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Parenting Classes: Community Kitchens

- Community Kitchens are for participants to cook meals together and take home to family
- The kitchens are for 5-8 participants depending on skill level
- Anyone is welcomed, and childcare provided
- The goal of the kitchens is to learn ways to provide families with easy low cost meals
- Spending less time preparing nutritious meals
- Getting out of the house and having fun with other people

Audience

Parent(s) with children six years and under

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

For upcoming sessions (dates) click on clinics/classes

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Parenting Classes: Coping with Toddler Behaviour

A program to help parents learn techniques to deal with challenging behaviour while enhancing their relationship with their young child.

Description

Designed to help children and their parents/caregivers cope with challenging behaviours. Parents join with other parents in a non-threatening environment to discuss child development and behaviour and learn new ways of dealing with difficult behaviours

Audience

Parents and caregivers of children 12 months to 3 years. Other people who are involved

in the child's life may also want to attend.

Number of Weeks - 8

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

For upcoming sessions (dates) click on clinics/classes

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Parenting Classes: HELP Toolbox

The H.E.L.P. TOOLBOX Program (Healthy Emotions, Loving Parents) ALSO known as "Anger Stress Tool Kit" in Parent Child Services site pamphlet.

- Offers parents some tools and skills for coping with day-to-day stresses.
- Designed to build awareness and to reinforce positive attitudes and behaviours in 5 areas: Anger, Self Confidence, Coping, Parenting and Stress.
- Participants are taken through a process where they learn to:
 - 1) develop an awareness about a problem or potential problem
 - 2) identify some alternatives to the problem
 - 3) discuss or practice as a group

Originally designed for teen parents, but is often appropriate for parents in their early twenties. Open to both parents and their partners.

- 4 week sessions of 3 modules for a total of 12 weeks.
- It is recommended that participants begin this program with Session 1 with the intention of completing all sessions

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

For upcoming sessions (dates) click on clinics/classes

NOTE:

NOT intended for people in crisis or with anger management issues.

The Anger Module must be taken in sequence. No one is permitted to enroll in the Anger Module only.

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Assessment Clinic: How Am I Growing?

Screening of your child's motor and social development, speech and language skills, dental screening as well as hearing screening. Parents will have the opportunity to discuss any parenting questions and concerns and will be offered information to help strengthen their relationship with their child.

Audience

1.5 to 3.5 years old (18 to 42 months)

5 to 6 screening clinics per year. 10 screening appointments per clinic. Screening takes 45 minutes

For upcoming sessions (dates) visit clinics/classes on our website.

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

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Parenting Classes: Kids Have Stress Too!

Description

- KHST! believes parents know their children better than anyone. Parents are their children's best teacher!
- KHST! wants to have a positive influence on all families of young children by teaching parents the strategies to help their children develop healthy ways to deal with their stress.
- Aim is to give parents the tools that will reinforce good coping skills in their children, such as problem solving, relaxation techniques and developing a "can-do" attitude.
- Parents are the strongest influence on child development. By learning to relax your children will be happier and healthier!

Audience

Parents of children 3 to 9 years

Childcare provided

For upcoming sessions (dates) visit clinics/classes on our website.

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

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Make The Connection

Make the Connection is about making connections with your baby which will set the stage for loving relationships and open your baby to the wonder of words and the joys of learning.

As parents, you will receive:

- A CD of songs to sing with your baby
- Tips on how to interact with your baby
- A photo booklet of you and your baby
- A video of you with your baby

Audience

Parents with children under 8 months old.

For upcoming sessions (dates) click on clinics/classes

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

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Parenting Classes: Mother Goose - Songs and Rhymes

Description

- Playgroup for parents and children under six years of age.
- Experience the spark of delight and magic that comes from learning rhymes, songs in a fun, relaxed atmosphere

Audience

Parents with children six years and under

For upcoming sessions (dates) click on clinics/classes

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

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Parenting Classes: Nobody's Perfect

Description

- A parenting education and support program.
- Based on adult education principles.
- It builds networks among parents and encourages them to see one another as sources of advice and support.

- Trained facilitators support participants as they work together to discover positive ways of parenting.

Parents learn more about:

- Why children act the way they do.
- What children do at different ages.
- How to keep your children healthy.
- How to feel good about yourself and your kids.

Topics for discussion are chosen by the group.

“There are no perfect parents or perfect children or perfect people. We can only do our best and we all need help once in a while.”

Audience

Parents with children aged 0-5 years old.

For upcoming sessions (dates) visit clinics/classes on our website

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

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Parenting Classes: Right from the Start

Description

- Right from the Start is a group to help parents develop skills in interacting with their infant or toddler.
- It teaches parents how to build strong attachments to build their child’s security.
- Parents will watch video segments of common experiences and problem solve with other parents.

Audience

Parents of children 0 to 2 years who want to learn more about attachments.

NOTE:

This program was originally designed for any parent who is interested in enhancing parent-infant attachment.

No. of Weeks

8 weekly sessions

For upcoming sessions (dates): visit clinics/classes on our website

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

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Parenting Classes: You and Your Baby

Description

Come to learn and share knowledge of the early parenting role.

Audience

Great for first time parents and their infants.

Every Wednesday for 6 weeks

1:30 - 3:00

For upcoming sessions (dates) visit clinics/classes on our website

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

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Parenting Classes: You Make The Difference

A Prevention Program that Fosters Parent-Child Communication

Description

You Make the Difference is a general education/parenting program geared toward prevention.

Research demonstrates that language skills are learned very early in life.

By the time a child reaches the age of 5 years of age, the bulk of his or her language development is already complete.

Information is disseminated through a combination of interesting group sessions and individual video tapings which allows parents to more clearly visualize how they interact with their children.

This program is curriculum driven and fairly intensive.

Audience

Suitable for parents of both typically developing children and children at risk.

NOTE: NOT designed for parents of children who have identified language delays or special needs.

Number of Weeks

8 or 9 weeks

For upcoming sessions (dates): clinics/classes

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

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Parenting Classes: Young Parents Connection**Description**

Teen Prenatal / After the Baby Classes / Toddler Classes / Community Kitchens

Audience

Teens up to & including 21 years of age (and their partners)

Number of Weeks

On-going

Time

5:45 pm to 8:30 pm (Thursday's)

Location

YMCA
235 McNabb Street
Childcare
Provided by YMCA

Snack

Supper will be provided at 5:45 p.m.

Classes will be for 1 hour in length:
(participant chooses which class they want to attend)

Prenatal – Learn about healthy 9 months, birthing process, medical procedures, breast feeding & more

After the Baby Class (birth to 8 months) – Teen moms (learn about nutrition, safety, sleep, Growth & Development, what to do when baby is sick)

Mom & Toddler Classes (9 months or older) – Various parenting information

Community Kitchen (Leap Clients) – Participants cook meals together and take home to

family. Participants learn ways to provide families with nutritious, easy, low cost meals. \$5.00 fee per kitchen to cover the cost of food.

Following programming, participants are able to use the recreation facilities, (pool, gym, exercise equipment)

To register or for more information call the Parent Child Information Line (705) 541-7101 or 1-888-537-5741

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