

Family Place

Winter & Spring Schedule 2010

Family Programs:



Summerside Play Groups are being offered by Family Place, at Family Place, 75 Central Street, **Mondays from 10-12 p.m.** and at the Summerside Community Church, 340 Court Street, **Fridays from 10-12 p.m. beginning Sept. 11.** If you're running low on fridge art our weekly play groups will help to remedy that! Playgroups include free-play, circle time, a nutrition break, arts & crafts, and themed activities

Kensington Play Group is being offered by Family Place, at the Lions Club, 30 Garden Drive, Kensington on **Wednesdays from 10-12 p.m. beginning Sept. 9.** If you're running low on fridge art our weekly play groups will help to remedy that! Playgroups include free-play, circle time, a nutrition break, arts & crafts, and themed activities.

New Beginnings Prenatal & Postnatal Group, program is being offered by Family Place, 75 Central St., Summerside, **Tuesdays 10-1 p.m.** (postnatal) and **12-2:30 p.m.** (prenatal) **beginning Sept. 15.** This group is for expectant and new parents of all ages and is offered free of charge. Onsite childcare for older children is available and a travel subsidy is offered to those who need support to attend programming. Onsite childcare, food supplements and a tasty nutritious lunch are included in the program

Family Time, is being offered by Family Place, 75 Central St., Summerside, **Wednesday's 5-7 p.m. beginning Sept. 16.** Did you ever wish children came with instructions? This program provides a toolbox of helpful tips and an opportunity to learn from and share with other parents. This program also includes a nutritious supper and an onsite children's program.

Breastfeeding Moms Group is being offered by Family Place, 75 Central St., Summerside, **Wednesdays 10-11:30 a.m. beginning Sept. 16.** This weekly informal yet informative group is offered in partnership with East Prince Health. If you are a pregnant or breastfeeding mom who would like breastfeeding information and support bring your baby to our weekly group. Nursing babies and toddlers are welcome to attend with mom.

Parents Time Out program is being offered by Family Place, 75 Central St., Summerside, **Thursdays 10-12 p.m. beginning Sept. 24.** Are you craving some adult conversation? Are you wondering how to handle your child's behavior? This program provides a toolbox full of helpful tips and an opportunity to learn from and share with other parents. Onsite children's programming is offered in tandem with the parenting program.

Children's Programs:



ABC Music & Me is being offered by Family Place, 75 Central St., Summerside, Mondays 1-3 .pm., **Jan. 11 – Feb. 1** This is a program where children dance and sing while exploring various instruments, vocal abilities and body movements. Children will develop an appreciation for various types of music and have fun while learning. For children aged 3-6.

Yoga Kids is being offered by Family Place, 75 Central St., Summerside, Thursdays 1-3 .pm., **Jan. 14 – Feb. 4** This program is for children aged three to six and introduces your child to the joy of fitness while building a strong flexible body and mind. Your child will have lots of fun roaring like a lion, stretching like a puppy and standing gracefully like a flamingo.

Half Pint Scientists is being offered by Family Place, 75 Central St., Summerside, Mondays 1-3 .pm., **Feb. 8 – Mar. 8** This program encourages children to see the world through a scientific lens and encourages children to think on their own and discover by experimentation verses explanation. Fun hands on experiments like magic magnets, squishy squashy sponges and lava lamp blob help children understand basic scientific principles.

Little Authors is being offered by Family Place, 75 Central St., Summerside, Thursdays 1-3 .pm., Feb. 18 – Mar. 11 This program is designed to capture some of your child's great ideas and imagination in book form. This exciting program will enhance your child's story telling abilities, support their early literacy and have them create a special keepsake you and they can read over and over.

Kids a Cookin' is being offered by Family Place, 75 Central St., Summerside, Mondays 1-3 .pm., **Mar. 22 – Apr. 19** This is an energetic and active learning session where kids will run, hop, and skip their way through physical fitness and nutrition awareness. Children will take home a booklet of fun physical activities they can do at home. For children aged 4-6.

Kiddercize is being offered by Family Place, 75 Central St., Summerside, Thursdays 1-3 .pm., **Mar. 25 – Apr. 15** This program is for children aged three to six and introduces your child to the joy of fitness while building a strong flexible body and mind. Your child will have lots of fun roaring like a lion, stretching like a puppy and standing gracefully like a flamingo. For children aged 3-6.

Explore Your Senses is being offered by Family Place, 75 Central St., Summerside, Mondays 1-3 .pm., **May 3 – Jun. 7** This is a program that encourages your child to ask questions and develop problem-solving skills. Children will learn about the five senses: sight, hearing, taste, touch and smell through fun and interactive activities and messy play. For children aged 3-6.

Learning for Fun is being offered by Family Place, 75 Central St., Summerside, Thursdays 1-3 .pm., **Apr. 29 – May 27** This program builds on a child's natural desire to learn. Topics will include basic skills such as letter, number, shape and color recognition, social skills, and so on. For children aged 3-6.

Programs & Services Offered Daily:



Resource Library: A large selection of parenting books, audio cassettes and videos are housed at the Summerside location and are catalogued to enable other areas to have access to the resources. The books and videos cover many topics including: special needs - ADD, autism, learning disabilities; teen pregnancy, breastfeeding, nutrition, pregnancy, teen fathering, labour and delivery, parenting, discipline; copies of books and videos used for the programming; special topics such as divorce, anger management, etc. There is also a children's book library.

Clothing Exchange: The Clothing Exchange program allows parents to 'exchange' their used children's and maternity clothing for those available at the exchange. Although it is not necessary to donate clothing to access this service please consider donating your gently used maternity, infant and children's clothing for our clothing exchange.

Referral Services: Family Place maintains a comprehensive directory of programs and services offered in East Prince and provincially. Please call, e-mail or drop in for information.

Parent-Teen: This program is for pregnant and parenting teens attending TOSH and is offered at Three Oaks Senior High School on a weekly basis. Come and enjoy a healthy lunch and talk about and receive relevant information regarding pregnancy, birth and parenting.

Breast Pump Loan: Family Place has hospital grade breast pumps available to borrow free of charge for short terms. We try to accommodate all requests but serious issues such as premature baby, low birth weight baby, low milk production, weaning and other medical concerns take priority.

Maternity & Baby Clothes Basket and Resource Library: There is a baby and maternity clothes basket and book library you can access while at the centre.

Little Readers: Little Readers is a hospital based family literacy program for newborns and their parents/ caregivers living in East Prince County, Prince Edward Island. Parents are provided with literacy materials and referral information during their hospital stay after the birth of their newborn child. The program is designed to strengthen, promote and support family literacy; to support parents in their child's early literacy and global development; to recognize and support parents as their child's first and most important teacher; to build a foundation of positive attitudes towards literacy; to make reading and books an integral part of the child's life beginning at birth; and to draw families into our centre (and other resource centres) engaging them in the infant, preschool and parenting programs thereby providing parents with practical and social support for their children's ongoing development.

(We follow the Western school boards holiday and storm closures). **To register, drop in to Family Place 75 Central Street Summerside, call 436-1348 or email familyplace@eastlink.ca Drop in to Family Place 75 Central Street Summerside, call 436-1348 or email familyplace@eastlink.ca**