

Lanark County Parent Support Calendar Fall 2017

Welcome...

...to the Lanark Parent Support Calendar Fall 2017.

This is a listing of Parent Education workshops for families and children that are happening in your community this Fall of 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 as well as 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 — Fall 2017

Almonte and Area

Workshop	Date	Location	Time	Description of Workshop
Baby Talk	Mondays	Almonte Public 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 (0-12 mths.)	Thursdays Sept. 7-21 Oct. 12-Dec. 14	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 chat 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 2-3 and siblings)	Fridays Starting Sept. 8	Almonte Public Library 613-256-1037 www.mississippimills.ca/en/ live/library.asp no registration	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.
Fun with Science	Tues. Sept. 26	Naismith School	6:00-7:30 pm	Become a junior scientist! Make volcanoes, launch a rocket, dissolve solids and more. For 3-6 yr. olds and their adult.
Positive Parenting	Mon. Oct. 23	Almonte Public Library	6:30-8:30 pm	Tired of fighting? Come and learn new ways to interact with your child.
Infant Massage	Mon. Nov. 13	Almonte Public Library	2:00-3:00 pm	An interactive workshop for parents and infants 0-12 mths. introducing them to the techniques and benefits of massage.

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 — Fall 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 Sept.14-Oct.19	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 Starting Sept. 13	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.
Infant Massage	Wed. Oct. 11	Carambeck Community Centre	12:30-1:30 pm	An interactive workshop for parents and infants 0-12 mths. introducing them to the techniques and benefits of massage.
Triple P Positive Parenting Program Free Childcare	4 Mondays Oct. 16,23, 30 & Nov. 6 With 3 follow-up Phone check-ins	30 Bennett St.	10:00-12:00 am	Triple P is here! Start routines, Stop routines, Ask-say-do, come and learn it all. 4 in class sessions with 3 individual follow-up check-ins to tweak it to your personal family.
Kids have Stress Too	Tues. Oct. 24	Arklan School	6:30—8:30 pm	What are the signs of stress in children? Come out and learn some strategies to help your children relax and cope with stress.

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Parent Support Calendar — Fall 2017

Carleton Place and Area

Workshop	Date	Location	Time	Description of Workshop
Toddler Time	Thursdays Oct. 26—Nov. 30	Carleton Place Library 613-257-2702 to register http://carletonplacelibrary.ca	9:30-10:00 am	A fun program to bridge the gap between Babytime and Storytime. Stories, songs and pre-literacy games for 1 & 2 yr. olds.
Toddler Boogie	Mon. Nov. 6	Carambeck Community Centre	12:30-1:30 pm	18 mths.-2 1/2 yrs. Join Issie for dynamic music & movement with your toddlers. Singing, dancing, instruments, parachute and guitar. Energetic and creative fun!
Wired and Tired	TBA	Arklan School	6:30-8:30	How is the use of technology affecting our children? How should we manage it in our homes? Join us for a discussion.

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Parent Support Calendar — Fall 2017

Lanark

Workshop	Date	Location	Time	Description of Workshop
Playdate With Your Preschooler	Mon. Oct. 30	Maple Grove School	10:00-11:30 am	A special time for you and your 2-4 yr. olds . Come and play, create art and experience the joy of childhood again.
Toddler Music	Mon. Nov. 6	Maple Grove School	10:00-11:00 am	Parents come with your child to jump, jive, make instruments and have fun with music.
Baby Time (and children's programs)	TBA	Lanark Library http://www.lanarklibrary.ca/	Check the web site for dates and times	Meet with other parents and babies, learn pre-literacy skills with songs, rhymes, books, movement and play, and tap into services in your community.

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Parent Support Calendar — Fall 2017

Perth and Area

Workshop	Date	Location	Time	Description of Workshop
Baby Talk	Thursdays	TayCare Sr. Childcare Centre 100 Wilson 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 Sept.12-Oct.17 Nov. 7-Dec. 12	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 Sept.13-Oct.18 Nov. 1-Dec. 6	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.
Tips for Twos	Thurs. Oct. 5 & 12	Taycare Sr. Childcare Centre 100 Wilson St.	6:30-8:30 pm	Understanding and dealing with toddler behaviours.
Infant Massage	Thurs. Nov. 2	TayCare Sr. Childcare Centre 100 Wilson St.	1:00-2:00 pm	An interactive workshop for parents and infants 0-12 mths. introducing them to the techniques and benefits of massage.
Fun with Science	Tues. Nov. 14	Taycare Sr. Childcare Centre 100 Wilson St.	6:00-7:30 pm	Become a junior scientist! Make volcanoes, launch a rocket, dissolve solids and more. For 3-6 yr. olds and their adult.

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Parent Support Calendar — Fall 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 Sept.14-Oct.19 Nov. 9-Dec. 14	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 Sept. 15-Oct. 20 Nov. 10-Dec. 15	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.
Infant Massage	Mon. Sept.25	CROW 91 Cornelia St. W	1:00-2:00 pm	An interactive workshop for parents and infants 0-12 mths. introducing them to the techniques and benefits of massage.
Bounce Back and Thrive Free Childcare	Tuesdays Starting Oct. 17 6 week program	CROW 91 Cornelia St. W.	9:30-11:30 am	When you meet obstacles in life, don't let them flatten you ... Bounce Back and Thrive! Learn how to be resilient and pass these skills on to your children.
Fun with Science	Tues. Nov. 7	CROW 91 Cornelia St. W.	6:00-7:30 pm	Become a junior scientist! Make volcanoes, launch a rocket, dissolve solids and more. For 3-6 yr. olds and their adult.

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Parent Support Calendar — Fall 2017

Smiths Falls and Area Continued...

You're Not The Boss Of Me!	Mon. Nov. 20 & 27	CROW 91 Cornelia St. W.	6:30-8:30 pm	A 2 session workshop to help parents encourage cooperation in a positive way while maintaining their authority.
Parenting Workshop				

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Parent Support Calendar — Fall 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	Starting Oct.	TBA depending on where registrants are	TBA	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.
Free Community Dinner	3rd Mon. of each Month Info call 259-2435 or 259-5495	Lanark Civitan Hall 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	30 Bennett St. Carleton Place or North Lanark CHC 207 Robertson Dr.	Carleton Place Sept. 2017 Lanark Spring 2018	Practical instruction about stress/reduction, training in meditation, yoga, breathing, and 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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