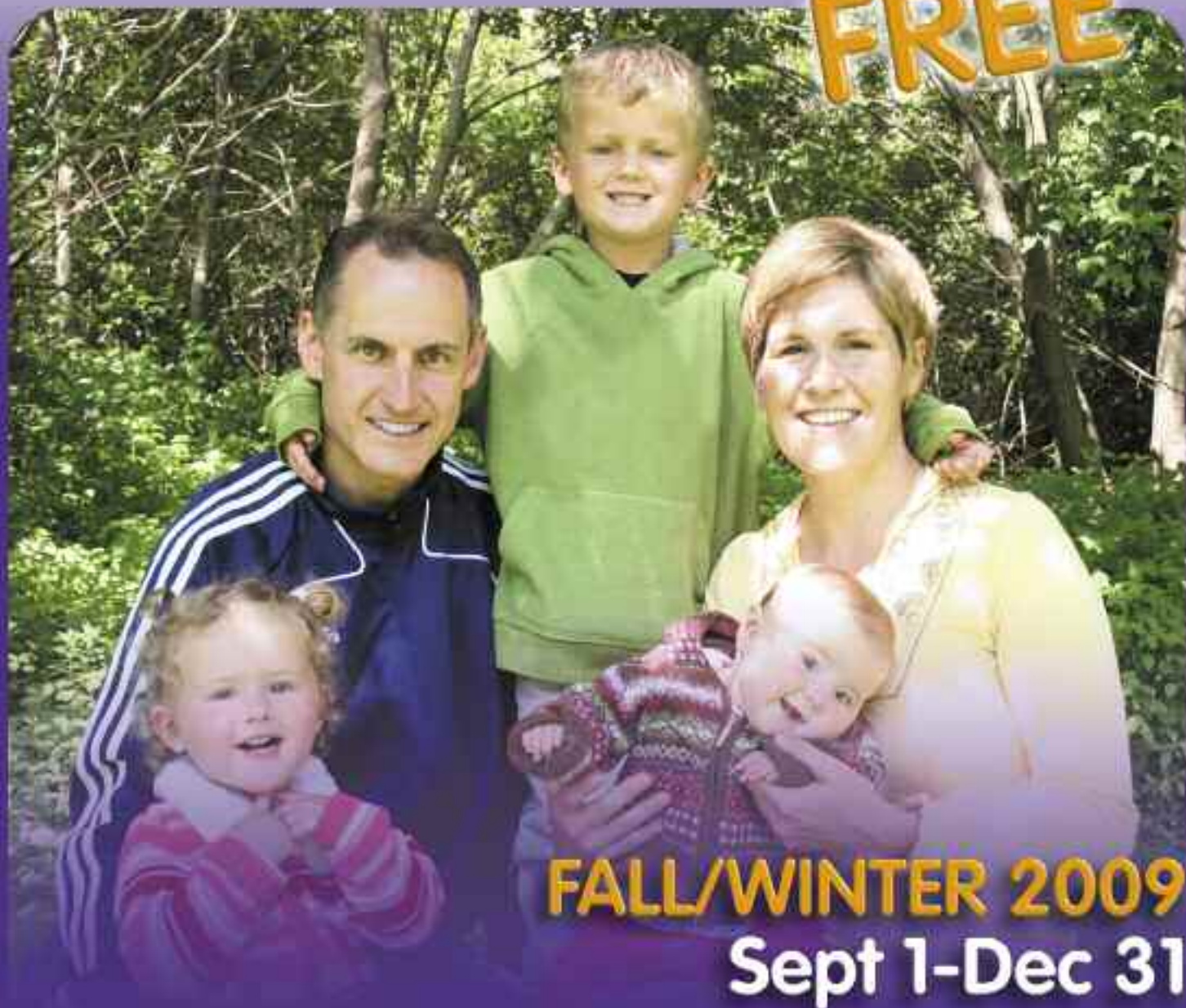


NORTHUMBERLAND
Best start

Parenting
Program Guide



FREE



FALL/WINTER 2009

Sept 1-Dec 31

Welcome to this edition of the Northumberland Parenting Program Guide. In this publication, you will find all of the children’s activities (age 0-6), parenting education and support programs, and special events that are being offered in your area over the next four months.

Programs are listed alphabetically by community agency in each geographic area. For locations, agency descriptions, and contact information for any service provider that supports parents and families of young children, please review the Agency Directory, in the back. New to this edition is a helpful listing of family resource websites you are welcome to visit for additional information.

This publication is brought to you by the Northumberland Best Start Network, which is a collaboration of local community agencies working together to provide easily accessible information and services to families. We encourage you to take a look at all of the opportunities that are available to you throughout the county and to participate, share information, or find out more by contacting any of the participating organizations.

Enjoy, and watch for the next Northumberland Parenting Program Guide coming your way in January 2010.

Contents

Brighton	2
Campbellford	7
Cobourg	11
Colborne	19
Hastings	21
Port Hope	24
Trenton	29
Playgroups/Mobile Outreach	31
Parenting Resources at Your Fingertips	34
Agency Directory	36

Parent Support & Children's Programs

In the following section of this guide you will find a listing of all the parent support and children's programs offered for each geographic area in Northumberland.

Brighton

Haliburton Kawartha Pine Ridge District Health Unit

No cost for any of the following:

Breastfeeding Challenge

On October 3rd in celebration of Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will compete to set a record for the most babies breastfeeding at one time. Locations include Brighton, Campbellford, Cobourg, Haliburton and Port Hope Early Years Centres and the Family Gala event in Lindsay. The event begins at 10:35am with "Latch-On" at 11am. Please call the Family Health Department at (613) 474-0933 for details and to register.

Prenatal Classes

Held at the Health Unit. Call the Family Health Department at (613) 475-0933 for more information and to register.

Well-Baby Clinic

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents. Held at the Brighton Ontario Early Years Centre.

Wed Sept 9, Oct 14, Nov 11, Dec 9 • 10:00–12:00pm

Toddler/Preschooler Screenings

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child's speech, dental health or growth and development. Held at the Brighton Ontario Early Years Centre.

Wed Sept 9, Dec 9 • 10:00am-12:00pm

Baby's Own®

A six-week support and information program for parents of infants up to one year of age. This is an opportunity to meet new friends and discuss various topics in a relaxed atmosphere. This program is facilitated by a Public Health Nurse. Pre-registration is required and child care is provided for older siblings. Please call (613) 475-0933 for further information.

Northumberland Child Development Centre

The Northumberland Child Development Centre provides parent education groups and programs for families receiving centre services. When available, community parents are able to attend these workshops, which include:

- Systematic Training for Effective Parenting (STEP)
- Behaviour Management
- Sensory Integration
- Childhood Anxiety
- ADHD

A Bright Place to Start Program®

A Bright Place to Start provides educational and social support for pregnant and parenting families in need of support, to enhance parenting skills and ensure optimal child development.

Mon Sept 21, Oct 5, 19, Nov 2, 16, Dec 1, 15 • 10:30-1:30pm

***New Location: St. Paul's Church, Sanford Rd. Brighton.**

For information call: 905-885-8137

Children's Services

Infant and Child Development services are available throughout Northumberland County to families with children age birth – full time school. Services are offered in home, school and child care where there is a concern about any area of a child's development.

For information call: 905-885-8137

Brighton Ontario Early Years Centre (613) 475-2234

All OEYC programs are free. Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon • 9:00–3:00, Tues • 9:00–3:00, Wed • 9:00–3:00, Thurs • 9:00–7:00, Fri • 9:00–12:00

Closures: Mon Sept 7, Mon Oct 12, Thurs Dec 24 @ 12:00pm – Mon Jan 4 @ 9:00am

PARENTING SUPPORT PROGRAMS

Family Nights

A weekly program for families to come to the OEYC to enjoy games, crafts and time with their children.

Thurs Sept, Oct, Nov, Dec • 4:30–6:30pm

Toddler/Preschooler Screening

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child's speech, dental health or growth and development.

Wed Sept 9, Dec 9 • 10:00am-12:00pm

Toddler Talk®

This four-week informal series provides an opportunity for parents of toddlers to meet and discuss relevant issues such as bedtime routines, potty training, guidance, picky eaters etc. Guest speakers are invited. Registration is required.

Tues Sept 15 – Oct 6 • 10:00 – 11:00am

Toy-Lending

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books.

Mon Sept 28, Oct 26, Nov 23, Dec 21 • 9:30 – 10:30am

Well-Baby Drop-in

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents.

Wed Sept 9, Oct 14, Nov 11, Dec 9 • 10:00–12:00pm

CHILDREN'S PROGRAMS

Birthday Celebration

A monthly celebration of birthdays incorporated into a circle time with a special snack.

Thurs Sept 10, Oct 8, Nov 12, Dec 10 • 10:30am

Circle Time

A theme-based circle time. Children will enjoy singing, storytelling, puppets, finger plays and the use of the felt board. This program promotes language development, social interaction and early learning skills.

Daily • 10:00am

Kitchen Kapers

Discover and explore the pleasures, textures, colours and aromas of food in our kitchen. A wonderful tactile and sensory experience. Let's get cooking with children in a creative, fun and learning atmosphere.

Wed in Sept, Oct, Nov, Dec • 10:30am

Lets Get Physical

A program that gets our whole body moving, as we play, dance, run, skip, and have fun in a big way. Play opportunities promote coordination, gross motor skills development and communication.

Thurs in Sept, Oct • 1:30 pm

Make & Take

Build a masterpiece to take home! This program enhances creativity, fine motor skills and coordination. Make lasting memories of your special craft time together.

Mon in Sept, Oct, Thurs in Nov, Dec • 1:30 pm

Multicultural Storytime

This multicultural program features songs and stories from other cultures around the world.

Tues in Sept, Oct, Nov, Dec • 10:30am

Music & Movement

Children will enjoy singing and dancing as we incorporate musical instruments and lots of movement into this fun and energetic program. Perhaps we will be marching in a circle, dancing under the limbo stick or 'shaking all about'.

Fri in Sept, Oct, Nov, Dec • 10:30am

Parachute Fun

Flying high and soaring low, children love parachute fun. This activity enhances a child's small motor control, strengthens muscles and promotes listening and following directions, language development and socialization, all while having fun.

Thurs in Sept, Oct • 10:30am

Rainbow Fun

This unique program developed by the HKPR District Health Unit promotes physical activity for young children. Join us as we participate in fun activities to get the heart pumping while developing balance, coordination and gross motor skills.

Tues Sept, Oct, Nov, Dec • 1:30 pm

Rub-A-Dub-Dub

Can you guess what is in the tub? Using their senses, children laugh in delight as they try to guess what is hidden in the tub. A popular program that features science, exploration and sensory experiences.

Thurs in Nov, Dec • 10:30am

Science and Me

Come with us as we explore the world around us through the eyes of a child. This hands-on program incorporates science and math concepts in a fun and creative environment. Science and Me, provides play opportunities, experimentation, creativity and sensory experiences.

Wed in Sept, Oct, Nov, Dec • 1:30 pm

Scrapbooking for Moms and Tots

An excellent opportunity for parent/child interaction, this activity develops speech and language development as the child remembers and names the people and events portrayed in the photographs. Come join in the fun!

Tues, Wed in Sept, Oct, Nov, Dec • 12:00 – 3:00pm

SPECIAL EVENTS AT THE OEYC

International Literacy Day

Celebrate this day as we welcome a special guest reader and participate in activities, games and enjoy some alphabet soup.

Fri Sept 4 • 10:00am

Pear Orchard

Wed Sept 9 • 10:30 am

Grandparents Night

Join us as we celebrate Grandparents day with a special craft and some yummy baking. Bring your favourite recipe for our special craft.

Thurs Sept 10 • 4:30 – 6:30 pm

Apple Orchard Trip

Join us for apple picking, apple tasting, and a meander through the orchard.

Wed Sept 16 • 10:30am

Applefest in Brighton

Thurs Sept 24 – Sun Sept 27

Breastfeeding Challenge

On October 3rd in celebration of Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will compete to set a record for the most babies breastfeeding at one time. Locations include Brighton, Campbellford, Cobourg, Haliburton and Port Hope Early Years Centres and the Family Gala event in Lindsay. The event begins at 10:35am with "Latch-On" at 11am. Please call the Family Health Department at (613) 474-0933 for details and to register.

Sat Oct 3 • 10:35am

Harvest Stew

Bring your favourite veggie and help create our delicious harvest stew.

Thurs Oct 8 • 4:30 - 6:30pm

Halloween Costume Party

We begin our Halloween celebration with a visit to the seniors' residence for a costume parade and then return to the centre for crafts, games and a Pot Luck Lunch.

Thurs Oct 29 • 10:00am

Remembrance Day

Please join us at the Cenotaph as the children present the wreath they have created for Remembrance Day.

Wed Nov 11 • 10:15 am

Light up Brighton

Our seasonal parade with music and floats.

Fri Nov 20 • 6:30 pm

Train Museum

Please join us for our annual visit to the train museum. We will meet in the heated caboose for hot chocolate, cookies and seasonal songs.

Thurs Dec 3 • 5:00pm

Mitten and Food Drive

Once again we will be collecting hats and mittens for our mitten tree and non-perishable food items for Brighton's Christmas baskets.

Thurs Nov 19 – Fri Dec 18

Flower Shop Visit

Plan to meet at our local flower shop and then return to the centre where the children can create their own arrangement.

Tues Dec 15 • 10:30 am

Christmas Celebration and Potluck

Celebrate the season with a crafts, games, potluck lunch and of course, a visit from the jolly fella from the North Pole.

Thurs Dec 17 • 10:00am

Campbellford

Haliburton Kawartha Pine Ridge District Health Unit

No cost for any of the following:

Breastfeeding Challenge

On October 3rd in celebration of Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will compete to set a record for the most babies breastfeeding at one time. Locations include Brighton, Campbellford, Cobourg, Haliburton and Port Hope Early Years Centres and the Family Gala event in Lindsay. The event begins at 10:35am with "Latch-On" at 11am. Please call the Family Health Department at (705) 653-1550 for details and to register.

Prenatal Classes

Held at the Health Unit. Call the Family Health Department at (705) 653-1550 for more information and to register.

Well-Baby Clinics

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents. Held at the Campbellford Ontario Early Years Centre.

Thurs Sept 10, Oct 8, Nov 12, Dec 10 • 1:00–2:30pm

Toddler/Preschooler Screenings

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child's speech, dental health or growth and development. Held at the Campbellford Ontario Early Years Centre.

Thurs Sept 10, Dec 10 • 1:00–2:30pm

Baby's Own®

A six-week support and information program for parents of infants up to one year of age. This is an opportunity to meet new friends and discuss various topics in a relaxed atmosphere. This program is facilitated by a Public Health Nurse. Pre-registration is required and child care is provided for older siblings. Held at the Campbellford Ontario Early Years Centre. Please call (705) 653-1550 for further information.

Northumberland Child Development Centre

The Northumberland Child Development Centre provides parent education groups and programs for families receiving Centre services. When available community parents are able to attend these workshops, which include:

- Systematic Training for Effective Parenting (STEP)
- Behaviour management
- Sensory Integration
- Childhood Anxiety
- ADHD

A Bright Place to Start Program®

A Bright Place to Start provides educational and social support for pregnant and parenting families in need of support, to enhance parenting skills and ensure optimal child development.

Fri Sept 11, 25, Oct 9, 23, Nov 13, 27, Dec 11 • 10:30-1:30pm

Campbellford Rotary Hall (Ontario Early Years Centre)

For information call: 905-885-8137

Children's Services

Infant and Child Development services are available throughout Northumberland County to families with children age birth – full time school. Services are offered in home, school and child care where there is a concern about any area of a child's development.

For information call: 905-885-8137

Campbellford Ontario Early Years Centre (705) 632-1144

All OEYC programs are free. Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon • 9:00–1:00, Tues • 9:00–4:00, Wed • 9:00–1:00 Thurs • 9:00–7:00

Closures: Mon Sept 7, Mon Oct 12, Thurs Dec 24 @ 12:00pm – Mon Jan 4 @ 9:00am

PARENT SUPPORT PROGRAMS

Just ask Kate

Kate Wentzel, Speech and Language Pathologist from Five Counties Children's Centre, will be available to provide information about your child's speech and language development and answer any questions.

Date and Time TBD

Let's Discuss It®

An informal parenting discussion group that provides opportunity for parents to discuss and share ideas about issues and concerns that are important to them.

Mon Sept 14, 21, 28 • 10:00-11:00am

Stroller Fit

Offered in partnership with the HKPR District Health Unit, enjoy a walk around the canal with your child as they enjoy a ride in their stroller.

Tues in Sept, Oct • 1:00pm

Toddler/Preschooler Screening

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child's speech, dental health or growth and development.

Thurs Sept 10, Dec 10 • 1:00–2:30pm

Toy-Lending

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books.

Tues Sept 22, Oct 20, Nov 17, Dec 15 • 10:30 – 11:30am

Well-Baby Drop-in

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents.

Thurs Sept 10, Oct 8, Nov 12, Dec 10 • 1:00–2:30pm

You and Me Baby!

An informal group for parents and caregivers of infants up to 18 months of age. This on-going program provides an opportunity to meet other parents, share ideas, support and obtain information. Sessions may include infant massage, Mother Goose, and other topics of interest. A great follow-up to Baby's Own.

Tues in Nov, Dec. 1pm

CHILDREN'S PROGRAMS

Circle Time

A theme-based circle time. Children will enjoy singing, storytelling, puppets, finger plays and the use of the felt board. This program promotes language development, social interaction and early learning skills.

Mondays • 10:00am

Kitchen Kapers

Discover and explore the pleasures, textures, colours and aromas of food in our kitchen. A wonderful tactile and sensory experience. Let's get cooking with children in a creative, fun and learning atmosphere.

Thurs in Sept, Oct • 10:00am

Music & Movement

Children will enjoy singing and dancing as we incorporate musical instruments and lots of movement into this fun and energetic program. Perhaps we will be marching in a circle, dancing under the limbo stick or 'shaking all about'.

Tues in Nov, Dec • 10:00am

Make & Take

Build a masterpiece to take home! This program enhances creativity, fine motor skills and coordination. Make lasting memories of your special craft time together.

Wed in Nov, Dec • 10:00 am

Pre-school Storybook Making

Have fun with your child as they use their imagination and express their creativity and create their own "storybook". This activity encourages children to read, as well as promotes speech and language development.

Tues in Sept, Oct • 10:00 am

Rub a Dub Dub, What's in our Tub?

Can you guess what is in the tub? Using their senses, children laugh in delight as they try to guess what is hidden in the tub. A popular program that features science, exploration and sensory experience.

Thurs in Nov, Dec • 10:00 am

Science & Me

Come with us as we explore the world around us through the eyes of a child. This hands-on program incorporates science and math concepts in a fun creative environment. Science & Me, provides play opportunities, experimentation, creativity and sensory experiences.

Wed in Sept, Oct • 10:00 am

SPECIAL EVENTS AT THE OEYC

Breastfeeding Challenge

On October 3rd in celebration of Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will compete to set a record for the most babies breastfeeding at one time. Locations include Brighton, Campbellford, Cobourg, Haliburton and Port Hope Early Years Centres and the Family Gala event in Lindsay. The event begins at 10:35am with "Latch-On" at 11am. Please call the Family Health Department at (705) 653-1550 for details and to register.

Healthy Snacks

Please join us as Laura Danilko, Public Health Dietitian from the HKPR District Health Unit, talks about nutritious snacks, just in time for the new school year.

Tues Sept 8 • 10:30 am

Grandparents Tea

Please join us for a tea party as we celebrate our wonderful grandparents.

Thurs Sept 10 • 10:00am

Apple Orchard Tour

We will join our friends from Hastings and meet at Cricklewood Farm, 27 Grandview Rd. in Brighton for some fun in the apple orchards.

Wed Sep 23 • 10:00am

Campbellford Fire Station

Meet us for an informative tour of our local fire station with our friendly firefighter and Sparky the dog.

Tues Oct 6 • 10:00am

Halloween Party

Dress up and bring a ghoulish treat to share with your friends.

Thurs Oct 29 • 10:00am

Christmas Party

Celebrate the season with a crafts, games, potluck lunch and of course a visit from a jolly fella from the North Pole.

Tues Dec 15 • 10:00am

Cobourg

Beginnings Pregnancy Centre

All programs are free

Earn While You Learn

Earn Baby Bucks to shop for new baby items at Beginnings by participating in one-on-one parenting classes. Shop for items such as diapers, baby clothing, blankets, baby furniture and accessories.

Call Beginnings at (905) 373-4575 to book your appointment.

My Baby and Me

A confidential one-on-one counseling program for those faced with an unplanned pregnancy. Exploring options in a non-judgmental and supportive environment. Walk-ins welcome between the hours of 10:00am and 3:00pm. Mondays, Wednesdays, Thursdays and Fridays.

Call Beginnings at (905) 373-4575 to book your appointment.

Prenatal Class

Fall/Winter sessions, free prenatal classes, 4-5 week evening sessions. Facilitated by a Registered Nurse.

Call (905) 373-4575 or go to 19 King St. East, Cobourg to register.

Walk and Talk

An opportunity to exercise and meet other moms. Moms meet at 19 King St. East. Snacks are provided.

Thurs • 10:30–11:45am

Birth Connection

Prenatal Classes

Classes are facilitated by Ann Biggar RN, Doula. Cost for the session is \$100. Classes are held at the Northumberland Hills Hospital. Call (905) 372-7407 for more information and to register.

Every 5-6 weeks, Sat and Sun • 10:00–4:00pm.

Cobourg Public Library

Parent-Child Mother Goose

Our popular 10-week program for parents/caregivers and their babies aged 0 – 24 months. This program is full of rhymes, songs and stories. Call (905) 372-9271 ext. 6130 for more information and to register. Free.

Mon Sept 14 – Nov 16, Tues Sept 15 – Nov 17 • 10:00 – 11:00am

Story Hour for 3 – 5's®

Your preschooler will have fun exploring books in this independent story time. There is no fee for this six-week session, but registration is required and spaces fill up quickly. Register in person or by phone.

Session One Registration: Tues Sept 8

Session One Wed Sept 16 – Oct 21 • 10:30 – 11:30am
Thurs Sept 17 – Oct 22 • 10:30 – 11:30am

Session Two Registration: Mon Nov 2

Session Two: Wed Nov 11 – Dec 16 • 10:30 – 11:30am
Thurs Nov 12 – Dec 17 • 10:30 – 11:30am

Tales for Two

This six-week program is designed with the two-year-old in mind. Come enjoy rhymes, stories, a craft and snack. Parent or caregiver participation is required. There is no fee for this program but registration is required and spaces fill up quickly. Register in person or by phone.

Session One Registration: Tues Sept 8

Session One Fri Sept 18 – Oct 23 • 10:30 – 11:15am

Session Two Registration: Mon Nov 2

Session Two Fri Nov 13 – Dec 18 • 10:30 – 11:15am

Awesome Art

Join us each week for our Awesome Art class with Barb Smith. This program is designed with the Kindergarten child in mind. It is drop-in, with no registration required. Join us every other Friday when your child isn't in school. This program does not run on PA days or holidays.

Fridays beginning Sept 18 • 2:00 – 3:00pm

Four Counties Family Mediation

Separating Spouses Seminars

Monthly seminars offered to educate couples on how to reduce conflict during separation and divorce, and how to work together for the sake of the children. Also learn about legal issues, the court process, and the benefits of mediation. Seminars are free.

Tues Sept 22, Nov , Thurs Oct 22, Dec 10

Call toll free 1-888-605-1393 for locations and to register.

Family Law Information Centre

This service provides FREE brief mediation and family law information at the three family court sites in Cobourg, Peterborough, and Lindsay. Staff have undergone a rigorous screening process and training and have the expertise to provide information to the public on issues relating to separation and divorce, the court process, child welfare and child protection matters, as well as mediation and other community services.

Call (905) 372-3751 ext 128 for more information

Haliburton Kawartha Pine Ridge District Health Unit

No cost for any of the following:

Breastfeeding Challenge

On October 3rd in celebration of Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will compete to set a record for the most babies breastfeeding at one time. Locations include Brighton, Campbellford, Cobourg, Haliburton and Port Hope Early Years Centres and the Family Gala event in Lindsay. The event begins at 10:35am with “Latch-On” at 11am. Please call the Family Health Department at (905) 885-9100 for details and to register.

Prenatal Classes

Held at the Health Unit. Call the Family Health Department at 905-885-9100 for more information and to register.

Well-Baby Clinic

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents. Held at the Cobourg Ontario Early Years Centre.

Tues Sept 15, Dec 15 • 10:00–11:30am

Tues Oct 20, Nov 17 • 11:15 – 12:15pm

Toddler/Preschooler Screenings

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child’s speech, dental health or growth and development. Held at the Cobourg Ontario Early Years Centre.

Tues Sept 15, Dec 15 • 10:00am–11:30am

Baby’s Own

A six-week support and information program for parents of infants up to one year of age. This is an opportunity to meet new friends and discuss various topics in a relaxed atmosphere. This program is facilitated by a Public Health Nurse. Pre-registration is required and child care is provided for older siblings. Please call the Cobourg Ontario Early Years Centre to register, 905-377-1271.

Wed Sept 2 – Oct 7, Wed Nov 4 – Dec 9 • 1:00–2:30pm

Kinark Child and Family Services

Triple P

The Positive Parenting Program, known as Triple P, is a series of parenting programs that cuts through the information clutter to help give ordinary families the confidence and problem-solving skills to make small and positive changes that can make a big difference. Call 1-800-230-8531 for more information. Program is free.

Northumberland Child Development Centre

The Northumberland Child Development Centre provides parent education groups and programs for families receiving Centre services. When available community parents are able to attend these workshops, which include:

- Systematic Training for Effective Parenting (STEP)
- Behaviour Management
- Sensory Integration
- Childhood Anxiety
- ADHD

A Bright Place to Start Program®

A Bright Place to Start provides educational and social support for pregnant and parenting families in need of support, to enhance parenting skills and ensure optimal child development.

Mon Sept 14, 28, Oct 13, 27, Nov 10, 24, Dec 8, 22. 10:30-1:30pm

Cobourg Fellowship Baptist Church

Bright Starts for Babies®

This is a Canada Nutrition Prenatal Program for pregnant and breast feeding parents which offers parent education, pre-natal vitamins and healthy food certificates. The goal of the program is to support healthy birth weight and enhance neo-natal and infant development.

Tues in Sept, Oct, Nov, Dec • 10:30-1:30pm

Cobourg Fellowship Baptist Church

For information call: 905-885-8137

Children's Services

Infant and Child Development services are available throughout Northumberland County to families with children age birth – full time school. Services are offered in home, school and child care where there is a concern about any area of a child's development.

For information call: 905-885-8137

Northumberland County

LEAP Programs are free, but participants must be in receipt of Ontario Works to be eligible.

LEAP

Learning, Earning and Parenting (LEAP) provides a full range of specialized supports for young parents (16-25yrs) to complete their high school education and make long-term plans for their family's future. For more information please call 905- 372-6846 ext. 2468 or toll free at 1-800-354-7051 ext. 2468.

Thurs in Sept, Oct, Nov, Dec 3-6pm

Held at Northumberland Child Development Centre

NSW (Northumberland Services for Women)

All programs are free

Children Exposed to Domestic Violence

A program designed to help mothers and their children understand the effects of abuse. Mothers and children are in separate groups and the same time.

Commencing in Oct 2009. Call Kym Rusaw at 905-372-7056 ext. 233 to enroll.

Stage One Empowerment

Dates TBD. Call 905-372-1545 for more information.

Stress Management

Dates TBD. Call 905-372-1545 for more information.

Tri-County Community Support Services

This agency runs ongoing workshops for parents of children and youth with Autism Spectrum Disorders and other Developmental Disabilities. Topics include Positive Behaviour, Anxiety, Sexuality, Power of Visuals, Bullying, Applied Behaviour Analysis and Social Skills.

For more information and to register please contact Tracy Simmons at (705) 876-9245, ext. 298 or by email at tracysimmons@tccss.ca, you can also visit their website at www.tccss.ca.

Cobourg Ontario Early Years Centre (905) 377-1271

All OEYC programs are free. Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon • 9:00–4:00, Tues • 9:00–6:00, Wed • 9:00–6:00, Thurs • 9:00–6:00, Fri • 9:00–4:00, Sat • 9:00 – 12:00

Closures: Mon Sept 7, Mon Oct 12

Holiday Hours: Thurs Dec 24 • 9:00 – 12:00pm

Fri Dec 25 • Closed

Sat Dec 26 • Closed

Mon, Tues, Wed • regular hours

Thurs Dec 31 • 9:00 – 12:00pm

Fri Jan 1 • Closed

Sat Jan 2 • regular hours

PARENTING SUPPORT PROGRAMS

Baby and Me Yoga®

A Yoga program for parents and their babies 6 months of age or younger, who are not yet crawling. This special time promotes physical activity, relaxation and healthy lifestyle.

Tues Sept 29 – Nov 3 • 1:00 – 2:00pm

Tues Nov 10 – Dec 15 • 1:00 – 2:00pm

Baby's Own®

A six week support and information program for parents of infants up to one year of age. This is an opportunity to meet new friends and discuss various topics in a relaxed atmosphere. This program is facilitated by a Public Health Nurse. Pre-registration is required and child care is provided for older siblings.

Wed Sept 2 – Oct 7 • 1:00 – 2:30pm

Wed Nov 4 – Dec 9 • 1:00 – 2:30pm

Families in Adoption®

An opportunity for families who have been touched by adoption or who are planning to adopt, to meet. Facilitated by our Education and Resource Coordinator, this program will include guest speakers, informal discussion and family time.

Tues Sept 15, Oct 20, Nov 17, Dec 15 • 5:00 – 7:00pm

Grandparenting Support

A growing number of Canadian grandparents are acting as primary parents to their grandchildren; sometime called skipped generation families. The reasons are as varied as the families, and in recognition of this rising trend, OEYCs and community partner agencies are preparing a series of information sessions for grandparents, this fall. Please call your nearest OEYC for dates and times after October 1st.

Parent Child Mother Goose®

This parent-child interactive music program focuses on the pleasure and power of using simple nursery rhymes, stories and songs to enrich a young child's social and language development.

Thurs Sept 24 – Oct 29 • 1:00 – 2:00pm

Mon Oct 19 – Nov 23 • 11:15 – 12:15pm

Rhyme Time® NEW

A fun-filled time for parents and their children aged 2 – 3 years old. Learn some new rhymes, sing some familiar ones, enjoy creating a craft together and then finish off with a snack.

Thurs Nov 5, 12, 19, 26 • 9:30 – 10:15am

Speech, Language and Literacy Playdate

Come join us for stories, games, activities and a snack that will promote your child's speech, language and early literacy development. Speech and language specialists will be available to provide information about developmental milestones and to answer questions.

Wed Nov 25 • 10:00 – 11:30am

Toddler/Preschooler Screening

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child's speech, dental health or growth and development.

Tues Sept 15, Dec 15 • 10:00am–11:30am

Toy-Lending

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books. Families in Cobourg can visit the Port Hope Ontario Early Years Centre during their hours of operation for access to the Toy Lending Library.

Please call 905-885-8856 for information.

Well-Baby Drop-in

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents.

Tues Sept 15, Dec 15 • 10:00am–11:30am

Tues Oct 20, Nov 17 • 11:15 – 12:15pm

You & Me, Baby!

An informal group for parents and caregivers with infants up to 18 months of age. This on-going program provides an opportunity to meet other parents, share ideas, support and obtain information. Sessions may include infant massage, Mother Goose and other topics of interest. A great follow-up to Baby's Own.

Thurs Oct 15, 22, 29, Nov 5 11:15-12:15pm

CHILDREN'S PROGRAMS

Circle Time

A theme-based circle time. Children will enjoy singing, storytelling, puppets, finger plays and the use of the felt board. This program promotes language development, social interaction and early learning skills.

Daily • 10:30am

Kitchen Kapers

Discover and explore the pleasures, textures, colours and aromas of food in our kitchen. A wonderful tactile and sensory experience. Let's get cooking with children in a creative, fun and learning atmosphere.

Thurs • 10:00am

Let's Get Physical

A program that gets our whole body moving as we play, dance, run, skip, ride and have fun in the gym in a big way. Play opportunities promote coordination, gross motor and communication skills.

Wed Sept 9, 23, Oct 7, 21, Nov 4, 18, Dec 2, 16 • 11:15 – 12:00pm

Make & Take

Build a masterpiece to take home! This program enhances creativity, fine motor skills and coordination. Make lasting memories of your special craft time together.

Tues • 10:00am

Music & Movement

Children will enjoy singing and dancing in the gym as we incorporate musical instruments and lots of movement into this fun and energetic program. Perhaps we will be marching in a circle, dancing under the limbo stick or 'shaking all about'.

Wed Sept 16, 30, Oct 14, 28, Nov 11, 25, Dec 9 • 11:15am

My Time with Dad

A fun-filled program just for dads to enjoy with their children. Join us for activities in the gym, circle time, lunch and a chance to get together with other dads.

Sat Sept 12, Oct 10, Nov 14, Dec 12 • 11:00 – 12:30pm

Science & Me

Come with us as we explore the world around us through the eyes of a child. This hands-on program incorporates science and math concepts in a fun and creative environment. Science & Me, provides play opportunities, experimentation, creativity and sensory experiences.

Thurs Sept 3, 17, Oct 1, 15, 29, Nov 12, 26, Dec 10 • 11:00am

Splish Splash®

An opportunity for families to use the YMCA pool in Cobourg. This free program incorporates parent/child interaction and physical activity. During the months of July and August we will enjoy swimming at Centennial Pool located at Victoria Park.

Fri Sept 4, 18, Oct 2, 16, 30, Nov 13, 27, Dec 11 • 11:00 – 12:00pm

SPECIAL EVENTS AT THE OEYC

Cooking with the Good Food Box®

Plan to join Laura Danilko and Pat Stuckless from the HKPR District Health Unit as we cook up some yummy dishes using the ingredients from the monthly Good Food Box. You will be amazed by the tasty meal ideas.

Fri Oct 9 • 11:15 – 12:15pm

Burnham Family Farm Market Fall Tour®

Meet us at Burnham's for a hay ride to the apple orchard and to pick your own apples. We will then choose a pumpkin to decorate for the centre.

Thurs Oct 1 • 10:30am

Breastfeeding Challenge®

On October 3rd in celebration of Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will compete to set a record for the most babies breastfeeding at one time. Locations include Brighton, Campbellford, Cobourg, Haliburton and Port Hope Early Years Centres and the Family Gala event in Lindsay. The event begins at 10:35am with "Latch-On" at 11am. Please call the Family Health Department at (905) 885-9100 for details and to register.

Thankful Luncheon®

Join us for a potluck lunch to celebrate Thanksgiving and for all that we have to be thankful.

Thurs Oct 8 • 11:00am

Halloween Party

Wear your costume and we will trick or treat through the YMCA!!

Fri Oct 30 • 10:00 am

Family First Aid and CPR®

Join our Aquatics Coordinator, Shannon Oliver, to learn some key skills for first aid and CPR. There will also be time for questions.

Fri Nov 20 • 11:15 am

Christmas Pot luck Lunch®

Join us for a Christmas party and pot luck lunch. We will even have a special visitor for the children!

Thurs Dec 10 • 11:30 am

Haliburton Kawartha Pine Ridge District Health Unit

No cost for any of the following:

Breastfeeding Challenge®

On October 3rd in celebration of Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will compete to set a record for the most babies breastfeeding at one time. Locations include Brighton, Campbellford, Cobourg, Haliburton and Port Hope Early Years Centres and the Family Gala event in Lindsay. The event begins at 10:35am with “Latch-On” at 11am. Please call the Family Health Department at (613) 475-0933 for details and to register.

Prenatal Classes

Held at the Health Unit.

Call the Family Health Department at (613) 475-0933 for more information and to register.

Well-Baby Clinic

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents. Held at the Brighton Ontario Early Years Centre.

Wed Sept 9, Oct 14, Nov 11, Dec 9 • 10:00–12:00pm

Toddler/Preschooler Screenings

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child’s speech, dental health or growth and development. Held at the Brighton Ontario Early Years Centre.

Wed Sept 9, Dec 9 • 10:00am-12:00pm

Baby’s Own®

A six week support and information program for parents of infants up to one year of age. This is an opportunity to meet new friends and discuss various topics in a relaxed atmosphere. This program is facilitated by a Public Health Nurse. Pre-registration is required and child care is provided for older siblings.

Please call (613) 475-0933 for further information.

Northumberland Child Development Centre

The Northumberland Child Development Centre provides parent education groups and programs for families receiving Centre services. When available community parents are able to attend these workshops, which include:

- Systematic Training for Effective Parenting (STEP)
- Behaviour Management
- Sensory Integration
- Childhood Anxiety
- ADHD

A Bright Place to Start Program®

A Bright Place to Start provides educational and social support for pregnant and parenting families in need of support, to enhance parenting skills and ensure optimal child development.

Mon Sept 7, 21, Oct 5, 19, Nov 2, 16, Dec 7, 21, • 10:30-1:30pm

***New location: St. Paul's Church, Sanford Rd. Brighton**

Children's Services

Infant and Child Development services are available throughout Northumberland County to families with children age birth – full time school. Services are offered in home, school and child care where there is a concern about any area of a child's development.

For information call: 905-885-8137

Hastings

Haliburton Kawartha Pine Ridge District Health Unit

No cost for any of the following:

Breastfeeding Challenge®

On October 3rd in celebration of Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will compete to set a record for the most babies breastfeeding at one time. Locations include Brighton, Campbellford, Cobourg, Haliburton and Port Hope Early Years Centres and the Family Gala event in Lindsay. The event begins at 10:35am with "Latch-On" at 11am. Please call the Family Health Department at (705) 653-1550 for details and to register.

Prenatal Classes

Held at the Health Unit.

Call the Family Health Department at (705) 653-1550 for more information and to register.

Well-Baby Clinics

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents. Held at the Hastings Ontario Early Years Centre.

Wed Sept 23, Oct 28, Nov 25, Dec 23 • 10:30–12:00pm

Toddler/Preschooler Screenings

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child's speech, dental health or growth and development. Held at the Hastings Ontario Early Years Centre.

Wed Oct 28 • 10:30–12:00pm

Baby's Own®

A six week support and information program for parents of infants up to one year of age. This is an opportunity to meet new friends and discuss various topics in a relaxed atmosphere. This program is facilitated by a Public Health Nurse. Pre-registration is required and child care is provided for older siblings.

Please call (705) 653-1550 for further information.

Northumberland Child Development Centre

Infant and Child Development services are available throughout Northumberland County to families with children age birth–full time school. Services are offered in home, school and child care where there is a concern about any area of a child's development.

For information call: 905-885-8137

Hastings Ontario Early Years Centre (705) 696-1353

All OEYC programs are free. Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon • 8:30–1:30, Tues • 8:30–1:30, Wed • 8:30–1:30, Thurs • 8:30–1:30, Fri • 8:30–11:30

Closures: Mon Sept 7, Mon Oct 12, Thurs Dec 24 @ 12:00pm – Mon Jan 4 @ 9:00am

PARENTING SUPPORT PROGRAMS

Speech, Language and Literacy Playdate

Come join us for stories, games, activities and a snack that will promote your child's speech, language and early literacy development. Speech and language specialists will be available to provide information about developmental milestones and to answer questions.

Wed Sept 30 • 10:00 – 11:30am

Toddler Talk®

This four week informal series will provide an opportunity for parents of toddlers to meet and discuss relevant issues such as bedtime routines, potty training, guidance, picky eaters etc. Guest speakers are invited. Registration is required.

Wed Oct 21 – Nov 11 • 10:45 – 11:45am

Toddler/Preschooler Screening

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child's speech, dental health or growth and development.

Wed Oct 28 • 10:30–12:00pm

Toy-Lending

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books.

Tues Sept. 22, Oct. 20, Nov. 17, Dec. 15 • 9:00–10:00am

Well-baby Drop-in

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents.

Wed Sept 23, Oct 28, Nov 25, Dec 23 • 10:30–12:00pm

CHILDREN'S PROGRAMS

Adventure in the Park

Weather permitting, plan to join us at the park for songs, games, outdoor activities and a refreshing snack. Circle-time will be incorporated into our time outdoors.

Thurs in Sept. • 10:00am

Birthday Celebration

A monthly celebration of birthdays incorporated into a circle time with a special snack.

Thurs Sept 24, Oct 29, Nov 26, Dec 17 • 10:30am

Circle Time

A theme-based circle time. Children will enjoy singing, storytelling, puppets, finger plays and the use of the felt board. This program promotes language development, social interaction and early learning skills.

Daily • 10:00am

Make & Take

Build a masterpiece to take home! This program enhances creativity, fine motor skills and coordination. Make lasting memories of your special craft time together.

Wed in Sept, Oct, Nov, Dec • 10:30am

Kitchen Kapers

Discover and explore the pleasures, textures, colours and aromas of food in our kitchen. A wonderful tactile and sensory experience. Let's get cooking with children in a creative, fun and learning atmosphere.

Thurs Sept, Oct, Nov, Dec • 10:30am

Science and Me

Come with us as we explore the world around us through the eyes of a child. This hands-on program incorporates science and math concepts in a fun and creative environment. Science and Me, provides play opportunities, experimentation, creativity and sensory experiences.

Wed Sept 9, 23, Oct 14, 28, Nov 11, 25, Dec. 9 • 10:30am

Storytime at the Library

A program offered in partnership with our friend the librarian which features storytelling and a craft.

Tues Sept, Oct, Nov, Dec • 10:30am

SPECIAL EVENTS AT THE OEYC

Cricklewood Farms in Brighton®

Set this date aside to explore the apple orchards with our friends from the Campbellford OEYC. We will have the opportunity for many sensory and social experiences, while learning about nature and apples.

Wed Sept 23 • 10:00am

Thanksgiving Potluck®

Please sign up at the centre to bring your favourite dish. We will listen to a special story and make a Thanksgiving craft. Then gather downstairs for a delicious lunch and to celebrate all for which we are thankful.

Fri Oct 9 • 10:00am (Lunch at 11:30am)

Halloween Party and Parade

Come dressed in your costume or orange and black and join us for some spooky snacks and fun games. We will parade through the streets of Hastings to show off our wonderful costumes.

Fri Oct 30 • 10:00am

Christmas Party and Potluck®

Please sign up at the centre to bring your favorite Christmas dish. We will have a "special visitor", sing Christmas carols and parachute play. We will enjoy a Christmas lunch with all our special friends.

Fri Dec 18 • 10:00am (Lunch at 11:30am)

Port Hope

Beginnings Pregnancy Centre

38 Walton St.

My Baby and Me

A confidential one-on-one counseling program for those faced with an unplanned pregnancy. Exploring options in a non-judgmental and supportive environment. Walk-ins welcome.

Mondays and Wednesdays between 10:00am–12:00pm. After hours by appointment.

Call (905) 373-4575 for more information

Haliburton Kawartha Pine Ridge District Health Unit

No cost for any of the following:

Breastfeeding Challenge®

On October 3rd in celebration of Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will compete to set a record for the most babies breastfeeding at one time. Locations include Brighton, Campbellford, Cobourg, Haliburton and Port Hope Early Years Centres and the Family Gala event in Lindsay. The event begins at 10:35am with “Latch-On” at 11am. Please call the Family Health Department at (905) 885-9100 for details and to register.

Prenatal Classes

Held at the Health Unit.

Call the Family Health Department at 905-885-9100 for more information and to register.

Well-Baby Clinic

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents. Held at the Port Hope Ontario Early Years Centre.

Wed Sept 9, Oct 14, Nov 11, Dec 9 • 10:00–11:00am

Toddler/Preschooler Screenings

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child’s speech, dental health or growth and development. Held at the Port Hope Ontario Early Years Centre.

Wed Nov 11 • 10:00am–11:30am

Baby’s Own

A six week support and information program for parents of infants up to one year of age. This is an opportunity to meet new friends and discuss various topics in a relaxed atmosphere. This program is facilitated by a Public Health Nurse. Pre-registration is required and child care is provided for older siblings.

Please call 905-885-9100 for further information.

Northumberland Child Development Centre

The Northumberland Child Development Centre provides parent education groups and programs for families receiving Centre services. When available community parents are able to attend these workshops, which include:

- Systematic Training for Effective Parenting (STEP)
- Behaviour Management
- Sensory Integration
- Childhood Anxiety
- ADHD

A Bright Place to Start Program®

A Bright Place to Start provides educational and social support for parents of young children, to enhance parenting skills and ensure optimal child development. This group is specifically for LEAP participants.

Every Thursday 3:00–6:00pm

Northumberland Child Development Centre

For information call: 905-885-8137

A Bright Place to Start Program

A Bright Place to Start provides educational and social support for parents of young children, to enhance parenting skills and ensure optimum child development.

Group runs at Northumberland Child Development Centre.

First and third Friday • 10:30–1:30pm

For information call: 905-885-8137

Children's Services

Infant and Child Development services are available throughout Northumberland County to families with children age birth – full time school. Services are offered in home, school and child care where there is a concern about any area of a child's development.

For information call: 905-885-8137

Port Hope Public Library (Mary J. Benson Branch)

Babytime

A program that introduces songs, rhymes and books to babies. For infants up to 24 months old, and a parent/caregiver.

Wed Sept 23 – Nov 11 • 10:00 -10:30am

To register call 905-885-4712 or library@porthope.ca

Preschool Storytime

A 40 minute free program designed for 2-5 year olds. Program includes stories, finger plays, crafts and the occasional short film.

Port Hope Branch: Mon Sept 21 – Nov 16, Tues Sept 22 – Nov 10 • 10:00am

Garden Hill Branch: Wed Sept 23 – Nov 11 • 1:00pm

To register call: 905-885-4712 or library@porthope.ca

Read Your Way to the Rink @ Port Hope Library

A Winter Reading Club for children under 18 yrs of age. Participants read their way around a game board collecting prizes along the way. Prizes include books, sport water bottles, passes to Jack Burger Complex and tickets to a Port Hope Panthers hockey game. Completed game boards are eligible for the Grand Prize Draw. The program launches at the "Puck Drop Party" on November 14th at 2pm at the Mary J. Benson Branch. The program continues to February 2010. For more information, visit the library at www.phpl.ca, or contact 905-885-4712

Port Hope Library Christmas Open House

An entire day of holiday fun and entertainment at the Mary J. Benson Branch on Dec 4th 2009. The lineup includes carol singing with Library staff, children's author and illustrator Werner Zimmerman, Ed Greenwood with another of his original Christmas stories written for the occasion and lots more. For more information, visit the library or www.phpl.ca, or call 905-885-4712.

Port Hope Ontario Early Years Centre

(905) 885-8856

All OEYC programs are free. Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon • 9:00–3:00, Tues • 9:00–3:00, Wed • 9:00–7:00, Thurs • 9:00–3:00, Fri • 9:00–12:00

Closures: Mon Sept 7, Mon Oct 12, Thurs Dec 24 @ 12:00pm – Mon Jan 4 @ 9:00am

PARENTING SUPPORT PROGRAMS

Family Nights

A special program for families to come to the OEYC to enjoy dinner, games, crafts and time with their children.

Wed Sept 16, Oct 7, 28, Nov 18, Dec 9 • 5:00 – 6:30pm

Dinner will be served at 5:00pm

Toddler/Preschooler Screening

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child's speech, dental health or growth and development.

Wed Nov 11 • 10:00 - 11:30am

Toy-Lending - ongoing

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books.

Well-Baby Drop-in

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents.

Wed Sept 9, Oct 14, Nov 11, Dec 9 • 10:00–11:00am

CHILDREN'S PROGRAMS

Birthday Celebration

A monthly celebration of birthdays incorporated into a circle time with a special snack.

Wed Sept 30, Fri Oct 30, Mon Nov 30, Thurs Dec 24 • 10:30am

Circle Time

A theme-based circle time. Children will enjoy singing, storytelling, puppets, finger plays and the use of the felt board. This program promotes language development, social interaction and early learning skills.

Daily • 10:30am

Kitchen Kapers

Discover and explore the pleasures, textures, colours and aromas of food in our kitchen. A wonderful tactile and sensory experience. Let's get cooking with children in a creative, fun and learning atmosphere.

Fri Sept 18, Oct 2, 16, Nov 30, Dec 11 • 10:00am

Let's Get Physical

A program held at the Port Hope Recreation Centre that gets our whole body moving as we play, dance, run, skip, ride and have fun in a big way. Play opportunities promote coordination, gross motor and communication skills.

Tues Sept 22, Oct 6, 20, Nov 3, 17, Dec 8 • 10:30am

Music & Movement

Children will enjoy singing and dancing as we incorporate musical instruments and lots of movement into this fun and energetic program. Perhaps we will be marching in a circle, dancing under the limbo stick or 'shaking all about'.

Wed in Sept, Oct, Nov Dec • 10:30am

Music with Jane®

This interactive music program, led by Jane Brglez, for parents and children features movement, rhythm, singing, storytelling and lots of music.

Mon Oct 19 – Nov 23 • Infants 3 months – 18 months • 10:00 – 10:30am

Mon Oct 19 – Nov 23 • Toddlers 19 months – 3 years • 10:30 – 11:00am

Parachute Fun

Flying high and soaring low, children love parachute fun. This activity enhances a child's small motor control, strengthens muscles and promotes listening and following directions, language development and socialization, all while having fun.

Mon in Sept, Oct, Nov, Dec • 10:30am

SPECIAL EVENTS AT THE OEYC

Burnham Family Farm®

Fri Oct 9 • 10:30am

Breastfeeding Challenge®

On October 3rd in celebration of Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will compete to set a record for the most babies breastfeeding at one time. Locations include Brighton, Campbellford, Cobourg, Haliburton and Port Hope Early Years Centres and the Family Gala event in Lindsay. The event begins at 10:35am with “Latch-On” at 11am. Please call the Family Health Department at (905) 885-9100 for details and to register.

Independent Grocery Tour®

Please join us as we take a tour through Your Independent Grocery Store.

Thurs Nov 19 • 10:00am

Thanksgiving Potluck Luncheon

Bring your favourite Thanksgiving dish and plan to join us for our annual Thanksgiving Potluck Lunch.

Thurs Oct 8 • 11:00am

Halloween Party

Come dressed in your favourite costume or in black and orange for some Halloween fun.

Fri Oct 30 • 10:30am

Christmas Celebration and Potluck Lunch®

Join us for our annual Christmas Party at the Port Hope Recreation Centre.

Tues Dec 15 • 11:00am

Ontario Early Years Centre (613) 965-4272

All OEYC programs are free. Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon • 8:30–2:30, Tues • 8:30–2:30, Wed • 8:30–2:30, Thurs • 8:30–2:30, Fri • 8:30–12:00
Closures: Mon Sept 7, Mon Oct 12, Thurs Dec 24 @ 12:00pm – Mon Jan 4 @ 9:00am

PARENTING SUPPORT PROGRAMS

Babies and Beyond

This voluntary program for young parents strives to contribute to optimal infant and child growth and development by supporting parents and enhancing parenting capacity beginning in pregnancy and throughout the first six years of life. Childcare is available.

Tues in Sept, Oct, Nov, Dec • 12:30 – 2:30pm

Food for You, Food for Two

This weekly drop-in for pregnant women and their partners provides the opportunity to share ideas with other parents, and participate in a friendly, informal discussion on nutrition, pregnancy and lifestyle topics. The program is offered in partnership with the Hastings Prince Edward Counties Health Unit and is staffed by a Public Health Dietician and a Public Health Nurse. Food vouchers will be provided and transportation may be arranged if necessary. Child care is provided.

Wed in Sept, Oct, Nov, Dec • 10:30–12:00pm

Infant and Child Development Drop-in

In partnership with the Counselling Services of Belleville and District, an Infant Development worker will provide information, support and address concerns surrounding different areas of infant and toddler development. Child care is provided.

Thurs Sept 24, Oct 29, Nov 26, Dec 31 10:30-12:00pm

Parenting for Success

This unique parenting course is designed to address the needs of parents who are encountering significant challenges in their parenting role, and as a result are involved with Hastings Children's Aid Society. Referrals from Hastings CAS only.

Thurs Sept 24-Dec 3 12:30-2:30pm

Pregnant? Who you Gonna Call!

The first call is obvious; make the second call the Hastings & Prince Edward Counties Health Unit. The Health Unit, in partnership with the YMCA Northumberland Ontario Early Years Centre, offers an exciting and informative prenatal program. This program is a series of 3 weekly classes or a one day workshop. Classes are offered throughout Hastings and Prince Edward counties. These classes provide information on having a healthy pregnancy, breastfeeding and preparing for parenthood. Please register as early in your pregnancy as possible. You can register online at www.hpechu.on.ca – Family Health – Clinics and Classes, or by calling Child Health CAREline at (613) 966-5513, ext. 223, or 1-800-267-2803.

Fri, Sept 11 (All Day), Thurs, Oct 8, 15, 22, Nov 12, 19, 26 • 9:30-11:30am

Siblings Without Rivalry

The parenting series is designed to help parents who may be experiencing the challenges of sibling rivalry. Information, support and strategies will be discussed to help you help your children learn how to live together harmoniously.

Fri Nov 6, 13, 20, 27 • 10:00 – 11:30am

Toy-Lending

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books.

Mon Sept 28, Oct 26, Nov 23, Dec 21 • 11:00 – 12:00pm

Triple P

The Positive Parenting Program, known as Triple P, is a series of parenting programs that cuts through the information clutter to help give ordinary families the confidence and problem-solving skills to make small and positive changes that can make a big difference.

Tues Oct 6, 13, 20

CHILDREN'S PROGRAMS

Circle Time

A theme-based circle time. Children will enjoy singing, storytelling, puppets, finger plays and the use of the felt board. This program promotes language development, social interaction and early learning skills.

Daily • 10:00am

Kitchen Kapers

Discover and explore the pleasures, textures, colours and aromas of food in our kitchen. A wonderful tactile and sensory experience. Let's get cooking with children in a creative, fun and learning atmosphere.

Tues in Oct • 9:30am

Let's Share a Story

A theme-based circle time. Children will enjoy singing, story-telling, puppets, finger plays and the use of the felt board. This program will promote language development, social interaction and early learning skills.

Tues in Sept, Nov, Dec 10:00am

Make & Take

Build a masterpiece to take home! This program enhances creativity, fine motor skills and coordination. Make lasting memories of your special craft time together.

Mon in Sept, Oct, Nov, Dec • 10:00am

Mother Goose

This parent-child interactive music program focuses on the pleasure and power of using simple nursery rhymes, stories and songs that will enrich a child's social and language development.

Thurs in Sept. • 10:00am

Music & Movement

Children will enjoy singing and dancing as we incorporate musical instruments and lots of movement into this fun and energetic program. Perhaps we will be marching in a circle, dancing under the limbo stick or 'shaking all about'.

Fri in Sept, Oct, Dec, Thurs in Nov • 10:00am

SPECIAL EVENTS AT THE OEYC

Breastfeeding Challenge

On October 3rd in celebration of Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will compete to set a record for the most babies breastfeeding at one time. Locations include Brighton, Campbellford, Cobourg, Haliburton and Port Hope Early Years Centres and the Family Gala event in Lindsay. The event begins at 10:35am with "Latch-On" at 11am. Please call the Family Health Department in Brighton at (613) 474-0933 for details and to register.

Child ID Clinic

In partnership with Community Police, we will be offering a free Child ID Clinic at our centre.

Thurs, Oct 15 9:30 - 11:30am

Halloween Party

Come dressed in your favourite costume and enjoy some ghoulish crafts and snacks. Registration is required.

Fri, Oct 30 • 9:30 am – 12:00 pm

Christmas Party

Join us for our annual Christmas Party with snacks, crafts and a special guest.

Tues, Dec 22 • 9:30 am – 12:00 pm

Mobile Outreach Toy Lending Van

Playgroups

Visit any one of the eight playgroups supported bi-weekly by our Mobile Outreach Program. Parents/caregivers and their children can enjoy crafts, circle time, snack and other theme-related activities during the two-hour session. Childcare information and items from the toy lending library are available to borrow at no cost. For more information please contact Andrea Dunkley, Mobile Outreach Coordinator at 905-375-4991.

Baltimore Playgroup

Wed Sept 16, 30, Oct 14, 28, Nov 11, 25, Dec 9 10:00–12:00pm • Baltimore United Church

Let's Discuss It

Wed Sept 30 • 10:30am

Bewdley Playgroup

Thurs Sept 17, Oct 1, 15, 29, Nov 12, 26 Dec 10 • 10:00-12:00pm • Bewdley Arena

Let's Discuss It

Thurs Oct 1 • 10:00am

Canton Playgroup

Fri Sept 11, 25, Oct 9, 23, Nov 6, 20, Dec 4, 18 • 10:00–12:00pm • Canton Municipal Office

Let's Discuss It

Fri Sept 25 • 10:30am

Castleton Playgroup

Tues Sept 15, 29, Oct 13, 27, Nov 10, 24, Dec 8 • 9:30–11:30am • Castleton Town Hall

Let's Discuss It

Tues Oct 27 • 10:00am

Colborne Playgroup

Fri Sept 18, Oct 2, 16, 30, Nov 13, 27 Dec 11 • 9:30–11:30am • Keeler Centre

Let's Discuss It

Fri Oct 2 • 10:00am

Grafton Playgroup

Thurs Sept 10, 24, Oct 8, 22, Nov 5, 19, Dec 3, 17 • 10:00 – 12:00pm • Grafton Community Centre

Let's Discuss It

Thurs Sept 24 • 10:00am

Just Ask Veni

Veni Govender, Speech and Language Pathologist from Five Counties Children's Centre, will be available to provide information about your child's speech and language development and answer any questions.

Thurs, Nov 5 • 10:00am

Roseneath Playgroup

Wed Sept 9, 23, Oct 7, 21, Nov 4, 18, Dec 2, 16 • 9:30–11:30am • Alnwick Civic Centre

Let's Discuss It

Wed Sept 23 • 10:00am

Well Baby Drop-In/Toddler & Preschooler Screenings

Wed Oct 21 • 10:00 – 11:30am

Baby's Own®

A five week support and information program for parents of infants up to one year of age. This is an opportunity to meet new friends and discuss various topics in a relaxed atmosphere. This program is facilitated by a Public Health Nurse.

Wed Oct 7 – Nov 4 • 9:30 – 11:30am

Warkworth Playgroup

Mon Sept 21, Oct 5, 19, Nov 2, 16, 30, Dec 14 • 10:00–12:00pm • St. Andrews Presbyterian Church

Let's Discuss It

Mon Oct 5 • 10:30am

Just Ask Veni

Veni Govender, Speech and Language Pathologist from Five Counties Children's Centre, will be available to provide information about your child's speech and language development and answer any questions.

Mon, Dec 14 • 10:00am

Ontario Early Years Centre Visits

Brighton OEYC

Mon Sept 28, Oct 26, Nov 23, Dec 21 • 9:30 – 10:30am

Campbellford OEYC

Tues Sept 22, Oct 20, Nov 17, Dec 15 • 10:30–11:30am

Hastings OEYC

Tues Sept 22, Oct 20, Nov 17, Dec 15 • 9:00–10:00am

Trenton OEYC

Mon Sept 28, Oct 26, Nov 23, Dec 21 • 11:00 – 12:00pm

Parenting Resources...at Your Fingertips *

No one is born with parenting skills. They must be developed and fostered with every child, every day.

Whether you are concerned about parent-child attachment, behavioural challenges, early literacy, or information on breast-feeding, adoption or separating spouses, agencies across Northumberland are here to help. Any of the agencies listed in this guide can offer assistance in directing your inquiry or offer referral services. Please contact your local service providers, InfoNorthumberland, or you can start your own alphabetical resource search by accessing the following websites:

Adoption

For families who are considering adoption, or have already adopted, here are some helpful websites to research.

www.adoptontario.ca

This site has a full compliment of resources: How to Adopt, Adoption agencies and practitioners, Family support resources, Issues and information for all in the Adoption Triad (birth-mother/adoptee/adoptive families). It also features Ontario's Waiting Children site where children available for adoption can be seen.

www.adoptionclubhouse.org

This fun and kid-friendly site is aimed at adopted children of all ages: It boasts plenty of resources, activities, celebrity adoption stories, adoptee pen pal hook ups and more!

www.familyhelper.net

This site contains infertility and adoption information and resources. It includes Fertility Helper, Pre/Post Adoption Helper, a Teacher's Guide to Adoption, Adoption Resource Central (events and news) and more.

www.sandrawebbcounselling.com

This site connects you to Sandra Webb Counselling Centre, which specializes in the treatment of children and families with trauma and attachment difficulties. Sandra Webb brings her knowledge, skills, personal experience and professional training to help biological, adoptive and foster families with trauma/attach-

ment difficulties. Sandra Webb Counselling Centre is located in Cobourg.

Grandparenting

For Grandparents who have found themselves stepping into the role of a parent in the lives of their grandchildren, here are some helpful websites to research.

www.suite101.com.

A comprehensive independent online magazine: written and edited by professionals. On this site you can access helpful articles written by grandparents who have taken on the role of parent

www.todaysparent.ca

Grandparents can search for articles on various topics surrounding their changing role from recent and past editions of this popular parenting magazine

Fathering

Studies have shown that the presence of an involved father can impact a child's development in a number of positive ways. Below are some websites that will help families learn more about the benefits of an involved father.

www.fira.ca

FIRA is a pan-Canadian alliance of individuals, organizations and institutions dedicated to

the development and sharing of knowledge focusing on father involvement.

www.cfii.ca

This site has useful tips, information, resources, and downloadable booklets for dads, for moms, for organizations, for communities, and for anyone interested in learning more about father involvement and the many benefits to the health and well-being of families.

Separation and Divorce

More than one million children are affected by divorce each year. Our primary goal should be to minimize the emotional harm to these children. The main way to achieve this is to help the children maintain a close and secure relationship with both parents.

Below are some websites that contain information for parents on how to help their children cope with separation and divorce.

www.familycourtmediation.com

This site connects you to Four Counties Family Mediation where you can access information on monthly separating spouse's seminars, legal issues, the court process and the benefits of mediation.

www.aboutkidshealth.ca

This website, created by the Hospital for Sick Children provides parents with tips and information on helping their child cope with separation and divorce.

www.rainbows.ca

This website connects you to Rainbows Canada, an international not-for-profit organization that fosters emotional healing among children grieving a loss from a life-altering crisis.

www.familieschange.ca

This website provides support, information and activities for children, teens, parents and professionals who are experiencing or working with families undergoing separation and divorce.

www.attorneygeneral.jus.gov.on.ca

This website allows you to access information on Child Support Guidelines in Ontario

** Please note that the Best Start Network does not necessarily professionally endorse these sites and that this is only a cursory list of resources available.*

Family Support Community Agencies Contact List

Serving children aged 0 – 6 years

Alderville First Nation Health and Social Services

8467 County Road 45
Roseneath ON
905-352-2140
www.aldervillefirstnation.ca

Alpha House

(Residential teen-parenting facility)
168 Hibernia St.
Cobourg ON
905-372-4774
www.alphahousenorthd.org

Anishnaabe Kwewag Gamig Inc.

(Women's Shelter)
905-352-3898
1-800-388-5171
905-352-3708 (crisis)
TDD: 905-352-3506

Beginnings Pregnancy Care Centre

19 King St E
Cobourg ON
905-373-4575
1-866-838-6367
www.beginnings.ca

Bereaved Families of Ontario

Peterborough Region
187 Simcoe St
Peterborough ON
705-743-7233
www.bereavedfamilies.net

Canadian Hearing Society

Peterborough District Regional Office
315 Reid St.
Peterborough ON
705-743-1573
1-800-213-3848 (Voice)
1-800-213-0514 (TTY)
TTD: (TTY)705-743-1621
www.chs.ca

Canadian National Institute for the Blind

Ontario Division
Haliburton, Kawartha and Pine Ridge
159 King St. Suite 300
Peterborough ON
705-745-6918
www.cnib.ca

Children's Aid Society of Northumberland

1005 Burnham St
Cobourg ON
905-372-1821
1-800-263-7902
www.northumberlandcas.org

The Easter Seal Society, Ontario - Northumberland District Council

613-394-1972
1-866-473-2040
www.easterseals.org

Five Counties Children's Centre

Campbellford
174 Oliver Rd.
Campbellford ON
705-653-1334
1-888-779-9916

Cobourg

700 D'Arcy St. Bldg 19
Cobourg ON
905-377-0192
1-888-779-9916
www.fivecounties.on.ca

Four Counties Family Court Mediation Service

Family Law Information Centre
860 William St.
Cobourg ON
ext. 128
www.familycourtmediation.com

Genesis Bereavement Resource Centre

30 King St E
Cobourg ON
905-372-3648
1-866-924-2458
www.genesis-resources.com

Haliburton Kawartha Pine Ridge District Health Unit

Brighton
35 Alice St
Brighton ON
613-475-0933
www.hkpr.on.ca

Port Hope

200 Roseglen Rd
Port Hope ON
905-885-9100
www.hkpr.on.ca



Campbellford

22 Doxsee Ave S
Campbellford ON
705-653-1550
www.hkpr.on.ca

The Help Centre

1005 Elgin St Suite 301
Cobourg ON
905-372-2646
1-888-698-3382
www.thehelpcentre.ca

infoNorthumberland

1005 Elgin St. W., Suite 203
Cobourg, ON
(905) 372-8913
1-800-396-6626
www.fourinfo.com

Kawartha Pine Ridge District School Board

1994 Fisher Drive,
Peterborough, ON
705-742-9773
877-741-4577
www.kpr.edu.on.ca

Kinark Child and Family Services

Cobourg Office
20 Strathy Rd. Unit 3
Cobourg ON
905-372-4361
1-800-230-8531
www.kinark.on.ca

Learning Disabilities Association of Peterborough – Northumberland Services

9320 Burwash Rd
Baltimore ON
905-377-9414
1-866-503-3303
www.ldaptbo.com

Tri-County Community Support Services

349 George Street North
Suite 303
Peterborough, ON
Office: 705-876-9245 ext. 298
Fax: 705-876-9247
Email: tracysimmons@tccss.ca
www.tccss.ca

Libraries

Alderville Library

11696 Second Line Rd
County Road 45
Alderville ON
905-352-2488

Alnwick/Haldimand Public Library

Centreton Branch

905-349-2976

Grafton Branch

905-349-2424

Roseneath Branch

905-352-3876

Brighton Public Library

Brighton Branch

613-475-2511

Codrington Branch

613-475-5628

Cobourg Public Library

Cobourg Branch

905-372-9271

www.cobourg.library.on.ca

Bewdley Branch

905-797-2810

Gores Landing Branch

905-342-9996

Port Hope Library

Port Hope Branch

905-885-4712

www.phpl.ca

Garden Hill Branch

905-797-2473

Quinte West Public Library

Trenton Branch

613-394-3381

Frankford Branch

613-398-7572

Township of Cramahe Public Library

Castleton Branch

905-344-7320

Colborne Branch

905-355-3722

Trent Hills Public Library

Campbellford Branch

705-653-3611

Hastings Branch

705-696-2111

Warkworth Branch

705-924-3116

Northumberland Big Sisters Big Brothers

18 John St

Port Hope ON

905-885-6422

905-885-8435

1-888-278-2484

www.bigbrothersbigsisters.ca/northumberland

Northumberland Child Development Centre

38 Walton St 3rd Floor

Port Hope ON

905-885-8137

www.ncdcent.com



Northumberland Community Counselling Centre

208 Division Street,

Cobourg, ON

(905) 372-6318 • (905) 372-6425

1-866-748-5720

www.northumberlandccc.com

Northumberland County Child Care Service Providers

c/o Cook's Child Care Centre

700 D'Arcy Street

Bldg. 18

Cobourg, ON

905-372-4525



Child Care Centres

Alderville First Nation Day Care

8913B HWY 45

Roseneath, ON

905-352-1065/1066

adaycare@eagle.ca

Alliance Family Centre

RR #4

Cobourg, ON

905-373-0783

alliancefamily@bellnet.ca

Beatrice Strong YMCA Child Care

90 Rose Glen Road

Port Hope, ON

905-885-8246

sbernard@ymcanorthumberland.com

Beehive Children's Centre

35 Centre Street, P.O. Box 1116

Campbellford, ON

705-653-5375

beehivedaycare@bellnet.ca

Brighton Children's Centre

Brighton Public School

24 Elizabeth St., P.O. Box 3047

Brighton, ON

613-475-1811

admin@brightonkids.ca

Cobourg Day Care

325 Alexandria Drive

Cobourg, ON

905-372-9507

cobourghdaycare@on.aibn.com

Cobourg YMCA Child Care

339 Elgin Street

Cobourg, ON

905-372-9247

ktaylor@ymcanorthumberland.com

Cook's Child Care Program

700 D'Arcy Street, Unit 31

Cobourg, ON

905-372-4525

cooks@eagle.ca

Cook's Home Child Care Agency

172 Queen Street

Cobourg, ON

905-372-2143

CR Gummow YMCA Child Care

287 Gravely Street

Cobourg, ON

905-372-9714

jeddy@ymcanorthumberland.com

Victoria Park Child Care Centre

172 Queen Street

Cobourg, ON

905-372-2143

gizmo@eagle.ca

Ganaraska Child Care Centre

c/o Port Hope High School

130 Highland Drive

Port Hope, ON

905-885-2637

ganchcc@bellnet.ca

Grafton YMCA Child Care

Grafton Community Centre

718 Station Road, P.O. Box 370

Grafton, ON

905-349-2667

ktaylor@ymcanorthumberland.com

Junior Set Nursery School

326 Ball Street

Cobourg, ON

905-372-3756

ken_sue38@hotmail.com

Northumberland Day Care Services Inc.

Wee Watch Northumberland

113 Park Street South

Peterborough, ON

905-885-6500 or 705-741-3225

weewatchptbo@nexicom.net

St. Joseph's YMCA Child Care

919 D'Arcy Street North

Cobourg, ON

905-372-6444

scoyle@ymcanorthumberland.com

St. Peter's Pre-School Learning Centre

St. Peter's Church
140 College Street, P.O. Box 113
Cobourg, ON
905-373-1296
bnd.bruce@sympatico.ca

Sunshine Heights Co-operative

Day Care

40 Ward Street
Port Hope, ON
905-885-8929
sunshine.heights@bellnet.ca

Terry Fox YMCA Child Care

1065 Riddell Avenue
Cobourg, ON
905-373-3664
cbutler@ymcanorthumberland.com

The Municipality of Port Hope Department of Parks, Recreation and Culture

56 Queen Street, Box 117
Port Hope, ON
905-753-2230
bwhitehead@porthope.ca

Northumberland County

Department of Community and Social Services

Children's Services Community Outreach Program

555 Courthouse Road, Cobourg ON
K9A 5J9
905-372-6816, ext.2484
1-800-354-7051
www.northumberland.ca



Northumberland Family Respite Services Inc.

72 Walton St
Port Hope ON
905-885-6671, collect calls accepted
www.eagle.ca/nfrs

Northumberland Family Treatment Coalition Group

(Treatment for issues of family violence)
208 Division St.
Cobourg ON
K9A 3P7
905-372-6318 collect calls accepted

Northumberland Services for Women

32 Swayne St.
Cobourg ON
905-372-1545
905-372-7056
905-372-0746 (crisis)
www.nsfw.ca

Northumberland United Way

1005 Elgin St. W., Suite 203
Cobourg, ON
(905) 372-6955
1-800-883-0002
www.northumberland.unitedway.ca

Parent Help Line

1-866-603-9100

Parents of Multiple Births Association

1801 Dundas St. E
Whitby ON
1-888-358-5145
www.multiplebirthscanada.org/~durham

Peterborough Victoria Northumberland Clarington Catholic District School Board

1355 Lansdowne Street West
Peterborough, ON
705-748-4861
800-461-8009
www.pvnccdsb.on.ca



Rebound Child and Youth Services Northumberland

700 D'Arcy St N, Upper Level
Cobourg ON
905-372-0007
www.rcys.ca

Service Coordination for Children and Youth

Port Hope
72 Walton St. Ste.2
Port Hope ON
905-885-4224
1-888-880-5777

Wraparound Northumberland

18 John St. 3rd Floor
Port Hope ON
905-885-2320
1-866-704-5534

YMCA

Northumberland

Ontario Early Years Centres



Head Office

339 Elgin St W.
Cobourg ON
905-377-1271
1-866-301-6392
www.ontarioearlyyears.ca

Satellites

Brighton

170 Main St
Brighton ON
613-475-2234

Campbellford

179 Saskatoon Ave
Campbellford ON
705-632-1144

Hastings

6 Albert St
Hastings ON
705-696-1353

Port Hope

74 Queen St.
Port Hope ON
905-885-8856

Trenton

101 Queen St.
Trenton ON
613-965-4272

Early Literacy Specialist

905-377-1271
905-375-4374 (cell)
1-866-301-6392

Mobile Outreach Program

905-375-4991
1-866-301-6392



**Best Start
Network agencies**

Get more info at **infoNORTHUMBERLAND** **www.fourinfo.com**

info NORTHUMBERLAND, a program of Northumberland United Way, is the county's only information, referral and volunteer centre. We provide information and access to human services that include services for children, seniors, health, and recreation. You can call us at 905-372-8913, 1-800-396-8913 or northumberland@fourinfo.com or access information via our website at www.fourinfo.com



This easy-to-remember three-digit number gives all residents of Northumberland County access to information on human services 24 hours a day, 7 days a week. This **free** service gives everyone the ability to quickly find the appropriate organization to meet their needs from children's services, family services, counselling and much more. The Province of Ontario has committed \$13 million over 4 years to make **211** accessible to everyone all across Ontario.

At *info* NORTHUMBERLAND, we produce the following directories: the *Northumberland Blue Book* and the *Directory of Services for Children and Youth*, both of which are available to purchase by contacting our office. Another popular publication is their *Where to Find Help* pamphlet, a free publication that lists agencies and contact numbers for many things including Education/Literacy Training, Health Services, and Ontario Early Years Centres, just to name a few. A link is provided on our website www.fourinfo.com for anyone to print off their own copy of the pamphlet.

If you are looking to volunteer your time to an agency, *info* NORTHUMBERLAND will be able to help. Our website www.fourinfo.com contains a database of volunteer opportunities that are available.

NOTES



Mixed Sources
Product group from well-managed
forests, controlled sources and
recycled wood or fibre
www.fsc.org Cert no. SW-COC-003784
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FOR MORE INFORMATION, CALL: 1-866-301-6392