. or Wed./Fri.. Registration is March 19-23, 2012. For more information, please call Jennifer at 905-873-2960.*

**Playtime in the Park**  
Links2Care  
**Location:**  
**Local Community Parks**  
Halton Hills  
**Time:** All - 9:30 am to 11:30 am  
**Dates:**  
July 5, 2012  
July 12, 2012  
July 19, 2012  
July 26, 2012  
August 02, 2012  
August 09, 2012  
August 16, 2012  
August 23, 2012  
Early Years staff will be at local parks this summer to outreach to families in the community and raise awareness of the programs and services offered at the Ontario Early Years and Links2Care. *For more information, please call Jennifer @ 905-873-2960.*

## Workshops and Courses Offered for Parents of 0-6 yr olds

### DEIPP - Developmental Early Identification and Prevention Program

DEIPP Community Partners

**Georgetown Parent-Child Ctr.**  
8 James Street, Georgetown  
Time: 9:30 to 11:30 am  
Date: Thursday March 1, 2012  
Date: Thursday May 3, 2012

**Oakville Parent-Child Centre**  
1500 Sixth Line, Oakville  
Time: 9:00 to 11:00 am  
Date: Thursday January 12, 2012  
Date: Thursday April 5, 2012

**Milton Community Resource Ctr.**  
410 Bronte St S. Milton  
Time: 9:15 to 11:15 am  
Date: Monday February 6, 2012  
Date: Monday June 18, 2012

**Oakville Parent-Child Centre**  
481 North Service Road W. Unit 25  
Oakville  
Time: 9:00 to 11:00 am  
Date: Saturday February 25, 2012

**Reach Out Centre for Kids/Ontario Early Years Ctr. – Aldershot**  
645 Plains Road E. Burlington  
Time: 9:15 – 11:15 am  
Date: Tuesday March 13, 2012

**Oakville Parent-Child Centre**  
461 North Service Road W. Unit 17  
Oakville  
Time: 9:00 to 11:00 am  
Date: Friday July 13, 2012

**Reach Out Centre for Kids/Ontario Early Years Ctr. – Tansley United Church, 2111 Walkers Line Burlington**  
Time: 9:15 – 11:15 am  
Date: Monday January 16, 2012

**Acton Parent-Child Resource Ctr.**  
85 Wallace St., Acton  
Time: 9:30 to 11:30 am  
Date: Wednesday January 25, 2012  
Date: Wednesday June 6, 2012

**Reach Out Centre for Kids/Ontario Early Years Ctr. – Cumberland**  
710 Cumberland Ave. Burlington  
Time: 1:00 – 3:00 pm  
Date: Wednesday August 29, 2012  
And also, same location:  
Time: 9:15 – 11:15 am  
Date: Wednesday May 16, 2012

DEIPP clinics are for Halton families with children newborn to 5 years of age who are concerned about their child's development. Clinics offer parents a brief consultation with a professional in any or all of the following areas: Speech/language, hearing, behaviour and infant or preschool development. *Any questions concerning the DEIPP clinics should be directed to clinic coordinator at 905-825-6000 ext 2531.*

## Workshops and Courses Offered for Parents of 6-12 yr olds

### After School Treatment Program

Nelson Youth Centres

**Nelson Youth Centres**  
4225 New Street  
Burlington

Two sessions a year Sept-Jan, Feb-Jun, for ages 7-14. Offering a therapeutic group environment focusing on social, emotional and behavioural skill building. 6 week parent support group and monthly family meetings. Offered in Burlington, Oakville, Milton and Acton locations. *For more information/to register call Tammy Marshall at 905-681-2611 ext 26*

### Active Parenting Now ROCK (Reach Out Centre for Kids)

**Halton Child and Youth Services**  
North Halton Office  
Milton

Enhance your parenting skills and build a stronger relationship with your children! This parenting program is a 6-week video based interactive program for parents of 6-11 year olds. Registration fee: \$25 - please inform group facilitators if there are difficulties with this fee. *For more information or to register, call Carol at 905-875-2575 ext. 239*

## Workshops and Courses Offered for Parents of 6-12 yr olds

### Parent Lynx: Linking, Connecting and Informing Parents

3rd Wednesday  
9:00 am to 10:00 am  
**Central Public School**  
638 Brant Street  
Burlington

This group meets on a monthly basis to discuss issues and challenges related to raising school-aged children. This is a great way to meet other parents and learn from each other. All are welcome. No registration is required. *For more info please call Central Public School @905-634-7739.*

### Drop-In Hours with Public Health Nurse (PHN)

every Thursday  
9:00 am to 11:00 am  
**Central Public School**  
638 Brant Street  
Burlington

A PHN is available onsite to provide information and support to parents. This is a great opportunity to ask questions, chat informally and learn about community resources in a confidential setting. No appointment is required. All are welcome. *For more information, please call Central Public Sch. @ 905-634-7739.*

### At Home Alone Workshop

Halton Region Health Department

**Halton Region Auditorium**  
1151 Bronte Road, Oakville  
Dates & Times:  
February 15, 2012  
7:00 pm to 8:30 pm  
and  
April 19, 2012  
7:00 pm to 8:30 pm

Free Workshop designed to help families prepare their 10-14 year old to be at home safely. Children and parents must attend together. *For more information or to register, please contact Halton Region at Tel: dial 311 or 905-825-6000, TTY: 905-845-2769, Toll free: 1-866-442-5866, Email: accesshalton@halton.ca or visit www.halton.ca*

### Home Alone

Oak Park Neighbourhood Centre

April 23, 2012  
6:30 pm to 8:00 pm  
**Oak Park Neighbourhood Centre**  
2530 Sixth Line Unit # 9  
Oakville

Through a series of activities, both parents and child are given opportunities to share expectations, concerns, and ideas. This gives families a chance to problem-solve, plan ahead, and identify important family rules. *charlene@opnc.ca 905-257-6029*

## Workshops and Courses Offered for Parents of 12-18 yr olds

### Tuesday at Seven - Iroquois Ridge High School

Halton Region Health Department

1st Tuesday  
7:00 pm to 8:30 pm  
**Iroquois Ridge High School**  
1123 Glenashton Drive  
Oakville

A program designed for parents of students attending school from Grade 8 to 12 in North Oakville. The purpose of this program is to address concerns and to discuss issues that evolve as young people develop through adolescence. *Please contact Sara Severin at 905-845-0012 for more information or specifics regarding the program outline.*

### Workshops and Courses Offered for Parents of 12-18 yr olds

<b>Tuesday at Ten - Iroquois Ridge High School</b> Halton Region Health Department	1st Tuesday 10:00 am to 11:00 am <b>Iroquois Ridge High School</b> 1123 Glenashton Drive Oakville	Presentations, guest speakers, discussions on topics related to teens, for parents of students at Iroquois Ridge High School, no charge. From October to June. <i>For more information please call 905-845-0012</i>
<b>Parent, Youth and Family Support</b> Links2Care	1:00 am to 1:00 am <b>Off the Wall - Acton and Open Door -Georgetown Youth Centre</b> Halton Hills	Parent, Youth and Family Support. Parents, youth and/or the family are assisted in forming positive relationships through communication, conflict resolution, healthy decision-making and coping with external influences <i>For information call 519-853-9825.</i>
<b>Parent Connections - at Oakville Trafalgar High School</b> Halton Region Health Department	1st Tuesday 7:00 pm to 8:00 pm <b>Oakville Trafalgar High School</b> 1460 Devon Road Oakville	To bring parents, caregivers, community members, and staff together to share information, discuss issues, and provide support as youth develop through adolescence. <i>For more information please call 905-845-2875</i>

### Workshops and Courses Offered for Parents of Children Any Age

<b>Moms Supporting Moms in Milton</b> Halton Region Social and Community Services	every Thursday 7:00 pm to 8:30 pm <b>Milton Hub</b> 540 Commercial St Milton	A grass roots approach to supporting Milton Mothers with Post Partum Mood Disorders & Depression. Group discussions and guest speakers. <i>For more information please contact Milton Hub Coordinator at 905-876-1306.</i>
<b>Community and Parent Partners for Kids (CAPP for Kids)</b>	rotating sites Burlington	Provides parent education and community presentations, usually no cost, 3 events per year. Flyers are distributed through Burlington schools. <i>For more information or if you are interested in being a committee member, please dial 311 or call 905-825-6000, TTY 905-845-2769, toll free 1-866-442-5866.</i>

### Workshops and Courses Offered for Parents of Children Any Age

<b>Parent Resource Library (Milton)</b> Milton Community Resource Centre	daily Monday - Friday 9:00 am to 4:30 pm <b>Ontario Early Years Centre North Halton - Main Location</b> 410 Bronte Street South Milton	This informal resource room offers a wide selection of supportive books related to parenting and family matters, audiovisual material and articles on a range of topics. (Topical "Parent/Child Resource Kits" are also available on loan for a minimal fee.) Membership is free. <i>Ongoing, open year-round. For further information (extended business hours, additional services, etc.) call 905-876-1244, ex. 222</i>
<b>ADHD Parent Power</b> Reach Out Centre For Kids/Ontario Early Years	2nd Monday 7:30 pm to 9:30 pm <b>ROCK/OEYC Cumberland Location</b> 710 Cumberland Ave Burlington	If your child of any age has ADHD come share successes and stresses and learn from one another in order to manage every day challenges. Guest speakers from many fields are occasionally invited. Meet the 2nd Monday of each month excluding June/July/August. <i>For more information or to register please email <a href="mailto:adhdparentpower@gmail.com">adhdparentpower@gmail.com</a></i>
<b>Public Health Nurse</b> Milton Community Resource Centre	9:30 am to 11:00 am <b>Ontario Early Years Centre North Halton - Main Location</b> 410 Bronte Street South Milton	A Public Health Nurse is available on-site on a monthly basis to provide information and support to parents. This is a great opportunity to ask questions, gather resources and chat informally. <i>Call your Ontario Early Years Centre for dates and times -905-876-1244, ex. 222.</i>
<b>Connections</b> Oak Park Neighbourhood Centre	4th Wednesday 7:30 pm to 9:00 pm <b>Oak Park Neighbourhood Centre</b> 2530 Sixth Line, Unit 9 River Glen Mews Plaza Oakville	Parent Support Group for families with children with learning differences. This group meets once a month (last Wednesday of each month) to discuss topics surrounding parenting, academic accommodations and behavioural interventions in a supportive and collaborative format. <i>905-257-6029 <a href="mailto:charlene@opnc.ca">charlene@opnc.ca</a> <a href="http://www.opnc.ca">www.opnc.ca</a></i>
<b>Canadian Red Cross CPR Course</b> Kids Safety First, Canadian Red Cross Authorized Provider	9:00 am to 1:00 pm <b>TBA</b> Halton Hills  <i>To book this course call Catherine at 905-877-4490. This course is very popular and can be offered right in your home! Minimum # participants required</i>	<b>NEW WINTER/SUMMER 2012 DATES</b> 4 hour course includes baby, child, adult CPR level "C" & AED certification, conscious & unconscious choking. Basic first aid included. This course is for all parents, nannies, babysitters, anyone 12 yrs old and up. Private courses available!

## Workshops and Courses Offered for Parents of Children Any Age

**Canadian Red Cross Standard First Aid and CPR Course or Emergency First Aid/CPR**  
 Kids Safety First, Canadian Red Cross Authorized Provider  
 Halton Hills  
*WINTER/SUMMER 2012 dates available or get a group together of 6 or more for your workplace and I come to your location! To register call Catherine at 905-877-4490*  
 For anyone 12 yrs old & up. This is a full CPR/AED level C certification course, approx. 14-16 hrs. Includes baby, child & adult CPR, conscious & unconscious choking, basic first aid, & sudden medical conditions. Workplace courses offered as well as home based courses.

**Trauma Information Sessions**  
 ROCK (Reach Out Centre for Kids)  
 Reach Out Centre for Kids  
 471 Pearl Street  
 Burlington  
*These sessions are in an educational format and are one part of a treatment program. Groups are offered in the Fall, Winter & Spring. For further information contact our Intake Department at 905-634-2347 Ext. 439*  
 Has your child experienced a Traumatic Event? Experiencing Trauma can affect your child's emotions and behaviour. This group is designed for parents and caregivers of children between the ages of 3-18. It involves six information sessions to help you understand and cope

**Divorce Support Group**  
 Oak Park Neighbourhood Centre  
 every Monday  
 7:00 pm to 9:00 pm  
**Oak Park Neighbourhood Centre**  
 2530 Sixth Line, Unit 9  
 River Glen Mews Plaza  
 Oakville  
 DivorceCare is a faith-based support group to help adults deal with the pain of divorce, support each other through the challenges to be able to look forward to rebuilding their new lives. This group has a children's divorce program running at the same time in the next room. *Please call Michelle 905-257-6029 for details www.opnc.ca or michelle@opnc.ca*

**Spanish Circletime**  
 Oak Park Neighbourhood Centre  
 every Wednesday  
 9:30 am to 10:30 am  
**Oak Park Neighbourhood Centre**  
 2530 Sixth Line, Unit #9  
 River Glen Mews Plaza  
 Oakville  
 Join us for sings, stories, and cultural celebrations  
*Does not require pre-registration, michelle@opnc.ca 905-257-6029, www.opnc.ca*

**Caring Dads**  
 Burlington Counselling & Family Services  
 every Tuesday  
 6:30 pm to 8:30 pm  
**Suite 200, Burlington Counselling & Family Services**  
 460 Brant Street  
 Burlington  
 This is a 15 week specialized program which helps dads become better fathers, improve their relationship with their kids and develop effective parenting skills. This program is most effective for dads who have involvement with Children's Aid, the Courts, or who have had involvement with other services.  
*For more information/to register please call 905-637-5256.*

## Workshops and Courses Offered for Parents of Children Any Age

**Muslim Women & Children Swim**  
 Oak Park Neighbourhood Centre  
 every Sunday  
 6:30 pm to 7:30 pm  
**Oak Park Neighbourhood Centre**  
 2530 Sixth Line, Unit 9  
 River Glen Mews Plaza  
 Oakville  
 Come and swim with us in a safe environment with covered windows and female lifeguards.  
*Fee to cover pool rental costs. Must register in advance. At times there is a wait list. Michelle 905-257-6029 www.opnc.ca; michelle@opnc.ca*

**Japanese Circletime**  
 Oak Park Neighbourhood Centre  
 every Thursday  
 11:30 am to 1:30 pm  
**Oak Park Neighbourhood Centre**  
 2530 Sixth Line, Unit 9  
 River Glen Mews Plaza  
 Oakville  
 Join us for Japanese speakers, songs, food, social times and more.  
*Does not require pre-registration, michelle@opnc.ca 905-257-6029, www.opnc.ca*

**Calling All Parents**  
 St. Christopher's Anglican Church  
 Halton Region Health Department  
 every Tuesday  
 7:00 pm to 8:30 pm  
**St. Christopher's Anglican Church**  
 662 Guelph Line  
 Burlington  
 A program for parents of children 0-18 years to relax, share and learn. All are welcome. Community meal prior to weekly sessions. Free childminding available for some sessions. Wheelchair accessible. No registration required. No program during March Break or summer holidays.  
*Contact Mike Deed or Sue Nicolls at 905-634-1809 for more information.*

**Oakville Parent Education Network (OPEN)**  
 rotating sites  
 Oakville  
 Provide parent education and community presentations, usually no cost, 2-3 times per year.  
*For more information on upcoming events or if you are interested in being a committee member, please dial 311 or 906-825-6000, TTY 905-845-2769, toll free 1-866-442-5866.*

**Halton Hills Parent Education Network (HHPEN)**  
 rotating sites  
 Acton & Georgetown  
 Provides parent education and community presentations, usually at no cost, 2 times per year.  
*For more information, or if you are interested in being a committee member please dial 311 or call 905-825-6000, TTY 905-845-2769, toll free 1-866-442-5866.*

## Workshops and Courses Offered for Parents of Children Any Age

**Milton Parent Education Network (MPEN)** rotating sites  
Milton

Provides parent education and community presentations, usually at no cost, 2 times per year. *For more information, or if you are interested in being a committee member please dial 311 or call 905-825-6000, TTY 905-845-2769, toll free 1-866-442-5866.*

**Social Skills**  
Oak Park Neighbourhood Centre

April 2, 2012  
7:00 pm to 9:00 pm  
**Oak Park Neighbourhood Centre**  
2530 Sixth Line, Unit 9  
River Glen Mews Plaza  
Oakville

An overview of some of the activities used in the CHOICES social skills program. Parents will be provided with strategies and take home lessons that can be used to assist with the development of effective communication skills and relationship building. *charlene@opnc.ca www.opnc.ca 905-257-6029 \$10.*

**Boys and Girls Learn Differently by guest speaker Michael Reist**  
Oakville Parent Education Network (OPEN)

January 25, 2012  
7:00 pm to 9:00 pm  
**Holy Trinity Catholic Secondary School**  
2420 Sixth Line  
Oakville

Current brain research has revealed fascinating differences between the way males and females think and communicate. The implications for teaching and raising boys and girls are profound. Teachers and parents of both genders will benefit from this enlightening workshop. *FREE Oakville Parenting Education Network workshop. To register, for ASL - English interpreters or for more information, please call Halton Region by dialing 311 or 905-825-6000 or email [accesshalton@halton.ca](mailto:accesshalton@halton.ca) TTY 905-845-2769, toll free 1-866-442-5866.*

**Parenting Together (Seminar)**  
Milton Community Resource Centre

February 9, 2012  
6:45 pm to 8:45 pm  
**Ontario Early Years North Halton - Main Location**  
410 Bronte Street South  
Milton

Being a parent is both rewarding and challenging. Parenting together helps to smooth some of the bumps. Parenting partners are invited to join guest speaker Brian Russell to explore positive strategies for parenting as a team. An upbeat and interactive seminar. *This event is sponsored by the host organization and includes light refreshments. Pre-registration is required. Limited seating is available. For further information please call 905-876-1244, ex. 222.*

## Workshops and Courses Offered for Parents of Children Any Age

**Kids Have Stress Too**  
Oak Park Neighbourhood Centre

January 9, 2012  
7:00 pm to 9:00 pm  
**Oak Park Neighbourhood Centre**  
2530 Sixth Line, Unit 9  
River Glen Mews Plaza  
Oakville

Designed and developed by the Psychology Foundation of Canada. This program aims to assist parents and caregivers with recognizing and understanding how stress affects children. By providing parents with information, tools and strategies, and stress management techniques. *For more information and to register: [www.opnc.ca](http://www.opnc.ca); [charlene@opnc.ca](mailto:charlene@opnc.ca), 905-257-6029; \$10 for 2 workshops (can be waived on request)*

## Workshops and Courses Offered for Children 6-12

**Girls Gab**  
Burlington Public Library

1st Wednesday  
7:00 pm to 8:00 pm  
**Builder's Room, Burlington Public Library**  
2331 New Street  
Burlington

A book club for girls aged 9-12 accompanied by their mothers. Each month we will share discussion about the book we have read over the last four weeks. Meeting starts in October. *Register at the Children's Info Desk, 905-639-3611, ext 136 starting September, 2011*

**FRIENDS For Life**  
Oak Park Neighbourhood Centre

January 8, 2012  
1:00 pm to 2:00 pm  
**Oak Park Neighbourhood Centre**  
2530 Sixth Line Unit #9  
Oakville

10 week program that focuses on strategies to support children with developing positive self-talk, problem solving and relaxation techniques. *FREE Program [charlene@opnc.ca](mailto:charlene@opnc.ca) 905-257-6029*

**CHOICES**  
Oak Park Neighbourhood Centre

January 14, 2012  
1:00 pm to 2:00 pm  
**Oak Park Neighbourhood Centre**  
2530 Sixth Line Unit #9  
Oakville

Social skills program that focuses on verbal and nonverbal communication, emotional regulation and building connections with peers. *Subsidized Program [charlene@opnc.ca](mailto:charlene@opnc.ca) 905-257-6029*

## Workshops and Courses Offered for Teens 12-18

**Halton Hills Mayor's Youth Advisory Committee (HHMYAC)**  
Halton Region Health Department

1st Wednesday  
7:00 pm to 9:00 pm  
**Town of Halton Hills**  
1 Halton Hills Drive  
Georgetown

The HHYAC is a voluntary group of young individuals between the ages of 13 and 21 whose goal is to act as an advocate for youth issues and to promote positive, meaningful recreational and social opportunities in partnership with the community. *For more information please contact Jennifer Ancona, Town of Halton Hills - 905-873-2601, ext 2285, or by e-mail: [Jennifer.A@haltonhills.ca](mailto:Jennifer.A@haltonhills.ca)*

## Workshops and Courses Offered for Teens 12-18

### **Towards No Drug Abuse (TND)**

John Howard Society of Hamilton,  
Burlington & Area

Burlington

Project TND is a fun and interactive, 12-session drug prevention program for youth ages 14-19 that spotlights information and skill development that enable teens to make responsible decisions about drug, alcohol and tobacco use. *For more information/ to register, call 905-522-4446, Ex. 221.*

### **Reconnecting Youth Program Nelson Youth Centres**

Nelson Youth Centres

Nelson Youth Centres  
4225 New Street  
Burlington

For youth 14-17 experiencing a variety of concerns; social, emotional and/or behavioural concerns. Offering outreach counselling for individuals. Group offered in Acton. 1:1 counselling offered in Halton. Also offering Ontario Works Trusteeship. *For more information or to register please contact Tammy Marshall 905-681-2611 x26.*

### **Y.O.D.A. - Woodview Children's Center and Transitions for Youth**

Woodview Children's Center  
69 Flatt Road  
Burlington

The Halton Y.O.D.A. Program (Youth Overcoming Depression and Anxiety) is for youth throughout Halton in Grades 6, 7, and 8 experiencing symptoms of anxiety and/or depression. Y.O.D.A offers a group treatment program with parent education and information sessions. *For more information or to make a referral please contact 905-689-4727.*

### **Canadian Red Cross Babysitting Course**

Kids Safety First, Canadian Red Cross Authorized Provider

Halton Hills

Kids aged 11 - up. Full day workshop includes first aid, safety tips, rights & responsibilities, skills for caring for all ages of children, diapering, resumé writing and more. 7 hour course  
*New Winter/Summer 2012 dates available now for all locations: Georgetown, Oakville, Burlington and Milton, For dates/times and to register call Catherine at 905-877-4490.*

### **Milton Youth Advisory Committee (MYAC)**

Halton Region Health Department

2nd Wednesday  
4:00 pm to 6:00 pm  
Milton Town Hall  
150 Mary Street  
Milton

MYAC is a voluntary group of youth who are interested and care about issues facing youth. MYAC is dedicated to giving youth a voice and to recognize and celebrate youth in the Milton community. *For more information please call 905-878-7252.*

## More Resources for Families

Raising children is both a rewarding and challenging experience. Our Kids Network is dedicated to giving family members the resources, services and encouragement to raise responsible, caring kids.

### **Lions Quest Canada - The Centre for Positive Youth Development**

is dedicated to fostering positive youth development through innovative and well-researched programs, products, training and services for youth, parents, educators, and community leaders. Lions Quest Canada is working closely with groups of individuals and agencies across the country to help advance the Developmental Assets concept at all levels within our communities.

[www.lionsquest.ca](http://www.lionsquest.ca)

### **'A New Kind of Parenting: Raising Kids Ages 10 to 16'**

**booklet** shares research on adolescent development and addresses common concerns identified by parents and caregivers of preteens and teens.

[www.ourkidsnetwork.ca/families](http://www.ourkidsnetwork.ca/families)

### **Shoulder to Shoulder**

is a project of the Minnesota Institute of Public Health (MIPH), a non-profit organization founded in 1972. MIPH is dedicated to working with individuals and organizations to safeguard and promote public health. MIPH and Shoulder to Shoulder share the goal of reaching parents of teens and other responsible adults with information about positive parenting in order to increase comfort and confidence levels in raising their children.

[www.shouldertoshoulderminnesota.org](http://www.shouldertoshoulderminnesota.org)

### **Download the Thriving Teens**

Power Point slides at [www.ourkidsnetwork.ca/families](http://www.ourkidsnetwork.ca/families)

### **The Community Services Database**

is detailed listing of almost 4000 descriptions of program and services available in Halton. The database is managed and maintained by Halton Information Providers, a coalition of the four Community Information Centres in Halton (CICs); Information Halton Hills, Information Burlington, Information Milton and Information Oakville.

<http://search.hipinfo.info>

### **Halton Special Needs Resource Guide**

provides a broad listing of services and supports for families. Download the guide at

[www.ourkidsnetwork.ca/families](http://www.ourkidsnetwork.ca/families)

