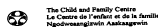
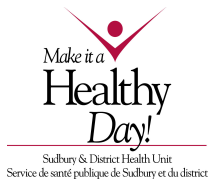


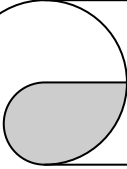
# Programs for Families and Parents to be

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September 2009 – June 2010





Dear Parent/Caregiver,

Caring for a child can be one of the most rewarding and challenging experiences of a lifetime.

Support from family, friends and communities is an essential part of this wonderful care-giving experience. Opportunities to share and increase our knowledge of children are essential for learning and growing.

This directory lists some of the many learning opportunities available to you from community programs and services in the City of Greater Sudbury. Some of the programs offer childcare and transportation.

Please note that the programs and services listed in this booklet may change without notice. Please contact the agency offering the programs for additional information and/to register. Contact telephone numbers are located on the back of the booklet.

Together, let's share a vision for the future of our children.

Thank you.



**PROGRAMS FOR FAMILIES AND PARENTS TO BE  
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**Active Parenting**

These workshops are facilitated by a public health nurse and offer a wide variety of age-related parenting information. There are two different series for these workshops:

- Active Parenting Now is a workshop geared to parents of children ages 5-12 years.
- Active Parenting of Teens is a workshop for parents of teenagers.

For more information on these workshops or to register, contact the Sudbury and District Health Unit at 522-9200.

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**Babies' Day Out**

Baby's Day Out is a drop-in time that provides parents and infants with a chance to learn, explore and play together, and is open to all parents caring for children from birth to 12 months. This drop-in time is facilitated by Best Start support staff and other Early Years professionals. Please refer to contact information sheet for phone numbers of the Best Start Hubs.

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**Baby's Breath**

The Baby's Breath program supports teenagers 18 years of age and under that are expecting or have already become parents. The program offers nutritional support for the participants and their babies by providing meals to encourage proper nutrition during pregnancy. Prenatal and parenting education, discussion groups and workshops help increase knowledge of fetal/child growth and development and facilitate the sharing of experiences to help identify challenges. The teen mothers/parents will have access to baby clothes, and some baby equipment to help get them started. The program is available on Mondays from 5:00 p.m. to 7:30 p.m. in English and Wednesday from 5:00 p.m. to 7:30 p.m. in French. Bus tickets are provided to the participants. Please contact Johanne Thompson (Better Beginnings Better Futures) at 671-1941 ext. 229.

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**Best Start Parent Discussions**

Parent Discussion is an informal, group discussion for parents at Best Start Hubs. Topics are suggested by parent participants and discussions are facilitated by a staff member of the Child and Family Centre who researches the topics, facilitates discussions and provides written handouts for participants.

Discussions are open once a week to all parents attending the Best Start Hubs. Hub staffs provide activities and supervision for children while parents are in discussion; infants accompany parents to discussion. Check with our local Best Start for time and day of discussion. Child care is provided when possible.

**PROGRAMS FOR FAMILIES AND PARENTS TO BE  
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**Baby Steps**

This program is offered to families with children from birth to three years of age. Informal discussion groups cover topics relevant to these age group, including care and development. Light snacks and on site childcare provided. Please call Our Children, Our Future – Nos enfants, notre avenir at 677-0440 for more information.

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**Book Making With Your Child**

Making books with your child is a wonderful way to promote literacy and have fun together. Please refer to contact information sheet for the phone numbers of the Best Start Hubs.

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**A Breastfeeding Companion (ABC)**

The Sudbury & District Health Unit's ABC Program is a telephone support program for breastfeeding mothers. This program is provided by trained volunteers who have breastfed their babies and want to help others. You will be matched with your own volunteer. This service can be set up before the birth of your baby or soon after delivery by calling 522-9200, ext. 342.

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**Breastfeeding Clinics**

It's common to experience breastfeeding challenges in the first few weeks. The Sudbury & District Health Unit offers FREE Breastfeeding Clinic to:

- Answer your breastfeeding questions.
- Help you with your breastfeeding challenges.
- Assist you during a one-on-one visit.

To make an appointment, please call 522-9200, ext. 342 Monday to Friday, between 8:30a.m. to 4:30 p.m. Clinics are located in Sudbury, Val Caron and Manitoulin Island.

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**Children In Need Of Treatment (CINOT)**

This Sudbury & District Health Unit has a program that pays for dental care for children with urgent dental problems. The program is called Children In Need Of Treatment or CINOT. Children ages 0-17 years of age are eligible. For more information about this program please contact the Sudbury & District Health Unit at 522-9200, ext. 236.

**PROGRAMS FOR FAMILIES AND PARENTS TO BE  
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**Collective Kitchen**

This program offers parents and caregivers the opportunity to get together to enhance their skills in planning and cooking nutritious meals for families on a budget. Light snacks and on site childcare provided. Please call Our Children, Our Future – Nos enfants, notre avenir at 677-0440 or 969-0404 for more information.

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**Community Parent Education Program C.O.P.E.**

Community Parent Education (C.O.P.E.) is a free eight session program geared to parents with children three to 10 years. Parents learn skills to increase positive behaviour, avoid conflicts, encourage cooperation and respond to aggression. In the C.O.P.E. program, parents talk about common problems, share ideas, hear about useful community services and watch helpful videos. Sessions take place once a week for two hours each session.

C.O.P.E. is offered by the Child and Family Centre. This is a program for parents. Child care is sometimes provided. Bus tickets are provided for those who need transportation. For more information or to register please call 566-5866 ext. 4400.

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**Creating Healthy Babies**

This program offers expectant mothers, their partners and their families the opportunity to receive emotional support and education. Dietary support is also offered to women to assist them in developing a healthy baby during their pregnancy and reduce the risk of delivering a low birth-weight baby. Good Food Bags containing fresh produce, milk, juice, eggs and other protein sources are provided free to participants. Light snacks and on site childcare provided. Please call Our Children, Our Future – Nos enfants, notre avenir at 677-0440 or 969-0404 for more information.

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**Dad's Night**

Fathers can contribute to their children's healthy development by being actively involved in their daily lives. Please refer to contact information sheet for the phone numbers of Best Start Hubs.

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**Early Years Developmental Screening**

This program will assist parents with screening of their child's hearing, vision, gross and fine motor skills, speech and language skills and social skills. Information on child development, health, nutrition, dental hygiene and family support services are also available. As well, information for parents needing additional information and referrals to community services will be available. Please refer to contact information sheet for the phone numbers of the Best Start Hubs.

**Early Parenting Classes**

**PROGRAMS FOR FAMILIES AND PARENTS TO BE  
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You've read the books, talked to friends, and taken classes. Now how do you put it all together to parent a newborn? Class topics include infant safety, growth, development, play, nutrition, dental health, immunization, and more!

Babies welcome!

For more information, call the Sudbury & District Health Unit at 522-9200, ext. 594.

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**Family Story Time for Preschool children**

The Greater Sudbury Public Library recognizes the importance of literacy by presenting Family Story Times, our contribution to the development of a child's love of reading and learning. This interactive and fun program is offered in English, French and French immersion. It runs every week from September to June for half-hour sessions.

For more information, please call or visit the Greater Sudbury Public Library closest to you or contact Monique Roy at 673-1155 extension 270, or visit the library's website for a schedule, [www.sudbury.library.on.ca](http://www.sudbury.library.on.ca)

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**French Immersion Saturday**

Story Time will be offered monthly, from 10:30 to 11:15 a.m. We invite children from birth to seven years of age accompanied by an adult to the Main Public Library, 74 MacKenzie Street, Sudbury. French Immersion Family Story Time is designed to encourage children to become life-long readers by promoting an appreciation for the French language, rhythm and imagination. It includes storytelling, puppets, finger plays, songs, rhymes and a craft. Register for the following French Immersion Saturday Family Story Times to avoid disappointment.

For more information and to register, call the Main Library at 673-1155, or contact Nadia Vellucci at 673-1155 ext. 205.

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**Get Healthy With Our Children Our Future**

This program focuses on starting to create a healthier lifestyle for you and your family. The first 45 minutes of the class is an exercise class led by a trained instructor. A breakfast is served after your workout and discussions will be held during this time on various subjects related to getting our lives back in a healthier direction. This program is held at 1127 Bancroft Drive the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month from 9:30-11:30am. Please call Our Children, Our Future for further information at 677-0440.

**PROGRAMS FOR FAMILIES AND PARENTS TO BE  
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**How to make puppets**

Making and using puppets has many benefits for learning while your child has great fun. Join us and learn a variety of ways to make simple puppets with your child. Please refer to contact information sheet for the phone numbers of Best Start Hubs.

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**Parenting Strategies**

The Parenting Strategies program helps parents understand the reasons behind children's behaviour, provides strategies to prevent problem behaviour deal with difficult behaviours and build resiliency. This FREE program is offered once a week for four weeks two hour sessions to parents of children aged newborn to six years. Times, dates and location to be determined, child care may be provided.

Parenting Strategies is offered by the Child and Family Centre. This is a program for parents. For more information or to register please call 566-5866 ext. 4400.

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**1-2-3-4 Parents!**

This workshop is for parents of children one to four years of age. Come and discuss several topics such as ages and stages, preventing problems and building the bond. Please contact Sudbury District Health Unit at 522-9200 ext 594

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**Parent Education Courses**

These courses are offered in three to 12 weeks sessions with a wide variety of topics. Registration is required. Light snacks and on site childcare provided. The sessions will be starting September 21<sup>st</sup> 2009 for ten weeks. The next set of classes will be starting January 18<sup>th</sup> 2009, and then followed up by the last session on April 19, 2009. Please call Our Children, Our Future – Nos enfants, notre avenir at 677-0440 or 969-0404 for more information.

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**Playgroups**

This program gives parents and children the opportunity to interact together in an open and welcoming environment while participating in fun learning activities together. Please call Our Children, Our Future – Nos enfants, notre avenir at 677-0440 or 969-0404 for more information.



**PROGRAMS FOR FAMILIES AND PARENTS TO BE  
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**Pregnancy Classes**

These classes are an excellent way to prepare yourself for the birth of your new baby and offer you a place to ask questions, gather information, and socialize with other pregnant women and their families.

Get answers to your questions about pregnancy through fun and interactive activities and videos on breastfeeding, nutrition, physical activity, infant care and much more.

Because support is so helpful during pregnancy, we encourage you to bring your partner, friend, or family member with you.

Register as soon as you know that you're pregnant by calling the Sudbury & District Health Unit at 522-9200, ext. 594.

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**Reading Circle**

The Reading Circle is a time when young children and adults read together for enjoyment. Registration is not required. Come and get your kids hooked on books today! Please refer to the contact information sheet for phone numbers of the Best Start Hubs.

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**Read to Grow**

The Greater Sudbury Public Library is please to offer "Read to Grow", an early literacy program for babies from birth to four years and their parents.

"Read to Grow", a four week program will be held at the Main Public Library. It is a group experience for parents and children focusing on the importance and pleasures of reading right from birth. Parents will learn practical ways to take an active role in developing their child's early language and literacy skills through conversation, rhymes and reading. Each parent will make a personalized souvenir for their child and receive a gift to take home.

For more information, please call Monique Roy at 673-1155 ext. 270.

**PROGRAMS FOR FAMILIES AND PARENTS TO BE  
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**Rhymes to Reading**

This program is for parents/caregivers and their children. The program will be offered once a week for four weeks. Parents/caregivers will learn how to nurture a love for learning and literacy in their young children. Please refer to the contact information page for phone numbers of the Best Start Hubs.

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**Saturday Family Story Time**

Saturday Family Story Time will be offered monthly, from 10:30 to 11:15 a.m. We invite children from birth to seven years of age accompanied by an adult to the Main Public Library, 74 MacKenzie Street, Sudbury. Family Story Time is designed to encourage children to become life-long readers by promoting an appreciation of language, rhythm and imagination. It includes storytelling, puppets, finger plays, songs, rhymes and a craft. Register early to avoid disappointment.

For more information and to register, call the Main Library at 673-1155, or contact Monique Roy at 673-1155, ext.270.

There will also be a French Immersion Saturday Story Time that will be offered monthly, from 10:30 to 11:15 a.m. at the Main Public Library, 74 MacKenzie Street, Sudbury. It includes storytelling, puppets, finger plays, songs, rhymes and a craft. You can register for this program by calling the Main Library at 673-1155, or contacting Nadia Vellucci at 673-1155 ext. 205.

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**Steps and Stages**

This is an informal discussion group for parents and caregivers the opportunity to share with each other the joys and challenges of raising their young children. Groups are available for children between the ages of newborn and one year and on with age-appropriate topics and information. Light snacks and on site childcare provided. Please contact Our Children Our Future at 969-4040 for more information

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**SHKAGAMIK-KWE Health Centre**

See program information on page 10 and 11.

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**Wacky Science**

Come and join us in the wacky world of science. You and your child will have fun working in our lab doing experiments appropriate for young children. This program will be offered in one session. Please refer to the contact information page for phone numbers of the Best Start Hubs.

**PROGRAMS FOR FAMILIES AND PARENTS TO BE  
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**Contact Information**

Best Start Chelmsford Hub .....	855-2334
	<a href="http://www.sudburybeststart.ca">www.sudburybeststart.ca</a>
Best Start Copper Cliff Hub.....	682-9619
	<a href="http://www.sudburybeststart.ca">www.sudburybeststart.ca</a>
Best Start Garson Hub.....	692-5565
	<a href="http://www.sudburybeststart.ca">www.sudburybeststart.ca</a>
Best Start Hanmer Hub .....	969-5545
	<a href="http://www.sudburybeststart.ca">www.sudburybeststart.ca</a>
Best Start Minnow Lake Hub .....	525-7707
	<a href="http://www.sudburybeststart.ca">www.sudburybeststart.ca</a>
Best Start West End Hub .....	671-3199
	<a href="http://www.sudburybeststart.ca">www.sudburybeststart.ca</a>
Best Start South End Hub .....	523-0586
	<a href="http://www.sudburybeststart.ca">www.sudburybeststart.ca</a>
Best Start Aboriginal Hub.....	617-1941
	<a href="http://www.sudburybeststart.ca">www.sudburybeststart.ca</a>
Greater Sudbury Public Library (Ask about our other locations) .....	673-1155
	<a href="http://www.sudbury.library.on.ca">www.sudbury.library.on.ca</a>
Kid's Share / Enfants-partage (Ask about our other sites) .....	561-1894
Our Children Our Future, Sudbury .....	677-0440
	<a href="http://www.ourchildren_ourfuture.net">www.ourchildren_ourfuture.net</a>
Our Children Our Future, Valley East/Chelmsford.....	969-4040
	<a href="http://www.ourchildren_ourfuture.net">www.ourchildren_ourfuture.net</a>
Ontario Early Years Centre – Nickel Belt .....	525-0090
(Ask about our other sites)	
<a href="http://www.ontarioearlyyears.ca">www.ontarioearlyyears.ca</a> .....	1-866-829-8235
Sudbury & District Health Unit .....	522-9200
	<a href="http://www.sdhu.com">www.sdhu.com</a>

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**SHKAGAMIK-KWE HEALTH CENTRE (information)**

*The **Healthy Choices Program** at Shkagamik-Kwe Health Centre is providing the following programs this year. We have other special events that we participate in throughout the year that are not advertised here and we do have a Resource Lending Library. We offer support to families through program support and home and office visits. Please call for more information.*

**PARENT SUPPORT CIRCLE:**

*Mondays (A bi-weekly program)*

5:00 – 7:30 p.m

A Support Group for parents to learn together and support one another. Various presentations are offered each session on topics chosen by the participants. Examples of topics are: nutrition advice from Community Food Advisors; Helping your child succeed in school; Scrapbooking; Budgeting; Parenting; Drug & Alcohol awareness issues; FASD; etc. Come and join with us!

At Jubilee Heritage Family Resources

Childcare provided

189 Applegrove St.

**CHILDREN'S DRUM SUPPORT CIRCLE**

*Every Second Tuesday*

4:30 – 6:00 p.m.

Parent/caregiver must accompany children; Facilitated by Barbara Peltier

At Shkagamik-Kwe Health Centre

**COMMUNITY KITCHEN**

*Every Wednesday*

9:30 am – 1:00 pm

Participants learn to make nutritious meals for their families and try different recipes. All participants take home a meal for that night and have lunch together. Lots of fun!

At Jubilee Heritage Family Resources (Childcare Provided), 189 Applegrove St.

Limited to 8 Participants; Facilitated by Lana Boyuk, CN

**ANISHINAABE BINOJJIINHIK – FAMILY DROP-IN**

Best Start Aboriginal Hub

*Every Tuesday*

9:00 am – 12:00 pm.

At Better Beginnings, Better Futures, 450 Morin St.

*A drop-in program for families with children ages 0-6. Programming will focus on school readiness and parent support.*

**NUTRITION WORKSHOPS**

*Last Tuesday of each month*

9:30 am – 1:00 pm

*Cooking demonstration/lab and tasting with recipe provided.*

At Jubilee Heritage Family Resources

Childcare is provided

**ABORIGINAL PARENTING COURSE**

A 6-week parenting course to be scheduled.

**FASD SUPPORT GROUP**

This will be starting this fall to provide a supportive environment for families living with FASD. Come and join with others facing similar issues; enjoy a safe place for discussion on FASD, education and training regarding FASD, review of current research and literature on FASD, etc. The dates and times will be determined by the participants. Please call or e-mail for more information.

**PROGRAMS FOR FAMILIES AND PARENTS TO BE  
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**SHKAGAMIK-KWE HEALTH CENTRE (information) (cond't)**

*Please call to register for programs and to arrange for childcare.*

*Transportation (bus tickets) may be provided.*

*Call Carol Anne Cheechoo, 675-1596, ext. 233(e-mail: [ccheechoo@shkagamik-kwe.org](mailto:ccheechoo@shkagamik-kwe.org)) for more information.*