



# Parenting Education in the Peterborough Area

## *A Community Guide*

### Fall 2011

#### Canadian Hearing Society

Peterborough Regional Office  
315 Reid Street,  
Peterborough, ON K9J 3R2  
Ph: 705-743-1573  
TTY: 705-743-1621  
Fax: 705-741-0708  
E-mail: [mshuwera@chs.ca](mailto:mshuwera@chs.ca)  
Web: [www.chs.ca/offices/peterborough/index.html](http://www.chs.ca/offices/peterborough/index.html)



#### Down Syndrome Association of Peterborough

65 Brock Street  
Peterborough, Ontario K9H 2P2  
Ph: 705-749-6695  
Fax: 705-749-5864  
E-mail: [info@downsyndromepeterborough.ca](mailto:info@downsyndromepeterborough.ca)  
Web: [www.downsyndromepeterborough.ca](http://www.downsyndromepeterborough.ca)



#### Five Counties Children's Centre

872 Dutton Road  
Peterborough, ON  
K9H 7G1  
Ph: 705-748-2221  
Fax: 705-748-3526  
E-Mail: [info@fivecounties.on.ca](mailto:info@fivecounties.on.ca)  
Web: [www.fivecounties.on.ca](http://www.fivecounties.on.ca)



#### Lovesick Lake Native Women's Association

RR #1  
Buckhorn, ON K0L 1J0  
Ph: 705-657-9456  
Fax: 705-657-2032  
E-mail: [llnwaapnp@xplornet.com](mailto:llnwaapnp@xplornet.com)



#### Four Counties Family Mediation

349A George St N, Ste 205  
Peterborough, ON K9H 3P9  
Ph: 888-605-1393 or 705-760-9603  
Fax: 705-748-4149  
E-mail: [info@familycourtmediation.com](mailto:info@familycourtmediation.com)  
Web: [www.familycourtmediation.com](http://www.familycourtmediation.com)



#### Kinark Child & Family Services

380 Armour Road, Suite 275  
Peterborough, ON K9H 7L7  
Ph: 705-742-3803  
Fax: 705-743-4144  
E-mail: [bev.timlin@kinark.on.ca](mailto:bev.timlin@kinark.on.ca)  
Web: [www.kinark.on.ca](http://www.kinark.on.ca)



#### Breastfeeding Support Drop-in

Ph: 705-740-6188  
Web: [www.lalecheleaguecanada.ca](http://www.lalecheleaguecanada.ca)



#### Learning Disabilities Association of Peterborough

159 King Street, Unit #204,  
Peterborough, ON K9J 2R8  
Ph: 705-748-9455  
Fax: 705-748-9455  
E-mail: [administration@ldaptbo.com](mailto:administration@ldaptbo.com)  
Web: [www.ldaptbo.com](http://www.ldaptbo.com)



#### Perinatal Bereavement Services of Ontario

Ph: 1-905-472-1807  
E-mail: [pbso@pbso.ca](mailto:pbso@pbso.ca)  
Web: [www.pbso.ca](http://www.pbso.ca)



#### Peterborough County-City Health Unit

10 Hospital Drive  
Peterborough, ON K9J 8M1  
Ph: 705-743-1000  
Fax: 705-743-2897  
TTY: 705-743-4700  
E-mail: [info@pcchu.ca](mailto:info@pcchu.ca)  
Web: [www.pcchu.ca](http://www.pcchu.ca)



#### Peterborough Family Resource Centre/ Ontario Early Years Centre

201 Antrim Street  
Peterborough, ON K9H 3G5  
Ph: 705-748-9144  
Fax: 705-748-9177  
E-mail: [administrator@pfrc.ca](mailto:administrator@pfrc.ca)  
Web: [www.pfrc.ca](http://www.pfrc.ca)



#### Peterborough Public Library

345 Aylmer Street North  
Peterborough, ON K9H 3V7  
Ph: 705-745-5382  
Fax: 705-745-8958  
Web: [www.peterborough.library.on.ca](http://www.peterborough.library.on.ca)  
[www.peterboroughhealthyfamilies.ca](http://www.peterboroughhealthyfamilies.ca)



Welcome to the Workshops, Courses and Groups flyer for Fall 2011. This flyer will help you learn new skills to meet the every-day challenges that families face today. These courses are offered by many *publicly funded/not-for-profit services and agencies* in our community and are free of charge unless there is a fee mentioned. Each listing has information about times and locations, and a telephone number to call for further information. For current updates visit our website at [www.pfrc.ca](http://www.pfrc.ca)

### Brighter Futures Aboriginal Prenatal Nutrition Program

Courses offered include Pre-natal Classes, Baby Care, Breastfeeding, Nobody's Perfect, Making Baby Food, Developmental Milestones, Collective Kitchen, and Traditional Aboriginal Teachings.

Agency: Lovesick Lake Native Women's Association  
705-657-9456

Date & Time: Various dates and times—call for more information

Location: Buckhorn, ON



### Perinatal Bereavement Services

This is a support group for parents that have lost a baby through miscarriage, abortion, stillbirth and early life death.

Call 1-905-472-1807 or e-mail [pbsso@pbsso.ca](mailto:pbsso@pbsso.ca) for further information or for one on one telephone support.

Agency: Perinatal Bereavement Services of Ontario  
1-905-472-1807

Date: Monthly, call for dates

Time: 7:30 pm

Location: 201 Antrim Street, Peterborough



### Prenatal Health Fair

Start your prenatal education early in pregnancy by attending this informative, hands-on event. The fair is offered twice a year, showcasing displays and demonstrations on a wide variety of topics of interest to both expectant parents and their friends and families. Health professionals and community partners share information, answer your questions, and link you to the many services that can help you on your journey to becoming a parent.

Agency: Peterborough County-City Health Unit  
705-743-1000

Date: Wednesday, October 26, 2011

Time: 6:00-8:30 pm

Location: Holiday Inn, 150 George St. N., Peterborough



### Prenatal Breastfeeding Class

Come and learn the basic how-to's of breastfeeding before your baby is born. Partners welcome. At this 2-hour class, we talk about:

- Why breastfeed
- How to breastfeed
- Answers to your questions and concerns

Agency: Peterborough Family Resource Centre  
705-748-9144

Date: Thursdays, Sept. 29 and Nov. 17, 2011

Time: 6:30 pm

Location: 201 Antrim Street, Peterborough



### Teen Prenatal Supper Club

Pregnant teens are encouraged to attend this series of six prenatal classes, taught by a public health nurse. You will learn about pregnancy, childbirth, and care of new babies, as well as attend a tour of the birthing suite at the hospital. You can meet with a nurse privately to discuss your own pregnancy, and ask personal questions. A support person, such as your partner, your mother, or a friend, is welcome to come with you, or you can come on your own. Supper and transportation within the city are provided for free.

Agency: Peterborough County-City Health Unit  
705-743-1000

Date: Tuesdays, Oct. 18-Nov 15 and Wed. Nov. 23, 2011

Time: 5:15-8:00 pm **Call to register.**

Location: PFRC, 201 Antrim Street, Peterborough



### The Parenting Partnership Program

This is a free prenatal and parenting program that starts during pregnancy with prenatal classes and continues after the birth of your child until the baby is 14 months of age. It is staffed by a health educator and a parent educator. We are currently looking for families who are having their babies in December 2011 or January 2012. If you know someone who is due in December or January please pass this information along.

Agency: Peterborough Family Resource Centre

**Please call 705-748-9144 for registration details**

Date: Wednesdays, October 5-November 16, 2011

Time: 6:30-9:00 pm **Call to register.**

Location: PFRC, 201 Antrim Street, Peterborough



### Prenatal Classes

This series of five, 2-hour classes will prepare you for birth, caring for your baby, and becoming a parent. You'll gain confidence as you explore up-to-date information, practice new skills, and connect with other expectant parents in a fun and interactive way.

The book *Healthy Beginnings*, refreshments and parking for a hospital tour are included.

Classes are led by Public Health Nurses. To reserve your place in classes that start in the 3rd trimester, please register as soon as you know you are pregnant.

Agency: Peterborough County-City Health Unit

Date: Classes are ongoing-call 705-743-1000 to register

Location: Peterborough County-City Health Unit, 10 Hospital Dr.

Cost: \$50.00 per series. Subsidies are available



**Breastfeeding Support Drop-in**

La Leche (pronounced 'lay-chay') is Spanish for "the milk". La Leche League, through informal, guided discussions, gives you the opportunity to see how breastfeeding fits into your family. La Leche League offers you support and information, based on research and experience to give your baby the best start in life. Come and meet other breastfeeding mothers and babies. Get the support you need.

Agency: La Leche League 705-740-6188

Location: Peterborough Family Resource Centre  
201 Antrim Street, Peterborough

Date: 2nd Thursday of each month

Time: 6:00-8:30 pm (Free Dinner)

Date: 4th Thursday of each month

Time: 10:00 am-12:30 pm (snacks welcome)

**Parent-Child Mother Goose**

This is a group experience for parents and their babies up to 1 year of age, that focuses on the pleasure and power of using rhymes, songs and stories. Parents gain confidence as they help their babies learn language and communication skills in this interactive program.

**Call to register.**

Agency: Peterborough Family Resource Centre 705-748-9144

Date: Mondays, October 17-November 28, 2011

Time: 10:00 -11:00 am

Location: St. John Family Hub, 746 Park Street South, Peterborough

Date: Thursdays, September 15-October 27, 2011

Time: 10:00-11:00 am

Location: 201 Antrim Street, Peterborough

**The Gentle Art of Infant Massage**

This four session course, developed by the International Association of Infant Massage® will give you the tools and information you need to communicate with your baby through loving touch. Please bring a waterproof mat or pad, a soft blanket or towel, and your baby! Oil and handouts will be provided.

This program is designed for infants aged 1 to 8 months old.

Agency: Peterborough Family Resource Centre 705-748-9144

Date: Fridays, September 30, October 7, 14, 21, 2011

Time: 2 sessions: 9:30-10:30 am or 11:00-noon

Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.

Date: Thursdays, November 3, 10, 17, 24, 2011

Time: 10:00-11:00 am

Location: Norwood- to be announced

**Bouncin' Babies**

Bouncin' Babies is for ages 6-23 months old and their caregivers.

Treat yourself and your baby to a special one-on-one time of bonding. Have fun sharing lap games, songs and rhymes that will stimulate your baby's intellectual development. Registration is required and space is limited. **Registration begins Wednesday, September 7, 2011.**

Agency: Peterborough Public Library 705-745-5382 x 2381

Date: Wednesdays, September 21 to November 2, 2011

Time: 10:45-11:15 am (class one)

2:00-2:30 pm (class two)

Location: Peterborough Public Library, 345 Aylmer St. N

**Well Baby and Breastfeeding Clinic**

Do you have a child from birth to 2 years old and need information on child health and development? Would you like breastfeeding information and support? Come join us and meet one on one with a Community Health Nurse and/or Lactation Consultant.

Agency: Peterborough Family Resource Centre 705-748-9144

Date: Every Thursday. **No appointment needed.**

Time: 10:00-12:00 noon / 1:00-3:00 pm

Location: 201 Antrim Street, Peterborough

**You & Your Baby**

This six week course is for parents of babies ages 1 to 8 months. This group includes a period of information-giving and a time for sharing concerns about the experience of caring for babies.

Participants attend with their babies. **Call to register.**

Agency: Peterborough Family Resource Centre

705-748-9144

Date: Mondays, October 17-November 21, 2011

Time: 10:00-11:30 am

Location: Otonabee Valley Family Hub, 580 River Rd. South, Ptbo.

**Feeding Your Baby**

This workshop on feeding your baby and making baby food is facilitated by a nutritionist from the Peterborough County-City Health Unit.

Find out how easy it is to make your own baby food.

Learn about starting solids. **Call to register. 705-748-9144**

Agency: Peterborough Family Resource Centre and  
Peterborough County-City Health Unit

Date and Time: October: to be announced

Location: 201 Antrim Street, Peterborough

**Songs and Signs for Babies and Toddlers**

A three week interactive course for parents to attend with their children ages 6-24 months. Parents will learn a variety of signs through a weekly sign and song circle. Information on the benefits of signing and tips for success will be discussed. **Call to register.**

Agency: Peterborough Family Resource Centre 705-748-9144

Date: Thursdays, November 10-24, 2011

Time: 10:00-11:30 am

Location: 201 Antrim Street, Peterborough



**Bedtime for Toddlers and Preschoolers**

Young children need a good night's sleep so they can have enough energy for the next day's activities. In this session we will discuss how to help our children develop healthy, independent sleep patterns.

**Call to register.**

Agency: Peterborough Family Resource Centre 705-748-9144

Date: Tuesday, October 25, 2011

Time: 6:30-8:30 pm

Location: St. John Family Hub, 746 Park Street South, Peterborough

**It's Potty Time: Toilet Training Your Child**

Is your child ready to use the bathroom? How can you make this a positive experience? What signs should you be looking for?

**Call to register.**

Agency: Peterborough Family Resource Centre  
705-748-9144

Date: Tuesday, October 18, 2011

Time: 6:30-8:30 pm

Location: St. John Family Hub, 746 Park Street South, Peterborough

**Toddlers and Tantrums**

Have you ever seen your toddler: crying, screaming, stamping their feet or rolling on the floor? This can be embarrassing for parents especially if it happens in public. In this one-evening session parents of children 1-3 years will have an opportunity to discuss: why children have tantrums, how to prevent them and how to manage a tantrum.

**Call to register.**

Agency: Peterborough Family Resource Centre 705-748-9144

Date: Tuesday, November 1, 2011

Time: 6:30-8:30 pm

Location: St. John Family Hub, 746 Park Street South, Peterborough

Date: Wednesday, September 28, 2011

Time: 6:30-8:30 pm

Location: P.F.R.C., 201 Antrim Street, Peterborough

**Movement and Massage**

This three session course will give parents the opportunity to connect with their toddler through movement and gentle touch. The goal of this program is to support the parent's learning about how to promote their child's natural development through: massage, relaxation exercises, gentle movements, songs and games. This program is designed for toddlers who are walking (12-24 months). Please bring: any comfort items you feel your toddler may need and snack. Be sure you and your child wear comfortable clothing.

**Call to register.**

Agency: Peterborough Family Resource Centre 705-748-9144

Date: Fridays, September 30– October 21, 2011

Time: 10:00-11:00 am

Location: St. John Family Hub, 746 Park Street South, Peterborough

**Toddler Time**

Toddler Time is designed to meet the developmental needs of two year olds. Adults and toddlers share stories, songs, rhymes and other activities. Registration is required and space is limited.

**Registration begins Friday, September 9, 2011**

Agency: Peterborough Public Library 705-745-5382 x 2381

Date: Fridays, September 23 –November 4, 2011

Time: 10:45-11:15 am

Location: Peterborough Public Library,  
345 Aylmer St. N.

**Fighting & Aggression: Help your child get along with others (Preschoolers / 3-5 years old)**

Children need to learn ways to solve problems and get along with others. In this session, we'll discuss some strategies to help your child play cooperatively and ideas to use when children become aggressive.

**Call to register.**

Agency: Peterborough Family Resource Centre 705-748-9144

Date: Wednesday, October 26, 2011

Time: 6:30-8:30 pm

Location: Otonabee Valley Family Hub,  
580 River Rd. South, Ptbo.

**Story and a Song**

Parents and their children ages 2-4 years are welcome to come and enjoy songs, crafts, stories and games. Each week's activities will be based on a favourite children's book.

**Call to register.**

Agency: Peterborough Family Resource Centre 705-748-9144

Date: To be announced

Time:

Location: Lakefield

**Nobody's Perfect: A Group for Parents of Children up to 5 Years**

There are no perfect parents or children. In a Nobody's Perfect group, parents share ideas, tips, and experiences. Nobody's Perfect groups are offered free of charge and last for 6-8 weeks. Parent books, snacks, transportation, and child care are provided.

Agency: Peterborough County-City Health Unit 705-743-1000

Please call the Health Unit at 705-743-1000 for information on dates, times, and locations.



**Library After School Club:**

Drop-in to the library on Wednesdays after school for some stories, laughs and crafts. This program is for **5 to 12 year olds**.

**No registration required.** Meet in the Storycorner.

Agency: Peterborough Public Library 705-745-5382 x 2381

Date: Wednesdays, September 21 –November 9, 2011

Time: 4:00 pm

Location: Peterborough Public Library, 345 Aylmer St. N.

**Drop-In Story-time for 3 to 5 Year Olds**

This program is 30 minutes, jam-packed full of stories, songs, rhymes, finger-plays and giggles! It is designed to help your child's imagination and attention span grow. **No registration required.**

Agency: Peterborough Public Library 705-745-5382 x2381

Date: Tuesdays, September 13-December 13, 2011

Time: 10:45-11:15 am

Location: Peterborough Public Library,  
345 Aylmer St. N.

**Parent Child Book Club**

**Parents and kids ages 9-12** are invited to join us one Saturday afternoon every month to discuss a book together.

**To register** and get a free copy of each book, please contact the Children's Information Desk at **705-745-5382 ext. 2381**

Agency: Peterborough Public Library



Date: One Saturday afternoon each month

Time: 3:00 pm

Location: Peterborough Public Library, 345 Aylmer St. N.

**Special Thanksgiving Story and Craft**

Come out for some Thanksgiving themed stories, jokes and crafts.

This program is for **5 to 10 year olds**.

**Registration begins Thursday, September 8, 2011**

Agency: Peterborough Public Library 705-745-5382 x 2381

Date: Thursday, October 6, 2011

Time: 6:30-7:30 pm

Location: Peterborough Public Library, 345 Aylmer St. N.

**Special Halloween Story and Craft**

Come out for some Halloween stories, jokes and crafts.

This program is for **5 to 10 year olds**.

**Registration begins Thursday, September 29, 2011**

Agency: Peterborough Public Library 705-745-5382 x 2381

Date: Thursday, October 27, 2011

Time: 6:30-7:30 pm

Location: Peterborough Public Library, 345 Aylmer St. N.

**Special Christmas Story and Craft**

Come out for some Christmas tales and holiday crafts.

This program is for **5 to 10 year olds**.

**Registration begins Saturday, November 19, 2011**

Agency: Peterborough Public Library 705-745-5382 x 2381

Date: Saturday, December 10, 2011

Time: 10:45 am

Location: Peterborough Public Library, 345 Aylmer St. N.

**Christmas After School Club**

Drop-in to listen to fantastic Christmas stories and create great holiday gifts. **This program is for 5 to 12 year olds. No registration required.**

Agency: Peterborough Public Library 705-745-5382 x 2381

Date: Wednesdays, November 16-December 2, 2011

Time: 4:00 pm

Location: Peterborough Public Library, 345 Aylmer St. N.

**WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF SCHOOL-AGE CHILDREN****Group TRIPLE P– Positive Parenting Program – for parents with School Age children 6-12 yrs**

Triple P helps parents deal more positively with problems and helps build strong relationships in families. It gives parents practical suggestions and a plan of action to help them manage their child's behaviour in constructive and caring ways.

For more information contact: Bev Hafeli-Timlin 742-3803 ex312

Agency: Kinark Child and Family Services

Location: Prince of Wales Public School, 1211 Monaghan Road

Date: Beginning Tuesday, September 20, 2011

Time: 6:30-8:30 pm (Child care available)

**To be assessed for groups, please contact:**

**Central Intake 1-888-454-6275**

**Fear Busters! Program– Anxiety Management Group for Kids and Parents**

The Fear Busters! Program is a 12 week program for children, aged 6-12 years old, who are experiencing anxiety to the point that it is interfering with their daily lives and routines. In a small group, both children and their parents are introduced to structured strategies to help develop their child's ability to cope with their worries and fears, both presently and in the future.

An initial consultation and a group screening session with a social worker is necessary prior to group start up, to ensure this is the appropriate service.

**Parents can refer their child by calling Kinark's Central Intake Number at 1-888-454-6275. A brief telephone interview will follow.**

For more information contact: Bev Hafeli-Timlin 705-742-3803 ex312

Agency: Kinark Child and Family Services

Date: Group is scheduled to begin  
in Fall 2011



### Group TRIPLE P-Positive Parenting Program- Teens For parents with teenage children 12-16 yrs.

Agency: Kinark Child and Family Services  
Date: Beginning Thursday, September 22, 2011  
Time: 6:30-8:30 pm  
Location: Kinark offices, 380 Armour Road, Peterborough  
For more information contact: Bev Hafeli-Timlin 742-3803 ext 312  
*"Small Changes Make Big Differences!"*

Triple P for teens is an 9 week parent education program that helps parents: create a more stable, supportive family environment, deal positively, consistently and decisively with problem behaviour, and build positive relationships with their teen so that conflict can be resolved.  
**To be assessed for groups, please contact:**  
Central Intake 1-888-454-6275



## WORKSHOPS AND COURSES FOR PARENTS/CAREGIVERS OF ALL AGES

### Triple P, Positive Parenting Program Seminar Series

Triple P promotes good communication and strong relationships between parents and children. Parents of children 0-12 yrs. are invited to attend one or all of these seminars. **Call to register. 705-748-9144**

#### #1. The Power of Positive Parenting:

Positive parenting is an effective approach to raising children that involves creating a family environment that is loving, supportive and predictable.

#### #2. Raising Confident, Competent Children:

Ideas on how to help children learn important life skills including being respectful, communicating well, thinking positively, having healthy self-esteem and being a good problem solver.

#### #3. Raising Resilient Children:

All children experience periods of stress in their lives. Ideas on how to help children have the emotional skills to manage stressful life events.

Agency: Peterborough Family Resource Centre 705-748-9144

#### Peterborough seminars:

Dates: #1: Wed. Sept. 28 #2: Wed. Oct. 12 #3: Wed. Oct. 26

Location: St. John Family Hub, 746 Park Street South, Peterborough

Time: Time for all sessions is 6:30-8:30 pm

**Registration is required for all sessions.**

**The same seminars will also be held in Norwood.**

Dates: #1: Wed. Oct. 19 #2: Wed. Nov. 2 #3: Wed. Nov. 16

Location: Norwood- to be announced

Time: Time for all sessions is 6:30-8:30 pm



### Every Parent's Survival Guide

This workshop introduces Triple P Positive Parenting Programs. This session will cover topics such as: recognizing causes of children's behaviour problems, setting rules and giving instruction, using discipline strategies that work as well as taking care of yourself as a parent.

**Call to register.**

Agency: Peterborough Family Resource Centre 705- 748-9144

Date: Tuesdays, September 20, 27, and October 11, 2011

Time: 6:30-8:30 pm Location: Lakefield



### Triple P- Parenting Plan

This is a one to one session with an accredited Triple P practitioner.

You can discuss concerns about your child's behaviour and develop some parenting strategies.

**Call for an appointment.**

Agency: Peterborough Family Resource Centre  
705- 748-9144 ex 351

Date: Tuesday afternoons

Location: St. John Family Hub,  
746 Park Street South, Peterborough



## INFORMATION SERVICES

Peterborough Healthy Families Centre [www.peterboroughhealthyfamilies.ca](http://www.peterboroughhealthyfamilies.ca) 1-800-386-6561

The Healthy Families Centre is located in the Children's Department of the Peterborough Public Library.

The initiative includes the following resources:

- **The Healthy Families Collection** is a collection of books, books-on-tape, videos and internet access with links.
- **Prescription Pad Lists** are resources on many topics that will help you find materials on some of the most asked about subjects.

For more information call: Peterborough Public Library 705- 745-5382 ext. 2381 or Kinark Child and Family Services 705-742-3803

### Healthy Families Workshops

These workshops are offered 4-6 times

**Workshops are free!**

**No registration is required.**

Free/ Everyone is welcome to attend.



For more information:

705-742-3803/1-800-386-6561

All workshops: Peterborough Public Library Auditorium, 345 Aylmer St. N.

**Fall workshops to be announced.**

**Esso Family Math**

A six-week program for families who would like their children to experience success in math. The family math sessions promote parents and children working and playing together to develop positive attitudes towards mathematics. Family math gives parents more confidence to better help their children enjoy and understand math. For families with children in Junior or Senior Kindergarten.

Agency: Peterborough Family Resource Centre 705-748-9144

Call for dates and locations of upcoming sessions.

**PALS - Family Literacy Program**

A six-session family literacy program for parents and their JK and SK children. This fun, activity-based program helps parents help their children with language and literacy development.

Agency: Peterborough Family Resource Centre  
705-748-9144

Call for dates and locations of upcoming sessions.

**Power to Achieve: A program for Parents and Caregivers**

A four week course for parents of children with a Learning Disability and/or Attention Deficit Hyperactivity Disorder. The course will include information on Individual Educational Plans, advocating for your child in the school system, your and your child's rights and responsibilities, parenting skills and techniques that can increase your child's self-esteem and strengthen social skills and skills for academic success.

A toolkit of materials is provided.

Agency: Learning Disabilities Association of Peterborough  
705-748-9455

Date: Wednesdays, September 28, October 5, 12 and 19, 2011

Time: 7:00-9:00 pm

**Computers for Literacy Development**

A year round tutoring program that aims to address the individual needs of students in Kindergarten to Grade 10 struggling with reading and writing difficulties. One-to-one instruction and the use of and/or training in Assistive Technology software are key highlights of student activity.

Agency: Learning Disabilities Association of Peterborough  
705-748-9455

Call regarding dates, times and locations.

**SoAR: Some Assembly Required**

SoAR is a program for students in Grades 7, 8 and 9 for preparation for the changes and choices to be made in high school. It encourages self-awareness, how to express ideas, following directions and becoming a self-advocate in the learning process and decision-making.

Agency: Learning Disabilities Association of Peterborough  
705-748-9455

Winter, Spring and Summer programs.

Call regarding dates, times and locations.

**Stay in School: High School Program**

A program for students in danger of leaving school before completing academic credits. It supports students who are struggling with finishing courses or credit achievement. The focus is on literacy, assistive technology training, study skills, social skills and self-advocacy.

Agency: Learning Disabilities Association of Peterborough  
705-748-9455

Call regarding dates, times and locations.

**FAMILY LAW INFORMATION****Family Law Information Centre**

Visit the Family Law Information Centre (FLIC) to get free information to help you with your separation, divorce, or child custody and access agreements. FLICS are located in each of the family courts in Peterborough, Lindsay and Cobourg. For more information visit our website at [www.familycourtmediation.com](http://www.familycourtmediation.com)

Agency: Four Counties Family Mediation

Location: Superior Court of Justice, 470 Water Street, Ptbo.

Please visit or call 705-876-6915

**Free Seminars for Separating Couples**

If you are involved in a court process for separation/divorce you need to attend a free seminar. They take place several times a month at the Family courts in Peterborough, Lindsay and Cobourg. Learn about the legal and court process and why mediation can be helpful. Also find out how to better compromise and work out disagreements. You will be given a certificate of attendance.

Agency: Four Counties Family Mediation 705-760-9603

Pre-registration is required for sessions.

Please call for seminar dates, times, locations and to register.



**Canadian Hearing Society Services**

The Canadian Hearing Society offers counselling for parents of children with a hearing loss, parents with a hearing loss of children who have normal hearing, children with a hearing loss, and siblings of children with a hearing loss as well as advocacy, outreach, consultation, sensitivity training, and informational in-services for school boards or other agencies that deal with children.

Agency: The Canadian Hearing Society  
705-743-1573 ext 44

Please contact for more information.

**Fetal Alcohol Spectrum Disorder Support**

Agency: Five Counties Children's Centre

Call Sheryl Over at 705-748-2337 ex359 for more information.

Date: Ongoing-1st Wednesday of each month

Time: 6:00-8:00 pm

Location: Five Counties Children's Centre, Peterborough

**Downs: Sharing & Play Group for Parents & Preschoolers with Down Syndrome**

This sharing and play group gives parents of children with Down Syndrome and their siblings, a chance to meet other parents, meet children of similar ages to their own, discuss issues related to their child's development, and share photos and stories.

Agency: Down Syndrome Association of Peterborough 705-749-6695

Date: Ongoing-second Tuesday of each month

Time: 10:00 am-12:00 noon

Location: Westdale United Church, Peterborough

**Playgroup for Parents of Multiples**

A support/play group for expectant parents, and parents of twins/triplets, etc. up to 3½ years of age. Get together with other parents and children for fun, sharing, and support.

Agency: Peterborough County-City Health Unit 705-743-1000

Date: To be announced

Please contact for more information.

**Family Play to Learn Programs**

A free drop-in style program for you and your young child(ren) to play, meet old and new friends.

- Meet other parents, grandparents and careproviders
- Provide a chance for your children to play with other children
- Enjoy a variety of early learning activities and circle time
- Staffed by early years specialists
- A place to get information on parenting, child development, child care and community resources

You are welcome to visit a Family Play to Learn Program at any of the Family Hub Sites.

Agency: Peterborough Family Resource Centre 705-748-9144



**Antrim Family Hub**, 201 Antrim Street, Peterborough

Tuesdays, 9:30-noon

Thursdays, 1:00-3:30 pm

**Otonabee Family Hub**, Otonabee Valley Public School, 580 River Road South, Peterborough (use main school entrance)

Mondays, 1:00-3:00 pm

Tuesdays, 9:00-11:30 am

**St. John Family Hub**, St. John Elementary School 746 Park Street South, Peterborough (use south side school entrance)

Tuesdays, 9:30-noon

Thursdays, 9:30-noon and 1:00 -3:30pm

Opening Soon: Lakefield and Norwood Family Hubs

**Courses in this flyer are offered by a variety of agencies and services across our community.**

**If you have any questions about one of these courses or groups, please call the number listed for the agency.**

**Inclusion of a group or program in this flyer does not imply endorsement by the Peterborough Parent Education Guide Committee or the Peterborough Family Resource Centre.**

**Every effort is made to ensure the accuracy of information in this flyer, however we cannot be responsible for errors or omissions.**