



Lanark County Parent Support Calendar Winter/Spring 2018

Welcome...

...to the Lanark Parent Support Calendar Winter/Spring 2018.

This is a listing of Parent Education workshops for families and children that are happening in your community this Winter/Spring of 2018. 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.

EarlyON Child and Family Centre of Lanark (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:



**A Program of Children's Resources On Wheels
(613) 283-0095 or 1-800-267-9252 or www.crowlanark.com**

EarlyON Child and Family Centre
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 2018

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 Jan. 18-May 31	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 Jan. 5-June 22	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.
Story Time All ages	Wednesdays	Pakenham Public Library	10:30-11:00 am	Join us for a family friendly event. All ages welcome. No registration necessary. Join us for stories, fun and learning.
You're Not The Boss Of Me! Parenting Workshop	Mon. Feb. 5 & 12	Almonte Public Library	6:30-8:30 pm	A 2 session workshop to help parents encourage cooperation in a positive way while maintaining their authority.
Baby Picasso	Apr. 23	Naismith School	2:00-3:00 pm	For Babies 6-12 months and their adults. Join us for water play and free expression art with yoghurt or applesauce while we talk about how learning happens.

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Parent Support Calendar – Winter/Spring 2018

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. 11-Feb. 15	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. 10-Apr. 15	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.
Positive Parenting	Tues. Feb. 6	Arklan School	6:30-8:30 pm	Tired of fighting? Come and learn new ways to interact with your child.
Gym Jam	Thurs. Feb. 15	Carambeck Community Centre	6:30-8:00 pm	For kids 1-6 yrs. and their supervising adults. Ride, climb, run and jump in the gym with us!
Toddler Time	Thursdays Mar. 1-Apr. 5	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.
Tips for Twos	Tues. May 8 & 15	Arklan School	6:30-8:30 pm	Understanding and dealing with toddler behaviours.

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Parent Support Calendar – Winter/Spring 2018

Lanark

Workshop	Date	Location	Time	Description of Workshop
Triple P Parenting Cafe	Wed. May 23	Lanark Learning Centre 67 George St.	6:30-8:00 pm	Join us for a discussion on what to do when and why kids fight?
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 – Winter/Spring 2018

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 Jan. 9-Feb. 13 Mar. 6-Apr. 10 May 1-June 5	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. 10-Feb. 14 Mar. 7-Apr. 11 May 2-June 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.
Parent Discussion Group Free Childcare	Thursdays Jan.18, 25 & Feb. 1	TayCare Sr. Childcare Centre 100 Wilson St.	1:00-2:00 pm	Join us to talk about discipline, positive parenting and any other topics you'd like to raise.
Triple P Raising Teens (Getting ahead of the Game)	Tuesdays Feb. 27, Mar. 6 & 20	The Stewart School	6:30-8:00 pm	Attend one or all three. 1 Raising Responsible Teenagers 2 Raising Competent Teenagers 3 Getting Teens Connected in the Community

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Parent Support Calendar – Winter/Spring 2018

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. 11-Feb. 15 Mar. 8-Apr. 12 May 3-31	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. 12-Feb. 16 Mar.9-Apr. 13 except Good Friday May 4-June 1	Smiths Falls Public Library Drop-in	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.
Triple P Positive Parenting Program	Thursday In class Feb. 22, Mar.1, Mar. 8 & 22 Mar. 29-Apr –12 phone check-ins Wrap-up Apr.19	CROW 91 Cornelia St. W.	6:30-8:30 pm	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 phone check-ins (to tweak it to your personal family) and a final wrap-up session.
Baby Picasso	Mon. Apr. 16	CROW 91 Cornelia St. W.	1:00-2:00 pm	For Babies 6-12 months and their adults. Join us for water play and free expression art with yoghurt or applesauce while we talk about how learning happens.

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Parent Support Calendar – Winter/Spring 2018

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
Managing Difficult Emotions	Starting TBA	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	North Lanark CHC 207 Robertson Dr. Or 30 Bennett St. Carleton Place	Lanark Spring 2018 Carleton Place Sept. 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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