

Lanark County Parent Support Calendar Winter Spring 2017

Welcome...

...to the Lanark Parent Support Calendar Winter Spring 2017.

This is a listing of Parent Education workshops for families and children that are happening in your community this Winter Spring 2017. These workshops will help support you in your crucial role as a parent/caregiver to ensure your child(ren) takes advantage of the best possible start in his or her life.

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

Trying to find services in your area?

Where do you find out information about programs and services for your children? Who do you talk to? How do you locate services in your community? You can dial 211 or check out www.211ontario.ca or contact us.

The Ontario Early Years Centre (a program of Children's Resources On Wheels) has developed a comprehensive listing of community services to help families locate resources and find help and support. This information includes names of agency contact persons, descriptions of programs and services, addresses, phone numbers, and fax numbers.

**Contact us: Ontario Early Years Centre, A Program of
Children's Resources On Wheels
(613) 283-0095 or 1-800-267-9252 or www.crowlanark.com**



Parent Support Calendar – Winter Spring 2017

Almonte and Area

Workshop	Date	Location	Time	Description of Workshop
Baby Talk	Mondays except Holidays	Almonte Library	2:00-3:00 pm	Infant playgroup. Activities geared to parents and the 0-12 mth. old baby with continued support from the Health Unit and guest speakers.
Baby Time	Thursdays Jan. 5-Feb. 23 Mar.16-Apr. 27 May11-June 22	Almonte Public Library to register 613-256-1037 www.mississippimills.ca/en/ live/library.asp For more workshop dates	9:30-10:00 am Stay and hang out till 11:30 am	Meet with other parents and babies, learn pre-literacy skills with songs, rhymes, books, movement and play, and tap into services in your community.
Drop in Story Time (ages 2-4)	Fridays	Almonte Public Library 613-256-1037 www.mississippimills.ca/en/ live/library.asp For more workshop dates	10:30-11:00 am	Did you know your child learns early literacy skills just by being read to? No registration necessary. Join us for stories, fun and learning.
Family Math	Tues. Feb. 21, 28 & Mar. 7	Naismith School	6:00-7:00 pm	Adult/child interactive workshop. Join us to explore math through play with bubbles, play dough, songs, etc. Ages 3–6 years
Tips for Twos	Mon. May 29 & June 5	Almonte Public Library	6:30-8:30 pm	Understanding and dealing with toddler behaviours.

To Register, Please Call Children's Resources on Wheels



Children's Resources on Wheels (CROW)
91 Cornelia Street West, Smiths Falls, ON K7A 5L3
Phone 613-283-0095 or 1-800-267-9252
Fax 613-283-3324
Website www.crowlanark.com



Parent Support Calendar – Winter Spring 2017

Carleton Place and Area

Workshop	Date	Location	Time	Description of Workshop
Baby Talk	Wednesdays	Carambeck Community Centre	12:30-1:30 pm	Infant playgroup. Activities geared to parents and the 0-12 mth. old baby with continued support from the Health Unit and guest speakers.
Baby Time	Thursdays Jan. 12-Feb. 16 Apr. 13-May 18	Carleton Place Library 613-257-2702 to register http://carletonplacelibrary.ca	9:30-10:00 am	Meet with other parents and babies, learn pre-literacy skills with songs, rhymes, books, movement and play, and tap into services in your community.
Storytime	Wednesdays Jan. 12-Apr. 26	Carleton Place Library 613-257-2702 to register http://carletonplacelibrary.ca	9:30-10:00 am Or 10:15-10:45 am	Stories, songs, rhymes and fun for 2 to 5 year olds. Younger siblings welcome.
Get Out: Gym Jam	Thurs. Feb. 9 Thurs. Mar. 9	Carambeck Community Centre – Gym Register for one or both	6:30-8:00 pm	For Pre-Schoolers and their supervising adults. Ride, climb, run and jump in the gym with us!
Toddler Time	Thursdays Feb. 23-Apr. 6	Carleton Place Library 613-257-2702 to register http://carletonplacelibrary.ca	10:00-10:30 am	A fun program to bridge the gap between Babytime and Storytime. Stories, songs and pre-literacy games for 1 & 2 yr. olds.
Parenting Cafés	Feb. 23 Fighting & Aggression Mar. 23 Bedtime Routines Apr. 27 Temper Tantrums	Carleton Place Childcare Services 3 Francis St. Register at 613-283-2740 Say Triple P Café	6:00-7:30 pm	Grab a cup of coffee, sit down and join us for an informal discussion on a variety of topics. Head home with new information and a positive attitude!
You're Not The Boss Of Me! Parenting Workshop	Wed. Apr. 19 & 26	Arklan School	6:30-8:30 pm	A 2 session workshop to help parents encourage cooperation in a positive way while maintaining their authority.

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Parent Support Calendar – Winter Spring 2017

Lanark

Workshop	Date	Location	Time	Description of Workshop
Art-Tastic	Mon. May 1	Maple Grove School	10:00-11:30 am	Child/adult workshop. Come and have the freedom to explore your creativity with various art supplies, creating artistic masterpieces in an art filled environment. Ages 2 and up.
You're Not The Boss Of Me! Parenting Workshop	Feb. 9 & 16	Maple Grove School Free Child Care !	9:30-11:30 am	A 2 session workshop to help parents encourage cooperation in a positive way while maintaining their authority.

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Parent Support Calendar – Winter Spring 2017

Perth and Area

Workshop	Date	Location	Time	Description of Workshop
Baby Talk	Thursdays	Perth Dance Studio 1 Sherbrooke St.	1:00-2:00 pm	Infant playgroup. Activities geared to parents and the 0-12 mth. old baby with continued support from the Health Unit and guest speakers.
Baby Time	Tuesdays Jan. 3-7 Mar. 7-Apr. 11 May 2-June 6	Perth & District Union Library Register at 613-267-1224	9:30-10:00 am	Meet with other parents and babies, learn pre-literacy skills with songs, rhymes, books, movement and play, and tap into services in your community.
Story Time children 1-4 yrs.	Wednesdays Jan. 4-8 Mar. 1-Apr. 5 May 3-June 7	Perth & District Union Library Register at 613-267-1224 www.perthunionlibrary.ca	9:30-10:00 am	Did you know your child learns early literacy skills just by being read to? Join us for stories, songs, fun and learning.
Positive Parenting	Wed. Feb. 22	Stewart School	6:30-8:30 pm	Tired of fighting? Come and learn new ways to interact with your child.
Parenting Cafés	Feb. 28 Temper Tantrums Mar. 28 Fighting & Aggression Apr. 25 Bedtime Routines	Perth & District Union Library Register at 613-283-2740 Say Triple P Café	10:15-11:45 am	Grab a cup of coffee, sit down and join us for an informal discussion on a variety of topics. Head home with new information and a positive attitude!
Positive Discipline	Tuesdays Mar. 21, 28 & Apr. 4	Stewart School	6:00-8:00 pm	A respectful approach to parenting, teaching long term solutions that develop children's own self-discipline and life long skills.
Toddler Music	Apr. 27	Perth Dance Studio	10:00-11:00 am	Parents come with your child to jump, jive, make instruments and have fun with music.

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Parent Support Calendar – Winter Spring 2017

Smiths Falls and Area

Workshop	Date	Location	Time	Description of Workshop
Baby Talk	Mondays Except holidays	CROW 91 Cornelia St. W.	1:00-2:00 pm	Infant playgroup. Activities geared to parents and the 0-12 mth. old baby with continued support from the Health Unit and guest speakers.
Baby Time	Thursdays Jan. 12-Feb. 16 Mar. 9-Apr. 13 May 4-June 8	Smiths Falls Public Library Register at 613-283-2911	11:30am—Noon	Meet with other parents and babies, learn pre-literacy skills with songs, rhymes, books, movement and play, and tap into services in your community.
Pre-school Storytime	Fridays Jan. 13-Feb. 17 Mar. 10-Apr. 7 May 5-June 2	Smiths Falls Public Library Register at 613-283-2911	10:30 am	Did you know your child learns early literacy skills just by being read to? Join us for stories, songs, fun and learning.
Parenting Cafés	Feb. 23 Fighting & Aggression Mar. 23 Bedtime Routines Apr. 27 Temper Tantrums	Smiths Falls Health Unit Register at 613-283-2740 Say Triple P Café	6:00-7:30 pm	Grab a cup of coffee, sit down and join us for an informal discussion on a variety of topics. Head home with new information and a positive attitude!
Art-Tastic	Tues. Mar. 28	CROW 91 Cornelia St. W.	1:00-2:30 pm	Child/adult workshop. Come and have the freedom to explore your creativity with various art supplies, creating artistic masterpieces in an art filled environment. Ages 2 and up.
How To Talk So Kids Will Listen	Tues. May 2, 9 & 16	CROW 91 Cornelia St. W.	6:30—8:30 pm	A 3 Session Workshop focusing on helping parents learn to listen, communicate and engage cooperation.

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Parent Support Calendar – Winter Spring 2017

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

Workshop	Date	Location	Time	Description of Workshop
Healthy Young Families Program	On-going	Clinics located in Lanark, Carleton Place and Smiths Falls	Ongoing	Prenatal, well baby, child & adult care, Individual, family, couple counseling nutrition counseling, speech & language services (0-5 yrs.), presentations & workshops
Handling Difficult Emotions	10 Fridays Mar. 21-June 2	Perth Community Home Support 40 Sunset Blvd. Suite 100	10:00-11:30 am	A 12 week skills training group. Recognize, understand and learn to cope with powerful emotions. Learn what activates them and how to increase positive emotions.
Lanark Highlands Good Food Box	Order by 2nd Wed. of each month Info call 259-2435 or 259-5495	North Lanark CHC 207 Robertson Dr. Lanark Village	Pick ups at St. Andrew's United Church	By ordering bulk items of fresh fruits and vegetables at wholesale prices, we can provide more affordable and healthy food. Different price and size options to suit your needs.
Free Community Dinner	3rd Thurs. of each Month Info call 259-2435 or 259-5495	St. Andrew's United Church 115 Clarence St. Lanark	4:00-6:00 pm	Come one, come all. Note: This is NOT a fundraiser or a potluck... it's a chance to meet and greet your neighbours and make some new connections.
Mindfulness Based Stress Reduction Pick a session	Must register: Call for information dates and start dates	North Lanark CHC 207 Robertson Dr. 30 Bennett St. Carleton Place	Lanark & Carleton Place	Practical instruction about stress/reduction, training in meditation, yoga, breathing, relaxation.

For more information, or to register,

Please call North Lanark CHC at 613-259-2182 or 1-866-762-0496



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