

# ■ Your Guide Haldimand and Norfolk

■ Workshops   ■ Courses   ■ Groups



## Spring/Summer 2007

Welcome to the Workshops, Courses and Groups flyer for Spring / Summer 2007. This flyer is a quick, up-to-date listing of workshops, courses and groups for families, children and teens that are happening in Haldimand and Norfolk between April 1, 2007 and August 31, 2007. Thanks to the help of both the Grand Erie District School Board and the Brant Haldimand Norfolk Catholic District School Board, we are sending home a copy of this flyer to every household in our community that has a school-age child.

Financial support for this flyer has been provided by:



Ontario Early Years Centres



A Place For Parents And Their Children.



See reverse for Your Guide Brant

This flyer will help you learn new skills to meet the every-day challenges that face families today. These courses are offered by many services and agencies in our community and all are free of charge unless there is a fee mentioned. The flyer is organized by the age of your child. Each listing has information about times and locations, and most have a telephone number for further information. If you have questions about a particular listing, please call that contact number first.

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**Distribution of this flyer to schools has been possible by:**



**For a current update of Your Guide Haldimand and Norfolk,  
visit our website at [www.communityed.ca](http://www.communityed.ca).**

**Welcome to the  
Ontario Early Years Centre - Haldimand & Norfolk  
A Division of H-N R.E.A.C.H.**

**April to August 2007 Services**

The Ontario Early Years Centre - Haldimand & Norfolk is a place where parents and caregivers can get answers to questions, information about programs and services that are available for young children, and have an opportunity to talk to early years professionals, as well as other parents and caregivers in the community. You and your child 0 to 6 years can visit the Ontario Early Year Centre – Haldimand & Norfolk for a full range of free services including:

- Parenting programs that support parents and caregivers of young children in all aspects of early child development
- Drop-in parent and child interactive programs (Play and Learn)
- Early learning and literacy programs for parents and their children
- Information and workshops for parent/caregivers about parenting
- Information on quality child care and directories for centre based and home child care providers
- Free program support membership available to parents/caregivers and professionals for the centre (literacy kits, adult resources and toy lending library with toys for children to age 12)
- Memberships are available to purchase for use of the Resource Room with die presses, laminating machine and more
- Please call our Parent Info Line 1-866-463-2759 for more information regarding your child from birth to 12 years
- Speech and Language intake for Haldimand-Norfolk Preschool Speech and Language Program
- Special programs during school holidays for school-aged children

The OEYC – Haldimand & Norfolk has 2 main sites, one at 12 Colborne St. North in Simcoe and the other at 172 Argyle St. North in Caledonia. There are also 9 satellite sites that offer Play and Learn drop-in programs throughout Haldimand and Norfolk. Please drop in and see us. Our services are FREE!

<b>Hours of Operation</b>	<b>Caledonia</b>	<b>Simcoe</b>
Sunday	<b>Office Closed</b>	<b>Office Closed</b>
Monday	9:00 a.m. – 4:00 p.m.	9:00 a.m. – 4:00 p.m.
Tuesday	9:00 a.m. – 4:00 p.m.	9:00 a.m. – 7:30 p.m.
Wednesday	9:00 a.m. – 7:30 p.m.	9:00 a.m. – 4:00 p.m.
Thursday	9:00 a.m. – 4:00 p.m.	9:00 a.m. – 4:00 p.m.
Friday	<b>Office Closed</b>	<b>Office Closed</b>
Saturday	4 <sup>th</sup> Sat. of each month 9:00-noon	1 <sup>st</sup> and 3 <sup>rd</sup> Sat. of each month 9:00-noon

## **Centre / Satellite Closures**

**April 6** - Good Friday

**April 9** - Easter Monday

**May 21** - Victoria Day

**June 9** - Dunnville – look for us at Mudcat Festival

**June 30 - July 2** - Canada Day Weekend

**July and August** - *No programs in Langton, Anna Melick, Waterford, Hagersville and Houghton*

**July 3** - Cayuga

**July 5** - Port Rowan

**August 4 - 6** - Civic Holiday

**August 28** - Cayuga

**August 30** - Port Rowan

**September 1 & 3** - Labour Day Weekend

## **Play and Learn**

“**Play and Learn**” drop-in programs provide interactive age-appropriate learning experiences for children from the ages of 0 to 6 years. Since parents are the first and most important teacher of their young children, our goal is to promote children’s development and readiness to learn in a safe, healthy and helpful environment. When parents and caregivers take an active role in their child’s learning, everyone benefits from the experience. To support this belief, “Play and Learn” programs provide shared learning opportunities where parents and children can take part in the routine, enjoy a nutritious snack and build healthy relationships. By being interested and involved in your child(ren)’s activities you show them that learning is important.

## **Well Baby Clinics**

Would you like to have your baby weighed and measured? Do you have questions about feeding your baby? Do you have questions about how your baby is developing? Or do you want to meet other moms and dads with infants and toddlers? Then this is the place for you! Come out to the Well Baby Clinic and meet other moms and dads who may have the same questions you have. The Well Baby Clinics are staffed by a Public Health Nurse and a facilitator from the Ontario Early Years Centre - Haldimand & Norfolk. Everyone with young children is welcome to attend to find out more information about child health and development. Drop in for a few minutes or stay for the duration of the clinic. Siblings are welcome to attend!

## **Resource Equipment Room & Literacy Suitcases**

**Resource Equipment Rooms** – The Simcoe and Caledonia sites now have their Resource Equipment Room open for professionals (early childhood educators, teachers, home schooling families, home care providers, etc.) A yearly fee of \$20 allows use of the laminator, die press, book binder and photocopier. There is an additional charge for specialty paper, laminating paper and photocopies. Call in advance to guarantee your time. Caledonia 905-765-1661, Simcoe 519-429-2875.

**Literacy Suitcases for Professionals** – Add to your programming with these great suitcases packed with books, activities, costumes, props and much more. All for FREE! Stop in at the Simcoe or Caledonia OEYC to view over 30 themes. Call 1-866-463-2759 for more information.

### Ontario Early Years Centre: Haldimand & Norfolk Drop-in Hours

Location	Program	Day	Time
<b><u>Simcoe</u></b> 12 Colborne St. North 519-429-2875 1-866-463-2759	Play and Learn	Monday	9:00-11:30
		Tuesday	9:00-11:30, 1:00-3:00 & 5:30-7:30
		Thursday	9-11:30 & 1:00-3:00
		1 <sup>st</sup> and 3 <sup>rd</sup> Sat.	9:00 – noon
	Daddy and Me	4 <sup>th</sup> Sat.	9:30-11:30
	Multiples Group	3 <sup>rd</sup> Sat.	9:00 – noon
	Well Baby Clinic	Wednesday	9:00-11:30
	Resource Room	Tuesday	4:00 – 7:30
		3 <sup>rd</sup> Sat.	9:00 - noon
<b><u>Caledonia</u></b> 172 Argyle St. North Unit 905-765-1661 1-866-463-2759	Play and Learn	Wednesday	9:00-11:00, 1:00-3:00 & 5:30-7:30
		Thursday	9:00-11:30 & 1:00-3:00
		4 <sup>th</sup> Sat.	9:00 – noon
	Well Baby Clinic	Tuesday	9:30 – noon
	Resource Room	Wednesday	4:00 – 7:30
		4 <sup>th</sup> Sat.	9:00 - noon
<b><u>Dunnville</u></b> Anna Melick Memorial School 1-866-463-2759	Play and Learn	Monday	9:30-11:30 <b>Closed in July and August</b>
<b><u>Langton</u></b> Langton Public School 519-429-2875 1-866-463-2759	Play and Learn	Monday	9:30-11:30 <b>Closed in July and August</b>
<b><u>Delhi</u></b> Delhi District Secondary School Room 108 519-428-7879 1-866-463-2759	Play and Learn	Monday	8:30-11:30
		Thursday	8:30-11:30
<b><u>Dunnville</u></b> Dunnville Central School 1-866-463-2759	Play and Learn	Tuesday	8:30 – 11:30 & 5:30-7:30
		Wednesday	8:30 – 11:30
		2 <sup>nd</sup> Sat.	9:00 – noon
	Daddy and Me	2 <sup>nd</sup> Sat.	9:30 - 11:30
	Well Baby Clinic	Thursday	9:30-11:30
<b><u>Waterford</u></b> Waterford United Church 1-866-463-2759	Play and Learn	Tuesday	10:00-11:30 <b>Closed in July and August</b>
<b><u>Hagersville</u></b> St. Mary's School 1-866-463-2759	Play and Learn	Tuesday	1:00-3:00 <b>Closed in July and August</b>
<b><u>Cayuga</u></b> J.L. Mitchener School 905-765-1661 1-866-463-2759	Play and Learn	Tuesday	1:00-3:00 <b>Closed in July and August</b>
<b><u>Houghton</u></b> Houghton Public School 519-429-2875 1-866-463-2759	Play and Learn	Wednesday	9:30-11:30 <b>Closed in July and August</b>
<b><u>Port Rowan</u></b> Port Rowan Public School 519-429-2875 1-866-463-2759	Play and Learn	Thursday	8:30 - noon

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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### The Parent-Infant Mother Goose Program

(Parent & Infant Workshop)

**0-12 months**

April 23, 2007  
10:00 am to 11:00 am  
**Caledonia Site**

May 07, 2009.  
1:30 pm to 2:30 pm  
**Simcoe Main Site**

May 15, 2008.  
1:00 pm to 2:00 pm  
**Hagersville (St. Mary's  
Catholic School)**

July 09, 2007  
1:30 pm to 2:30 pm  
**Port Dover (Dover Cliffs Long  
Term Care Home)**

An interactive, research based 6 week program for parents and their infants focusing the pleasure and power of rhymes, songs and stories together.

*For more information and to register call 1-866-463-2759 or (905) 765-1661.*

### Infant Massage

(Parent & Infant Workshop)

**0-12 months**

April 12, 2007  
1:00 pm to 2:30 pm  
**Delhi Site**

May 08, 2007  
6:00 pm to 7:30 pm  
**Waterford Site**

This is a 6 week program designed to teach parents and caregivers of infants (pre-crawling) a warm, nurturing, bonding experience through touch.

*For more information or to register please call 1-866-463-2759.*

### Parent-Child Mother Goose Families

(Parent & Child Workshop)

**0- 6 years**

2nd Friday  
6:00 pm to 8:00 pm  
**Simcoe Site**

4th Friday  
6:00 pm to 8:00 pm  
(9:30am-11:30am in July &  
August)  
**Simcoe Site**

An evening full of exciting, interactive songs, crafts and storytellers for all families and caregivers. This program is organized & in partnership with the Salvation Army.

*For more information or to register, please call Carol at 519-426-3640.*

### Baby Yoga

(Parent & Infant Workshop)

**6 weeks-12 months**

April 16, 2007  
1:00 pm to 1:45 pm  
**Simcoe (Norview Lodge)**

June 04, 2007  
10:00 am to 10:45 am  
**Dunnville Site**

June 04, 2007  
1:00 pm to 1:45 pm  
**Caledonia Site**

June 07, 2007  
10:00 am to 10:45 am  
**Delhi Site**

Enjoy the benefits of stretching, strengthening and breathing Yoga poses. Your baby will be involved and apart of all movements, a wonderful bonding time. Julie Sumerta, Certified Yoga Teacher.

Four sessions being offered.

*For more information or to register please call 1-866-463-2759 or 905-765-1661.*

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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### **Busy Hands, Busy Feet!**

(Parent & Toddler Workshop)

Mondays, August 13, 20 & 27th.  
9:30 am to 11:00 am  
**McKinnon Park Child Care Centre**

This toddler playgroup will explore paint, stories, rhymes, music, movement and more!

*For more information or to register, please call 905-765-1661.*

**18 months-30 months**

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### **The Parent-Toddler Mother Goose Program**

(Parent & Toddler Workshop)

April 23, 2007  
9:30 am to 10:30 am  
**Caledonia Site**

An interactive, research based program for parents and their toddler focusing on the pleasure and power of rhymes, songs and stories together.

*For more information or to register, please call 905-765-1661.*

**18 months-3 years**

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### **Signs in Songs**

(Parent & Child Workshop)

April 23, 2007  
10:00 am to 11:00 am  
**Dunnville Site (Dunnville Central Public School)**

Join us in singing and signing during Signs in Songs, a 4-week program for parents/caregivers and children over 24 months old. In partnership with H-N Preschool Speech and Language Program.

*For more information or to register please call 905-765-1661.*

**24 months and up**

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May 1, 2007  
2:30 pm to 3:00 pm  
**Cayuga Site (J.L. Mitchener Public School)**

### **Kindergarten, Here I Come!**

(Parent & Child Workshop)

April 3, 2007  
1:00 pm to 3:00 pm  
**Hagersville Site (St. Mary's Catholic School)**

Parents will receive information about what they can do to help their children get ready for school. Routines are important in school life. There will be an arrival time, circle time, free choice activity, snack time, goodbye circle and departure. This is a 5 week program.

*For more information or to register, please call 1-866-463-2759 or 905-765-1661.*

**3-6 years**

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April 12, 2007  
1:00 pm to 3:00 pm  
**Caledonia Site**

May 29, 2007  
1:00 pm to 3:00 pm  
**Cayuga Site (J.L. Mitchener Public School)**

### **Fine Motor Screening Clinic**

**3-5 years**

April 11, 2007  
9:00 am to 12:00 pm  
**Dunnville Site**  
May 23, 2007  
9:00 am to 12:00 pm  
**Caledonia Site**

Can your 3-5 year old hold a pencil, cut paper, dress her/himself? Sign up for a 20 minute screening with Sarah Matson, Occupational Therapist from Lansdowne Children's Centre. Learn activities to build your child's fine motor skills.

*For more information or to register, please call 1-866-463-2759.*

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June 15, 2007  
9:00 am to 12:00 pm  
**Simcoe Site**

## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

### Early Developmental Screening Clinic

0-6 years

April 26, 2007  
9:00 am to 12:00 pm  
**Simcoe Site**

May 18, 2007  
9:00 am to 12:00 pm  
**Caledonia Site**

June 29, 2007  
9:00 am to 12:00 pm  
**Dunnville Site**

Do you have concerns about how your child is developing? Receive information and ideas to help your child. Talk with a resource consultant or infant & child development worker.

*For more information or to register, please call 1-866-463-2759.*

### Well Baby / Breast-Feeding Clinics (Parent & Child Drop-In)

0-18 months

Every Tuesday  
9:00 am to 12:00 pm  
**Caledonia Site**

Every Wednesday  
9:00 am to 11:30 am  
**Simcoe Site**

Every Thursday  
9:30 am to 11:30 am  
**Dunnville Site**

An excellent support and resource for parents of infants and toddlers. Have your baby weighed and measured. Talk with a Public Health Nurse about breastfeeding, infant and child concerns, and have your questions answered.

*No registration required. For more information, contact the Health Unit at 519-426-6170 or 905-318-5367.*

### Librarian from Haldimand and Norfolk Public Libraries (Parent & Child Drop-In)

0-6 years

2nd Tuesday  
2:30 pm to 3:00 pm  
**Simcoe Site**

3rd Thursday  
11:00 am to 11:30 am  
**Caledonia Site**

The librarian visits are lead by a fun and interactive story time for children.

For more information, please call 1-866-463-2759 or 905-765-1661.

### Car Seat Clinics

0 - 6 years

4th Friday  
9:30 am to 11:30 am  
**Caledonia Fire Hall/Caledonia OEYC**

2nd Friday  
9:30 am to 11:30 am  
**Simcoe Fire Hall**

1st Saturday  
9:30 am to 11:30 am  
**Port Dover Fire Hall**

Have your child's car seat checked for correct installation and size.

*For more information or to register, please call 1-866-463-2759 or 905-765-1661.*

### Parents & Tots (Parent & Child Drop-In)

0-6 years

April 3, 2007  
9:15 am to 11:00 am  
**Emmanuel Bible Church**  
*No registration required.*

Parents & Tots group that meets on Tuesdays at Emmanuel Bible Church from April 3 - May 29. Please bring your own snack. *Please call 519-426-1031 for more information.*

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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**Infant and Child  
Developmental  
Worker from H-N  
R.E.A.C.H**  
(Parent & Child Drop-In)

**0-6 years**

April 04, 2007  
10:00 am to 11:00 am  
**Caledonia Site**

April 10, 2007  
10:00 am to 11:00 am  
**Simcoe Site**

June 07, 2007  
10:00 am to 11:00 am  
**Caledonia Site**

June 11, 2007  
10:00 am to 11:00 am  
**Simcoe Site**

June 19, 2007  
10:00 am to 11:00 am  
**Dunnville Site**

August 09, 2007  
10:00 am to 11:00 am  
**Simcoe Site**

August 21, 2007  
10:00 am to 11:00 am  
**Dunnville Site**

Do you have questions about how your child is growing and developing? Come and meet one of our friendly workers to answer your questions.

*For more information, please call  
1-866-463-2759 or 905-765-1661.*

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**Moving with Music!**  
(Parent & Child Drop-In)

**0 – 6 years**

every Monday  
11:00 am to 11:30 am  
**Simcoe Site**

Music is fun and educational. It helps with rhythm, coordination, mathematics, attention span and more! Join parent volunteer, Patti Ransom as she gets you Moving With the Music. Children will learn while having fun! There will be no program during the months of July and August.

*For more information, please call  
1-866-463-2759.*

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**Fun at the Park!**  
(Parent & Child Drop-In)

**0- 6 years**

Monday, July 16, 23, 30  
10:00 am to 11:30 am  
**Caledonia Site (Kinsmen  
Park)**

Meet us at the pavilion for some summer activities, games and songs. Weather permitting.

*For more information, please call  
905-765-1661.*

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If a child is to keep his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world we live in.

Rachel Carson

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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### **Multiples Group** (Parent & Child Drop-In)

0- 6 years

3rd Saturday  
9:00 am to 12:00 pm  
**Simcoe Site**

A drop-in play and learn for moms, dads, caregivers and siblings of multiples. Come share your experiences with others in similar situations.

*For more information call  
1-866-463-2759.*

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### **Virtual Room** (Parent & Child Drop-In)

0-6 years

July 17, 2007  
9:00 am to 11:30 am  
**Dunnville Site**

July 17, 2007  
1:00 pm to 3:00 pm  
**Cayuga Site**

July 19, 2007  
9:00 am to 3:00 pm  
**Simcoe Site**

July 23, 2007  
9:00 am to 11:30 am  
**Delhi Site**

July 25, 2007  
9:00 am to 3:00 pm  
**Caledonia Site**

July 26, 2007  
9:00 am to 11:30 am  
**Port Rowan Site**

August 13, 2007  
9:00 am to 11:30 am  
**Delhi Site**

August 14, 2007  
9:00 am to 11:30 am  
**Dunnville Site (Dunnville  
Central School)**

August 14, 2007  
1:00 pm to 3:00 pm  
**Cayuga Site**

August 21, 2007  
9:00 am to 3:00 pm  
**Simcoe Site**

August 22, 2007  
9:00 am to 3:00 pm  
**Caledonia Site**

August 23, 2007  
9:00 am to 11:30 am  
**Port Rowan Site**

Join Michele Silverthorn, H-N Community Living Access Support Services, and find yourself on screen playing soccer, parasailing, wandering in a castle, or matching shapes and colours. Simcoe, Caledonia and Dunnville sites during July and August.

*For more information please call  
1-866-463-2759 or 905-765-1661.*

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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### Speech and Language Pathologist from the H-N Preschool Speech and Language Program

(Parent & Child Drop-In)

**0-6 years**

1st Monday  
10:00 am to 11:30 am  
**Simcoe Site**

2nd Tuesday  
10:00 am to 11:30 am  
**Dunnville Site (Dunnville Central Public School)**

2nd Thursday  
10:00 am to 11:30 am  
**Caledonia Site**

Come and meet a Speech and Language Pathologist, they are friendly! They will be visiting a site near you to share information and to answer any questions you may have in their area of skill. (No visits in July and August).

*For more information, please call 1-866-463-2759 or 905-765-1661.*

### Artist in the Centre

(Parent & Child Drop-In)

**0-6 years**

1st Thursday  
9:30 am to 11:00 am  
**Caledonia Site**

4th Tuesday  
9:30 am to 11:00 am  
**Dunnville Site (Dunnville Central School)**

4th Tuesday  
1:00 pm to 2:30 pm  
**Cayuga Site (J.L. Mitchener School)**

2nd Wednesday  
9:30 am to 11:00 am  
**Caledonia Site**

Come and join local Artist, Cally Phillips from Haldimand Artworks to explore creativity through a variety of materials and activities. Children will be able to express themselves while developing skills. Learn colours, shapes, design sequences and patterns. March to May.

*No registration required.*

### Play and Learn

(Parent & Child Drop-In)

**0-6 years**

Various locations

Please see drop-in hours and locations on the Ontario Early Years Centre-H&N welcome page

“Play and Learn” drop-in programs provide interactive age-appropriate learning experiences for children from the ages of 0 to 6 years. Since parents are the first and most important teacher of their young children, our goal is to promote children’s development and readiness to learn in a safe, healthy and helpful environment. When parents and caregivers take an active role in their child’s learning, everyone benefits from the experience. To support this belief, “Play and Learn” programs provide shared learning opportunities where parents and children can take part in the routine, enjoy a nutritious snack and build healthy relationships. By being interested and involved in your child(ren)’s activities you show them that learning is important.

*For more information, please call 1-866-463-2759.*

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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### Dental Hygienist from H-N Health Unit (Parent & Child Drop-In)

0-6 years

1st Thursday  
9:00 am to 10:00 am  
**Delhi Site**

2nd Tuesday  
10:00 am to 11:00 am  
**Dunnville Site (Dunnville  
Central School)**

3rd Wednesday  
10:00 am to 11:00 am  
**Caledonia Site**

1st Thursday  
10:30 am to 11:30 am  
**Simcoe Site**

The dental hygienist will be visiting to do monthly dental screenings. Come on in to get your new toothbrush!

*For more information, please call  
1-866-463-2759 or 905-765-1661.*

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### Daddy and Me (Parent & Child Drop-In)

18 months - 6 years

4th Saturday  
9:30 am to 11:30 am  
**Simcoe Site**

2nd Saturday  
9:30 am to 11:30 am  
Dunnville Site (Dunnville  
Central Public School)

Join Boyd Leeson, our new facilitator, for some extra play time with your children. If you are a dad, grandpa, uncle or 'special big guy' this means you! No program in June, July or August. Program will resume in September.

For more information, please call 1-866-463-2759.



### ★ Gateway to child and adult developmental services and to children's mental health services

Contact Haldimand-Norfolk provides information about services available to the Haldimand and Norfolk Counties – if you don't know who to call, call Contact Haldimand-Norfolk.

Phone: 519-587-2441 or 1-800-265-8087 Website: [www.hnreach.on.ca](http://www.hnreach.on.ca)



Reaching out to serve our local communities

Haldimand Norfolk REACH  
101 Nanticoke Creek Parkway  
Townsend, Ontario N0A 1S0

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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### Midwives of East Erie (Parent Workshop)

Pre-natal

May 22, 2007  
1:00 pm to 2:30 pm  
**Hagersville Site**

May 24, 2007  
10:00 am to 11:00 am  
**Delhi Site**

May 29, 2007  
10:00 am to 11:00 am  
**Waterford Site**

May 31, 2007  
10:00 am to 11:00 am  
**Port Rowan Site**

June 05, 2007  
10:00 am to 11:00 am  
**Dunnville Site**

June 20, 2007  
10:00 am to 11:00 am  
**Houghton Site**

July 12, 2007  
10:00 am to 11:00 am  
**Caledonia Site**

July 24, 2007  
10:00 am to 11:00 am  
**Simcoe Site**

August 08, 2007  
10:00 am to 11:00 am  
**Caledonia Site**

August 22, 2007  
10:00 am to 11:00 am  
**Dunnville Site**

Come and meet your local midwife to learn about birth options, complete family-centred plan and maternity care with a known care provider.

*No registration required. For more information, please call 1-866-463-2759 or 905-765-1661.*

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### La Leche League (Parent Workshop)

0-6 years

1st Friday  
10:00 am to 11:30 am  
**Simcoe Site**

2nd Wednesday  
6:30 pm to 8:00 pm  
**Simcoe Site**

Meetings provide mother-to-mother support and accurate information to women interested in breastfeeding. Pregnant and new mothers welcome.

*For more information, please call Arden at 519-426-4723 or visit [www.lllc.ca](http://www.lllc.ca).*

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We are apt to forget that children watch examples better than they listen to preaching.

Roy L. Smith

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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### Toilet Learning (Parent Workshop)

18 months-3 years

May 5, 2007  
9:30 am to 11:30 am  
**Simcoe Site**

May 23, 2007  
1:00 pm to 3:00 pm  
**Caledonia Site**

May 26, 2007  
9:30 am to 11:30 am  
**Dunnville Site (Dunnville  
Central School)**

Join Joan Costigan, Senior Therapist, H-N R.E.A.C.H. to learn a behavioural approach to toilet learning. Receive valuable information & resources on toilet learning. Limited child care available.

*For more information or to register,  
please call 1-866-463-2759 or 905-  
765-1661.*

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### Spring Cleaning and Organization (Parent Workshop)

April 17, 2007  
6:00 pm to 7:30 pm  
**Simcoe Site**

April 25, 2007  
6:00 pm to 7:30 pm  
**Caledonia Site**

Join Sandy Dunn, the "Queen of Clean", and gain valuable tips for home management, organization and cleaning. Reduce your stress by becoming organized! Less is more, and a place for everything and everything in its place.

*For more information or to register,  
please call 1-866-463-2759 or 905-765-  
1661.*

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### Common Sense Parenting (Parent Workshop)

0-6 years

April 19, 2007  
6:30 pm to 8:30 pm  
**Simcoe Site**

How can parents balance nurturing behaviours that demonstrate love and affection with the discipline all children need to learn and thrive? This seven week course shows you how discipline can be more about teaching than punishment and more positive than negative for you and your child. Join Jennifer Schooley, Mobile Outreach Consultant for this fantastic opportunity to build your parenting skills. Limited child care available.

*For more information or to register,  
please call 1-866-463-2759.*

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### The Value of Play (Parent Workshop)

0-6 years

April 24, 2007  
1:00 pm to 3:00 pm  
**Simcoe Site**

June 18, 2007  
9:30 am to 11:30 am  
**Caledonia Site**

Kay Holmes, Community Educator OEYC - H&N, will facilitate this workshop about how children learn through play. Participate in hands-on activities and take many ideas home. Limited child care available.

*For more information or to register,  
please call 1-866-463-2759 or  
905-765-1661.*

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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### Tub Time

(Parent Workshop)

**0-6 years**

May 3, 2007  
1:00 pm to 3:00 pm  
**Simcoe Site**

May 16, 2007  
1:00 pm to 3:00 pm  
**Caledonia Site**

Rub a Dub Dub, Fun in the Tub! Learn new songs and activities to make bath time enjoyable. Limited child care available.

*For more information or to register, please call 1-866-463-2759 or 905-765-1661.*

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### Healthy Lunches

(Parent Workshop)

**0-6 years**

May 31, 2007  
1:30 pm to 2:30 pm  
**Simcoe Site**

Join Dr. Lorenzo Diana, Naturopathic Doctor from the Natural Health Centre in Simcoe. To find out healthy choices for school and work lunches. Limited child care available.

*For more information or to register, please call 1-866-463-2759.*

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### Mom's Night Out

(Parent Workshop)

**0-6 years**

3rd Thursday  
6:00 pm to 8:00 pm  
**Dunnville Site (Dunnville Central School)**

Mom's get together and share their ideas and stories in a relaxing environment. Limited child care available.

*For more information or to register, please call 905-765-1661.*

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### Marketing Yourself to an Employer

(Parent Workshop)

June 6, 2007  
1:00 pm to 3:00 pm  
**Caledonia Site**

June 12, 2007  
1:00 pm to 3:00 pm  
**Simcoe Site**

In a job search, you essentially become a salesperson; the product you are selling? You! To effectively "market" this product to an employer, you need to know it inside and out. Through hands-on exercises and activities, learn more about who you are and what you can offer that makes you the best choice! To convince someone you are the best for the job, you need to believe it first. Limited child care available.

*For more information or to register, please call 1-866-463-2759 or 905-765-1661.*

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### Career Exploration / Returning to Work

(Parent Workshop)

June 14, 2007  
1:00 pm to 3:00 pm  
**Simcoe Site**

Limited child care available.  
*For more information or to register, please call 1-866-463-2759.*

Returning to the workforce after being at home? Wanting to branch into a new career, but not sure what? Through this workshop, you will be given the tools to identify your strengths, transferable skills, and interests to discover what jobs you would be best suited for. Through compiling a personal inventory of what you have to offer an employer, you are better equipped to present yourself on the job market.

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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### **The Professional Interview Process**

(Parent & Professional Workshop)

May 5, 2007  
9:30 am to 11:30 am  
**Caledonia Site**

June 09, 2007  
9:30 am to 11:30 am  
**Simcoe Site**

The job market is a highly competitive place, especially for those "higher end" jobs, the interview is increasingly becoming a multi-stage process. Learn about the different screening tools being used and how to prepare yourself ahead of time.

*For more information or to register, please call 1-866-463-2759 or 905-765-1661.*

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### **Interview Preparation**

(Parent & Professional Workshop)

May 17, 2007  
1:00 pm to 3:00 pm  
**Simcoe Site**

May 28, 2007  
9:30 am to 11:30 am  
**Dunnville Site (Dunnville Central Public School)**

May 30, 2007  
1:00 pm to 3:00 pm  
**Caledonia Site**

Worried about getting through an interview without fainting or sticking your foot in your mouth? Gain confidence and composure by getting organized and knowing how to prepare yourself before an interview. Discuss the most commonly asked questions, as well as some of the more difficult questions, and how to answer them most effectively. Limited child care available.

*For more information or to register, please call 1-866-463-2759 or 905-765-1661.*

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### **Job Search Strategies**

(Parent & Professional Workshop)

April 11, 2007  
1:00 pm to 3:00 pm  
**Caledonia Site**

April 16, 2007  
9:30 am to 11:30 am  
**Dunnville Site**

April 16, 2007  
1:00 pm to 3:00 pm  
**Simcoe Site**

Develop a plan of action for your job search and make yourself stand out from the competition. Learn about the "hidden job market" and find out about programs and services available in your community to enhance your search. Limited child care available.

*For more information or to register, please call 1-866-463-2759 or 905-765-1661.*

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### **Resumes for Professionals**

(Parent & Professional Workshop)

April 14, 2007  
9:30 am to 11:30 am  
**Simcoe Site**

*For more information or to register, please call 1-866-463-2759 or 905-765-1661.*

Learn to take an outdated or basic resume and enhance it to suit more professional positions. Gain an understanding of the essential components of a resume, formatting and overall appeal. Also find out about some of the more recent trends in resumes and how to make yours stand out from the sea of paper. Please bring a copy of any current resume.

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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### Hand Writing Without Tears

(Parent & Professional Workshop)

3-6 years

May 29, 2007  
6:00 pm to 8:00 pm  
**Caledonia Site**

A fun, multi-sensory program to teach children letter and number formation. Use pencil and paper, manipulatives, as well as daily games and activities. The program uses strategies to decrease reversals, teach in developmental order and make printing fun and automatic. Sarah Matson is an Occupational Therapist from Lansdowne Children's Centre. Limited child care available.

*For more information or to register, please call 1-866-463-2759 or 905-765-1661.*

### Home Child Care Network

(Professional Workshop)

1st Tuesday  
6:30 pm to 8:30 pm  
**Simcoe Site**

2nd Thursday  
6:30 pm to 8:30 pm  
**Caledonia Site**

*There will be no meetings in July or August*

Join other home child care providers for a relaxing evening of programming, sharing and support. Networking topics are determined according to participants' needs and interests. It is coordinated by local home child caregiver, Janine Carlton, and supported by the OEYC-H&N.

*For more information, call 905-765-0850 or 1-866-463-2759.*

### Learning is Fun! 6-13 year olds

(Parenting & Professional Development)

6-13 years

June 2, 2007  
9:30 am to 11:30 am  
**Caledonia Site**

June 16, 2007  
9:30 am to 11:30 am  
**Simcoe Site**

Explore games to enhance learning, review skills and to stimulate all learning styles in oral language, reading, writing and math. Make and take activity included and certificate earned for portfolios.

*For more information or to register, please call 1-866-463-2759 or 905-765-1661.*

### Spring Make and Take

(Professional Development)

April 14, 2007  
9:30 am to 11:30 am  
**Caledonia Site**

Come and share your ideas about spring fun, see new ideas presented, use the resource equipment room to make some spring favorites. Certificate earned for portfolios. \$5 fee for materials.

*For more information or to register, please call 1-866-463-2759 or 905-765-1661.*

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## WORKSHOPS AND COURSES offered at the OEYC - Haldimand & Norfolk

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### **Bookmaking - Part II** (Professional Development)

April 28, 2007  
9:30 am to 11:30 am  
**Dunnville Site (Dunnville  
Central School)**

May 01, 2007  
6:30 pm to 8:30 pm  
**Simcoe Site**

Join Marg Calder, Early Literacy Specialist to explore one or more different types of books that can be made with and for young children. Make and take activity included and certificate earned for portfolios. \$5 fee charged for materials.

*For more information or to register,  
please call 1-866-463-2759 or  
905-765-1661.*

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### **Storytelling - The Sequel** (Professional Development)

May 12, 2007  
9:30 am to 11:30 am  
**Simcoe Site**

May 12, 2007  
9:30 am to 11:30 am  
**Caledonia Site**

Join Marg Calder, Early Literacy Specialist to explore many varied ways for making story time come to life for young children. Included are: rhymes, songs, storytelling, cut and fold stories, using story aprons and using props with books. Make and take activity included and certificate earned for portfolios. \$5 fee charged for materials.

*For more information or to register,  
please call 1-866-463-2759 or  
905-765-1661.*

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### **Summer Make and Take** (Professional Development)

June 2, 2007  
9:30 am to 11:30 am  
**Simcoe Site**

June 09, 2007  
9:30 am to 11:30 am  
**Caledonia Site**

Come and share your ideas about Summer fun, see new ideas presented, use the resource equipment room to make some summer favorites. \$5 fee for materials. Certificate earned for portfolios.

*For more information or to register,  
please call 1-866-463-2759 or  
905-765-1661.*

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### **Literacy Around the House** (Professional Development)

May 24, 2007  
1:00 pm to 3:00 pm  
**Simcoe Site**

June 25, 2007  
9:30 am to 11:30 am  
**Caledonia Site**

June 28, 2007  
1:00 pm to 3:00 pm  
**Simcoe Site**

Join Marg Calder, Early Literacy Specialist to explore effective strategies and inexpensive activities to promote oral language, reading, writing and math. Jeopardy game recaps the presentation. Make and take activity included and certificate earned for portfolios.

*For more information or to register,  
please call 1-866-463-2759 or  
905-765-1661.*

## WORKSHOPS AND COURSES FOR EXPECTANT PARENTS

### Prenatal Classes

Haldimand Norfolk Health Unit

Haldimand Norfolk Health Unit  
12 Gilbertson Drive  
Simcoe

*For further information or to register call (519) 426-6170, (905) 318-6623 for Simcoe classes or (905) 318-5367 for Caledonia classes or visit website at [www.hnhu.org](http://www.hnhu.org) Small fee.*

Offered Monthly:

Early Classes: 2 classes to be taken early in the pregnancy, covering growth and development of baby, nutrition and healthy lifestyle, normal events and concerns of pregnancy.

Late Classes: 4 classes taken near the end of the pregnancy, covering labour and delivery, postpartum care, infant care, breastfeeding and infant nutrition and many other topics.

### Healthy Moms Eating Well for 2

Haldimand and Norfolk  
C.A.P.C.

Haldimand and Norfolk Counties

Prenatal nutrition program that supports pregnant women with nutrition information, food gift certificates for milk products, fruits and vegetables, and prenatal vitamins. Providing good nutrition and prenatal care can help ensure a healthy start in life.

A division of HN R.E.A.C.H.

*For more information, please call Theresa at (519) 587-2441 or 1-800-265-8087 ext. 407.*

### Dinner for 2

Haldimand and Norfolk  
C.A.P.C.

every Monday  
**4:00 pm to 6:00 pm**  
Ontario Early Years Centre  
12 Colborne St. N.  
Simcoe

Pregnant and parenting teens are invited to enjoy a nutritious meal, parent-child activities, discussions, support and information, belly painting and belly casting. *For more information, please call Barb at (519) 587-2441 or 1-800-265-8087 ext. 405*

A division of HN R.E.A.C.H.

## WORKSHOPS AND COURSES FOR PARENTS OF 0-3 YEAR OLDS

### Moms Talk

Haldimand and Norfolk  
C.A.P.C.

Every Wednesday  
**1:00 pm to 3:00 pm**  
Ontario Early Years Centre  
12 Colborne St. N.  
Simcoe

Moms get together to talk about the things that matter to them including relationships, parenting, feeling alone, support and friendship. Group runs from September to June annually.

A division of HN R.E.A.C.H.

*For more information, please call Barb at (519) 587-2441 or 1-800-265-8087 ext. 405*

### Toddler Years

Haldimand and Norfolk  
C.A.P.C.

Haldimand and Norfolk Counties. Location and time to be determined based on registration. *For more information or to register, please call Barb at 519- 587-2441 or 1-800-265-8087 x.405.*

Parents of 12-36 month olds meet to learn positive ways to respond to typical toddler behaviours, with lots of opportunity to talk to other parents. This group is held over 6 sessions

A division of HN R.E.A.C.H.

## WORKSHOPS AND COURSES FOR PARENTS OF 0-3 YEARS OLD

<p><b>Right from the Start</b> Haldimand and Norfolk C.A.P.C.</p> <p>A division of HN R.E.A.C.H.</p>	<p>Haldimand and Norfolk Counties</p> <p>Location and time to be determined based on registration.</p>	<p>Parents will have the opportunity to talk to other parents and learn skills that may be used to improve the attachment (emotional attunement) relationship with their baby. The group is for any parent with a child under the age of two years.</p> <p><i>For more information or to register, please call Barb at (519) 587-2441 or 1-800-265-8087 ext. 405.</i></p>
<p><b>Getting to Know You</b> Haldimand and Norfolk C.A.P.C.</p> <p>A division of HN R.E.A.C.H.</p>	<p>Haldimand and Norfolk Counties</p> <p>Location and time to be determined based on registration.</p>	<p>Get your baby off to a good start in Love, Language and Learning. Six week interactive program for parents and babies. Parents receive a personal photo book and videos of their baby.</p> <p><i>For more information or to register, please call Barb at (519) 587-2441 or 1-800-265-8087 ext. 405.</i></p>
<p><b>Father Involvement Initiative-Building Our Children's Character</b> Haldimand and Norfolk C.A.P.C.</p> <p>A division of HN R.E.A.C.H.</p>	<p>Haldimand and Norfolk Counties</p> <p>Location and time to be determined based on registration. <i>For more information or to register, please call Barb at (519) 587-2441 or 1-800-265-8087 ext. 405.</i></p>	<p>An opportunity for dads to get together and discuss responsible communication, discipline, setting clear limits, and handling emotions in the home. This program is open to all dads with at least one child under the age of 6 years.</p>
<p><b>STEP</b> Haldimand and Norfolk C.A.P.C.</p> <p>A division of HN R.E.A.C.H.</p>	<p>Haldimand and Norfolk Counties</p> <p>Location and time to be determined based on registration.</p> <p><i>For more information or to register, call Barb at (519) 587-2441 or 1-800-265-8087 ext. 405.</i></p>	<p>Start getting your questions answered today with Early Childhood STEP. A seven session group for parents of toddlers and preschoolers. STEP gives you information about child development, practical discipline and communication strategies, ways to build self-esteem and much more! Child care provided on site.</p>
<p><b>Nobody's Perfect</b> Six Nations of the Grand River Child &amp; Family Services</p>	<p>Six Nations Child &amp; Family Services 15 Sunrise Court Ohsweken</p> <p>Please call for Dates and Times of next course</p>	<p>This program has a five book series. The topics covered are Parents, Safety, Behaviour and Mind and Body.</p> <p><i>Family Support Unit 519-445-4050</i></p>

## WORKSHOPS AND COURSES FOR PARENTS OF 0-3 YEARS OLD

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### Learning is Fun

Six Nations of the Grand  
River Child & Family Services

Six Nations Child & Family  
Services  
15 Sunrise Court  
Ohsweken

Please call for Dates and  
Times of next course

Skill Development: This program is  
designed to help with child games  
and child development.

*Family Support Unit 519-445-4050*

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### Articulation Workshop

Haldimand Norfolk Health  
Unit

April 3, 2007

**7:00 pm to 9:00 pm**  
Norfolk Youth and Child  
Association (NYCA)  
350 Colborne Street North  
Simcoe

For parents, teachers and child care  
professionals to learn how and  
where speech sounds are made,  
how speech develops and some fun  
activities to help your child at home.

*For more information or to register  
please call: Debby at 519-426-6170  
ext. 3243*

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### Fluency Workshop

Haldimand Norfolk Health Unit

May 1, 2007

Norfolk Youth and Child  
Association  
350 Colborne Street North  
Simcoe

This workshop will teach the  
difference between "normal non-  
fluency" and true "stuttering" and  
how to help a child develop more  
fluent speech.

*For more information or to register  
please call Debby at 519-426-6170  
extension 3243*

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### Language and Literacy

Haldimand Norfolk Health Unit

May 8, 2007

Norfolk Youth and Child  
Association (NYCA)  
350 Colborne Street North  
Simcoe

What you will learn: The skills that  
lead to reading and writing.  
Letter/print knowledge. Sound  
awareness and oral language.

*For more information or to register  
please call Debby at 519-426-6170  
extension 3243.*

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### Nobody's Perfect

Haldimand Norfolk Health Unit

Haldimand and Norfolk  
Various locations throughout  
Haldimand and Norfolk.

Please call *Health Unit at  
(519) 426-6170 ext. 3223 to  
register for the dates and  
times of the free classes.*

A program for parents with children  
0-6 years of age. Learn about your  
children's emotional and physical  
health. Through discussion with  
other parents, discover ways to  
cope with your children's  
behaviour.

## WORKSHOPS AND COURSES FOR PARENTS OF 3-6 YEAR OLDS

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**School's Cool**  
Haldimand and Norfolk  
C.A.P.C.

A division of HN R.E.A.C.H.

Haldimand and Norfolk  
Counties

School readiness program offered in the summer to help children ages 3 to 5 prepare for junior and senior kindergarten. By taking a School's Cool course, children develop self-help skills; have the required language and reasoning skills to enter kindergarten, gain self-confidence and an excitement about learning.

*For more information or to register, please call Kim at (519) 587-2441 or 1-800-265-8087 ext. 402.*

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**Moms Talk**  
Haldimand and Norfolk  
C.A.P.C.

Every Wednesday  
**1:00 pm to 3:00 pm**  
Ontario Early Years Centre  
12 Colborne St. N.  
Simcoe

This group is held from  
September to June annually

Moms get together to talk about the things that matter to them including relationships, parenting, feeling alone, support and friendship.

*For more information; please call Barb at (519) 587-2441 or 1-800-265-8087 ext. 405.*

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**Fathering Involvement Initiative-Building Our Children's Character**  
Haldimand and Norfolk  
C.A.P.C.

A division of HN R.E.A.C.H.

Haldimand and Norfolk  
Counties  
  
Location and time to be  
determined based on  
registration.

An opportunity for dads to get together and discuss responsible communication, discipline, setting clear limits, and handling emotions in the home. This program is open to all dads with at least one child under the age of 6 years.

*For more information or to register, please call Barb at (519) 587-2441 or 1-800-265-8087 ext. 405.*

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**Parenting Through the Years**  
Six Nations of the Grand  
River Child & Family  
Services

Six Nations Child & Family  
Services  
15 Sunrise Court  
Ohsweken  
  
Please call for Dates and  
Times of next course

To promote positive change in behaviour of participant in relation to their child. To improve participants confidence and self-image as parents. To improve participants coping skills as parents.

*Family Support Unit 519-445-4050*

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**ADD/ADHD Presentation**  
Six Nations of the Grand  
River Child & Family  
Services

Child & Family Services  
15 Sunrise Court  
Ohsweken  
  
Please call for Dates and  
Times of next course

To provide education and support for parents/caregivers on ADD/ADHD or when their child is diagnosed with ADD or ADHD

*Family Support Unit 519-445-4050*

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## WORKSHOPS AND COURSES FOR PARENTS OF 3-6 YEAR OLDS

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### Generations

Family and Community  
Services - Simcoe Salvation  
Army

Wednesdays  
**4:00 pm to 5:00 pm**  
Simcoe Salvation Army  
Church  
184 Colborne St. N.  
Simcoe

Giving Hope Today through the program called "Home with A Heart" Generations provides support to young moms and family members; life skills for independent living; emotional and spiritual support; Involvement with other local agencies; Practical parenting tips

*Call for information at the Salvation Army Family & Community Services 519-426-3640*

### COPE

Haldimand and Norfolk  
C.A.P.C.

A division of HN R.E.A.C.H.

Mondays beginning  
April 16, 2007  
**6:00 pm to 8:00 pm**  
Pre-registration required  
Ontario Early Years Centre  
12 Colborne St. N.  
Simcoe

Parents meet to build positive skills to address disruptive and challenging behaviours. A children's program, for ages 4 to 6, is offered at the same time to focus on social skills, listening, sharing and feelings. Information night is April 2, 2007 by appointment.

*For more information or to register, please call Kim at (519) 587-2441 or 1-800-265-8087 ext. 402.*

## WORKSHOPS AND COURSES FOR PARENTS OF 6-12 YEAR OLDS

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### Ready or Not

Haldimand Norfolk Health  
Unit

Haldimand Norfolk Health Unit  
12 Gilbertson Drive  
Simcoe

Various locations throughout  
Haldimand and Norfolk.

A program for parents with children 7-12 years of age. Develop and refine parenting and communication skills in a helpful environment with other parents. A key focus is on drug prevention.

*Please call the Health Unit at (519) 426-6170 ext. 3223 to register for the free classes.*

### COPE

Six Nations of the Grand  
River Child & Family  
Services

Six Nations Child & Family  
Services  
15 Sunrise Court  
Ohsweken

Please call for Dates and  
Times of next course

The Community Parent Education Program covers topics of Attending/Rewards, Balanced Attending, Planned Ignoring, Transitional Warnings, Planning Ahead, Positive Reinforcement and the point system.

*Family Support Unit -519-445-4050*

### After School Programs

Six Nations of the Grand  
River Child & Family  
Services

Six Nations Child & Family  
Services  
15 Sunrise Court  
Ohsweken

Please call for Dates and  
Times of next course

The after school programs are designed to have children experience activities such as art, music, songs, games, sports, storytelling, dancing and will have some outings.

*Call the Community Support/Resource Development Unit at 519-445-4050*

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## WORKSHOPS AND COURSES FOR PARENTS OF 6-12 YEAR OLDS

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### **Summer Day Camp**

Six Nations of the Grand  
River Child & Family  
Services

Six Nations Child & Family  
Services  
15 Sunrise Court  
Ohsweken

This 8 week program provides children an opportunity to enhance self-esteem, inner strength and empathy. The program promotes physical activity in a safe and fun environment.

For more information call *the Community Support/Resource Development Unit at 519-445-2950.*

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## WORKSHOPS AND COURSES FOR PARENTS OF TEENS (13-18)

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### **Expressive Arts Group**

Six Nations of the Grand  
River Child & Family  
Services

Six Nations Child & Family  
Services  
15 Sunrise Court  
Ohsweken  
  
Please call for Dates and  
Times of next course

A group working with children to teach them communication and social skills using the modality of Expressive Arts.  
*519-445-4050*

### **Parenting Teenagers**

Six Nations of the Grand  
River Child & Family  
Services

Six Nations Child & Family  
Services  
15 Sunrise Court  
Ohsweken  
  
Please call for Dates and  
Times of next course

The Systematic Training for Effective Parenting programs covers the topics of; Understanding yourself and your teenager, changing your response to your teen, communicating respect and encouragement, encouraging and cooperation, solving problems, using consequences to build responsibilities, deciding what to do (two sessions)- schoolwork, everyday, lying, stealing, sexual behaviours, drugs and alcohol.

*Family Support Unit - 519-445-4050*

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## WORKSHOPS AND COURSES FOR PARENTS OF CHILDREN OF ALL AGES

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### **PDD: Pervasive Developmental Disorder Family Support and Resource Group**

Haldimand-Norfolk  
REACH

1st Tuesday  
**7:00 pm to 9:00 pm**  
Haldimand-Norfolk REACH  
101 Nanticoke Creek Pkwy

The PDD Support Group is an excellent avenue for parents to share experiences, provide mutual support, discuss topics of common interest and begin new friendships.

*For more information contact Chairperson Kelly Loro 905-765-1758 OR REACH support staff Lana Anderson 519-587-2441 ext 253 or Lois Wingfield, ext, 304*

### **Family Programming**

Six Nations of the Grand  
River Child & Family  
Services

Six Nations Child & Family  
Services  
15 Sunrise Court, Ohsweken  
  
Please call for Dates and  
Times of next course

The program is designed to meet once per month as a family and experience an outing to plays, tours or family activities.

*Community Support/Resource Development Unit at 519-445-2950*

## WORKSHOPS AND COURSES FOR PARENTS OF CHILDREN OF ALL AGES

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### **Milestones**

Six Nations of the Grand River Child & Family Services

Six Nations Child & Family Services  
15 Sunrise Court, Ohsweken  
Please call for Dates and Times of next course

The Milestones program is designed to help parents recognize child developments for infants to pre-teens.  
*Family Support Unit at 519-445-4050*

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### **E.L.I -Encompassing Life Issues: Parent Support Group**

2nd Tuesday  
**7:00 pm to 9:00 pm**  
Ontario Early Years Centre - Upstairs Boardroom  
12 Colbourne Street  
Simcoe  
No meetings during July or August.

If your world is touched by a disability, and you would like an opportunity to meet other parents and caregivers in similar situations, then the E.L.I. group is for you. This support group believes that when parents are informed, supported and connected to other families, who have been there too, they will be better able to define and meet the needs of their children. Registration is not required.  
*For more information, Call Heather 519-428-2267 or Lisa 519-587-2441 ex 255*

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### **Fetal Alcohol Spectrum Disorder (FASD) Caregiver Support Group**

1st Tuesday  
**7:00 pm to 9:00 pm**  
H-N R.E.A.C.H., main entrance.  
101 Nanticoke Creek Parkway  
Townsend

Support for families or caregivers of individuals with FASD of all ages. This group promotes a safe environment to discuss experiences of living with an individual with FASD, with the goal to develop skills to manage their needs, support other community members, and provide a forum for resources and discussion.

**For more information, or check for cancellations call Tina at 519-429-2875 or 1-866-463-2759, Ext. 231.**

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### **Homemakers Sewing Workshop**

Six Nations of the Grand River Child & Family Services

Six Nations Child & Family Services  
15 Sunrise Court  
Ohsweken  
Please call for Dates and Times of next course

The Homemakers Sewing Workshop is designed for beginners of sewing. The Teacher/Homemaker assists individuals with basic hand and machine sewing techniques. The program assists individuals with basic material selections and to make one garment or item.

*Family Support Unit at 519-445-4050*

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### **Special Events**

Six Nations of the Grand River Child & Family Services

Six Nations Child & Family Services  
15 Sunrise Court  
Ohsweken  
Please call for Dates and Times of next course

Each year, Six Nations Child and Family Services hold special events for the community as a whole. We promote our services with fun filled activities and community awareness.

*Community Support/Resource Development Unit at 519-445-2950*

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## WORKSHOPS AND COURSES FOR PARENTS OF CHILDREN OF ALL AGES

<p><b>Time Out for Moms and Dads</b> Six Nations of the Grand River Child &amp; Family Services</p>	<p>Six Nations Child &amp; Family Services 15 Sunrise Court, Ohsweken  Please call for Dates and Times of next course</p>	<p>The program is designed to have traditional teachings, parenting skills, child development, health, and self-care. The Men's Singing Group learns how to play water drum, traditional songs and dances. <i>Community Support/Resource Development Unit at 519-445-2950</i></p>
<p><b>Walk-in Therapy Clinic</b> Haldimand-Norfolk REACH</p>	<p>Every Tuesday noon – 8:00 pm, last appointment is 6:30 pm. HN REACH, 101 Nanticoke Creek Parkway,</p>	<p>The clinic provides an option of quick access to therapy services for families with children between 0 and 18 years of age. Family members can see trained therapists at their chosen moments of need. <i>Call 519-587-2441, or 1-800-265-8087, ext. 246.</i></p>
<p><b>Child &amp; Youth Crisis Service</b> Haldimand-Norfolk REACH</p>	<p>Haldimand-Norfolk R.E.A.C.H. 101 Nanticoke Creek Parkway, Townsend  24 hours a day, 7 days a week at 1-866-327-3224</p>	<p>If you are a youth under the age of 18, or someone concerned about a youth under the age of 18, you can call the Child &amp; Youth Crisis Service. A qualified professional can help you over the phone or in person.</p>
<p><b>Child Clinical Counselling</b> Haldimand-Norfolk REACH</p>	<p>Services available through Haldimand and Norfolk Counties day and evening hours.</p>	<p>Confidential counselling programs for children/youth up to 18 years and their families. Services include individual, family, group and in-home programs.  <i>For more information call Contact HN at 1-800-265-8087.</i></p>
<p><b>2007 Income Tax Clinics</b> Haldimand Norfolk Information Centre</p>	<p>40 Colborne Street South Simcoe  Locations in Delhi, Caledonia, Jarvis, Port Dover, Simcoe &amp; Waterford</p>	<p>Volunteer Income Tax Clinics assist families on low fixed-incomes to file their 2006 Income Tax Return  <i>Contact 519-426-6655 or 1-800-267-9434</i></p>
<p><b>Special Needs Parent Support Group</b></p>	<p>3rd Tuesday <b>7:30 pm to 9:30 pm</b> Haldimand-Norfolk REACH 101 Nanticoke Creek Parkway, Townsend</p>	<p>The focus of this group is to advocate on behalf of our children for their educational rights. We are committed to creating avenues for positive change by participating in all discussions and decisions that affect our children's safety, health and quality of life.  <i>For more information on this group, please contact one of the co-chairpersons: Tammy Gosden at 519-443-6513 or Anna Wilson at 519-586-8288</i></p>

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## WORKSHOPS AND COURSES FOR PARENTS OF CHILDREN OF ALL AGES

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**Grand Erie District School Board Talent Show**  
Grand Erie District School Board

April 25, 2007  
**7:00 pm to 9:00 pm**  
Sanderson Centre, 88  
Dalhousie Street, Brantford

Students from across the Grand Erie school system perform as part of Education Week.  
*Tickets are sold day of event, April 25, 2007, at the door, no assigned seating.*

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**Catholic Education Week**  
Brant Haldimand Norfolk Catholic District School Board

April 29, 2007  
**9:00 am to 5:00 pm**  
Catholic Elementary and Secondary schools  
Brantford

School and church events celebrating Catholic education will be held from Sunday, April 29 through Friday, May 4  
*For more information visit the board's website at [www.bhncdsb.edu.on.ca](http://www.bhncdsb.edu.on.ca)*

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**Catholic Education Forum**  
Brant Haldimand Norfolk Catholic District School Board

April 16, 2007  
**6:00 pm to 9:00 pm**  
Assumption College School  
257 Shellard Lane  
Brantford

Catholic education partners are invited to share opinions and ideas through small group discussions. Topics include: "The distinctiveness of Catholic schools", "The value of Catholic schools", "Our hopes for Catholic schools", "Major issues facing Catholic schools now and in the future" and "Promoting and protecting Catholic education for the future"  
*To reserve your place, contact the Catholic Education Centre at 519-756-6369.*

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**St. Stephen's School 50th Anniversary**  
Brant Haldimand Norfolk Catholic District School Board

May 6, 2007  
**1:00 pm to 4:00 pm**  
St. Stephen's School  
17 Brant Street West  
Cayuga *For more information, contact the school at 905-772-3863*

St. Stephen's School in Cayuga will celebrate its 50th anniversary on Sunday, May 6, 2007. The afternoon will start with Mass at St. Stephen's Church at 1 p.m. Activities include guest speakers, tours of the school, memorabilia on display and refreshments. Past principals, teachers, and students are invited to join in the celebrations!

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## WORKSHOPS AND COURSES FOR CHILDREN (6-12)

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**Traditional Match Program**  
Big Brothers & Big Sisters of Haldimand Norfolk

Haldimand and Norfolk

This program matches youth aged 6-18 years of age to an adult mentor 18 years of age or older with a focus on building self esteem, safety awareness and having fun. Children over the age of 12 will be accepted based on individual circumstances.  
*For more information please call the office @519 426 3121.*

## WORKSHOPS AND COURSES FOR CHILDREN (6-12)

### **Cops, Kids and Communities**

Big Brothers & Big Sisters of Haldimand Norfolk

Haldimand and Norfolk

Volunteer OPP officers meet every 6-8 weeks as a group with some of the children and youth waiting to be matched to a Big Brother/Sister. The group does an activity in the community or neighbouring communities. Ages of children and youth invited are based on the activity.

*Call the office @ 519 426 3121*

### **Child Clinical Counselling**

Haldimand-Norfolk REACH

Services available through Haldimand and Norfolk Counties day and evening hours.

Confidential counselling programs for children/youth up to 18 years and their families. Services include individual, family, group and in-home programs.

*For more information call Contact HN at 1-800-265-8087.*

## WORKSHOPS AND COURSES FOR TEENS (12-18)

### **Anger Management**

Six Nations of the Grand River Child & Family Services

Six Nations Child & Family Services  
15 Sunrise Court, Ohsweken

Please call for Dates and Times of next course

Client Specific: To provide alternative ways of dealing with anger and being able to recognize alternative measures.

*Family Support Unit - 519-445-4050*

### **Teen Resource Program**

Haldimand and Norfolk C.A.P.C.

A division of HN R.E.A.C.H.

Haldimand and Norfolk Counties

Support services to pregnant and parenting teens through individual visits and teen groups. The services available include prenatal classes, anger/stress management classes, parenting information, free prenatal vitamins, food gift certificates and gently used infant clothing.

*For more information or to register, please contact Laurie at (519) 587-2441 or 1-800-265-8087 ext. 403*

### **Go Girls!**

Big Brothers & Big Sisters of Haldimand Norfolk

Haldimand and Norfolk

For Girls in grades 7 and 8. Young women mentor a group of approximately 8 girls. Focus is on Healthy Eating/Active Living. Usually in cooperation with a school.

*School referral required, not available at all schools. To learn more call the office 519 426 3121*

### **Cops, Kids and Communities**

Big Brothers & Big Sisters of Haldimand Norfolk

Haldimand and Norfolk  
*Call for more information 519 426 3121.*

Volunteer OPP officers meet with children and youth waiting to be matched to a Big Brother/Sister. The group meets approx. every 6-8 weeks to do an activity in the community or surrounding communities. Ages of Children and Youth invited are based on activity.

## WORKSHOPS AND COURSES FOR TEENS (12-18)

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### **Babysitting Program**

Six Nations of the Grand  
River Child & Family  
Services

Six Nations Child & Family  
Services  
15 Sunrise Court  
Ohsweken

The babysitting program enables youth to enhance their babysitting skills. The individuals learn techniques of safety, nutrition and play activities. *Call the Community Support/Resource Development Unit at 519-445-2950 for dates and times.*

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### **Child Clinical Counselling**

Haldimand-Norfolk REACH

Services available through  
Haldimand and Norfolk  
Counties day and evening  
hours.

Confidential counselling programs for children/youth up to 18 years and their families. Services include individual, family, group and in-home programs. *For more information call Contact HN at 1-800-265-8087.*

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Looking for more information about difficulties your child or teen is experiencing?  
Come and visit the **FAMILY RESOURCE CENTRE** at McMaster Children's Hospital, Chedoke Site.  
They are located in the EVEL Building in Room 140 (The Main Floor), Sanatorium Rd.



Over 100 different topics of **Books, Videos, DVD's** and **Pamphlets** for parents, teenagers and children that cover a wide range of topics. They include topics on A.D.H.D, Anxiety, Autism, Bullying, Child Development, Divorce, Parenting, Self-Esteem, School Achievement and many more!

**For more information call (905) 521-2100, ext. 77243.**

**Courses in this flyer are offered by a variety of agencies and services across our community. If you have a question about one of these courses, please call the number listed in the courses offering. Inclusion of a group or program in this flyer does not imply endorsement by Contact Haldimand Norfolk or the Ontario Early Years Centre – Haldimand & Norfolk. Every effort is made to ensure the accuracy of information in this flyer; however we cannot be responsible for errors or omissions.**

**For a current update of Your Guide Haldimand and Norfolk  
visit our website at [www.communityed.ca](http://www.communityed.ca).**