



795 Giles Blvd. E.  
Windsor, ON

# Connections Early Years Family Centre

## Fall Schedule 2017

519.252.9696  
connectwithus.ca



### September

#### Pop Up Drop In and Play @ Lanspeary Park

Tuesdays  
Sept. 5 - Oct. 3  
1:30 - 3:00 p.m.

#### Parent Interaction Group

Tuesdays  
Sept. 19 - Dec. 12  
9:30 - 11:30 a.m.

#### Parenting Matters

Thursdays  
Sept. 21 - Nov. 2  
9:30 - 11:30 a.m.

#### Mommy Matters

Thursdays  
Sept. 21 - Nov. 16  
1:15 - 3:15 p.m.

#### Date Night

Tuesday, Sept. 26  
5:00 - 7:30 p.m.

### October

#### Dads Group

Tuesdays  
Oct. 3 - Nov. 21  
5:30 - 7:30 p.m.

#### Readers Are Leaders - "I'm Ready!"™

Tuesdays  
Oct. 10 - Nov. 14  
1:00 - 3:00 p.m.

#### Saturday with Dad

Saturday, Oct. 14  
10:00 - Noon

Registration is required for  
all programs except  
Drop In and Play

There is no cost to participate  
in any of the programs

### November

#### Ten Steps to Positive Discipline

Mondays  
Nov. 6 - Dec. 11  
7:00 - 8:30 p.m.

#### How to Talk So Kids Will Listen

Thursdays  
Nov. 9 - Dec. 14  
9:30 - 11:30 a.m.

#### Infant Massage

Wednesdays  
Nov. 15 - Dec. 13  
1:30 - 3:00 p.m.

#### Fall Family Walk & Tour Ojibway Park

Saturday, Nov. 18  
10:00 - Noon

#### Kids Have Stress Too

Tuesdays  
Nov. 21 - Dec. 12  
1:30 - 3:00 p.m.



### December

#### Sunday with Dad

Sunday, Dec. 10  
1:00 - 3:00 p.m.

### Drop In and Play

Tuesday Evenings  
5:00 - 7:00 p.m.

Wednesday & Friday Mornings  
9:30 - 11:30 a.m.

Thursday Afternoons  
1:00 - 3:00 p.m.  
(Beginning September 5)

### B.A.B.Y Group

Wednesdays  
Sept. 6 - Nov. 8  
1:30 - 3:30 p.m.  
(Registration is required)

### Be Back Soon Program

Tuesdays, Thursdays & Fridays  
9:00 - 11:30 a.m.

Wednesdays  
1:00 - 3:30 p.m.

(Hours may be subject to change)

### Visiting the Centre for the First Time?

New families are welcome during  
Drop In and Play sessions.

Donations to the  
Centre are always  
welcome! Make a donation online  
through [canadahelps.ca](http://canadahelps.ca)



Do you have questions or  
concerns about your young  
child's speech and language  
development?

Talk 2 Me provides preschool  
speech and language services.

Fill out our online referral form at  
[www.connectwithus.ca](http://www.connectwithus.ca)

## **Fall Course Descriptions**

*(Registration is required)*

All courses include parent and child engagement opportunities, children's activities and information sharing.

### **Parent Interaction Group**

A discussion group facilitated by a staff member. Members of the group decide on the weekly parenting topic(s) to be discussed. Parents and caregivers who have previously attended a parenting course are eligible to attend.

### **Parenting Matters**

A seven week parenting course. Some topics covered: Discipline, Helping Your Child with Their Emotions, Toilet Learning, Eating, Sleeping, Sharing and Sibling Relationships. Discussion and sharing strategies are also a part of this course.

### **Mommy Matters**

A City Centre Health Care program. This group explores what post-partum depression is, and skills to reduce and/or alleviate the symptoms of P.P.D. using Interpersonal Therapy and Cognitive Behavioural Techniques.

### **Dads Group**

A discussion group led by trained facilitators which provides opportunities to discuss parenting topics of interest to dads with children 0-6 years. Guest speakers will be invited to the group to speak on various topics.

### **Readers are Leaders "I'm Ready!"™**

A Hanen Centre course for parents and children where a facilitator presents information and strategies to foster emergent literacy skills and the parents and children engage in activities to enhance these pre-literacy skills.

### **Kids Have Stress Too!**

A program of the Psychology Foundation of Canada with teachable stress management strategies for preschool children. Stress among children is estimated to have increased 45% over the past 30 years. The good news is that building emotional health and resiliency can help children concentrate, learn, interact more successfully and deal with other stressors they may face in their lives.

### **Ten Steps to Positive Discipline**

A parenting course focused on positive discipline. Temperament, development, the relationship you have with your child and other concepts are explored.

### **Infant Massage**

For mothers and fathers and children age 0 to 10 months. Infant massage provides a loving connection between parent and baby starting early in life, supporting the strengthening of this attachment as baby grows.

### **How to Talk So Kids Will Listen**

Based on the work of Adele Faber and Elaine Mazlish, parents hear information on communication strategies, managing behaviour and building strong relationships with their children.

## **Weekly Sessions**

### **Pop Up Drop In and Play @ Lanspeary Park (During month of September)**

Come enjoy the outdoors! Meet us at Lanspeary Park (Ottawa St.) for a fun-filled afternoon where parents, caregivers and children can socialize and participate in outdoor early learning activities.

### **Drop In and Play Sessions**

Families can drop in and get together with other mothers, fathers and caregivers and socialize with other children. Participate in early learning activities, enjoy a snack, and discuss parenting issues with experienced staff.

### **B.A.B.Y. Group (Bright, Active Babies and You)**

For mothers and fathers and their infants. It offers social time with other parents, guest speakers and information on parenting and child development.

## **Programs**

### **Be Back Soon Program**

This unlicensed childcare program is available to eligible families living with low income, provides an opportunity to leave your children ages 0 - 6 years at the Centre for a short period of time at no cost when attending medical, legal, social service or counseling appointments, job interviews or workshops.

## **Committees**



### **Connections Dads Activities Committee**

*(New members welcome. Please call the Centre for meeting dates.)*

A group of dads who plan, sponsor and implement activities for dads and their children 0 - 6 years of age. Upcoming events include Saturdays With Dad, Family Walks and Date Nights.

### **Dads Matter Steering Committee**

A committee with representation from organizations across Windsor and Essex County including two Boards of Education, eleven community agencies, Dads and The City of Windsor, who recognize and celebrate the important role fathers play in the lives of their children.