



PRC FALL/WINTER 2019

SEPT/OCT/NOV/DEC PLAYGROUP SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	<p>WE HAVE PLAYGROUPS!</p> <p>The PRC provides EarlyON programs that allow children to explore and develop new skills in a safe and fun environment while parents, grandparents, guardians and caregivers connect.</p> <p>WE HAVE TOYS!</p> <p>Play is one of the most important aspects of early development. With our free PRC Toy Lending Library, children can bring home a toy for a two-week period. We love seeing the excitement borrowing from our library brings to your children's faces!</p> <p>WE HAVE RESOURCES!</p> <p>The PRC Resource Library has many wonderful materials to help families learn and grow together. Come visit! We have books for children about animals, bugs, space, dinosaurs, etc... And we have resources for you too -- on early childhood, parenting, self-care, yoga, family health, and so much more... Speak to a PRC staff member about borrowing today!</p> <p>For more information on PRC services, Toy and Resource Libraries, or to REGISTER for programs or workshops...</p> <p>Visit: www.parentresource.ca</p> <p>Call: 613-565-2467 x 240</p> <p>Email: information@parentresource.ca</p>
9:00 – 11:30 am	10:00 – 12:00 pm	9:00 – 11:30 am	9:00 – 11:30 am	9:00 – 11:30 am	9:00 – 11:30 am	
<p>Caregiver Only Group (0 – 6 years)</p> <p>Facilitator: Amanda</p> <p><i>Children accompanied by a caregiver (e.g. home daycare provider) or grandparent are welcome.</i></p>	<p>Circle of Security (Closed Group)</p> <p>Registration Required Call Mariama 613-565-2467 x229</p>	<p>Parent Only Group (0 – 6 years)</p> <p>Facilitators: Amanda & Neema</p> <p><i>Children accompanied by a parent, grandparent, or guardian are welcome.</i></p>	<p>Active Play Group (0 – 6 years)</p> <p>Facilitator: Neema</p> <p><i>Join Neema for a morning of fun and active play, designed to engage the large muscles of the body.</i></p> 	<p>Arabic ٻڙبي Group (0 – 6 years)</p> <p>Facilitator: Neema</p> <p><i>Join Neema for a morning of fun and play, stories and song -- all in Arabic.</i></p>	<p>Saturday Group (0 – 6 years)</p> <p>Facilitator: Neema</p> <p><i>Join Neema for a Saturday morning of fun and play – children can explore and develop new skills in a safe, fun environment!</i></p>	
<p>12:30 – 2:00 pm</p> <p>More2Love Multiples (0 – 18 months)</p> <p>Facilitator: Amanda</p> <p><i>Multiples (twins, triplets, and beyond) accompanied by a parent / grandparent are welcome! Feel free to bring your lunch & eat with us!</i></p>	<p>1:00 – 3:00 pm</p> <p>Family Wellness Circle (0 – 6 years)</p> <p>Facilitator: Belinda</p>  <p>Registration required: 613-565-2467, or blarente@onwa.ca</p>	<p>1:00 – 3:00 pm</p> <p>Open Drop-In (0 – 6 years)</p> <p>No Facilitator</p> <p><i>Children accompanied by a parent, grandparent, guardian or caregiver are welcome. Staff are on-site for support and questions, but not leading sessions.</i></p>	<p>12:30 – 2:00 pm</p> <p>Baby Group (0 – 18 months)</p> <p>Facilitator: Amanda</p> <p><i>Connect and receive support from our child development specialists.</i></p>	<p>COFFEE CHATS! ☕</p> <p>We will be offering support and education for parents over coffee, on topics such as attachment, potty training, sleep and self-regulation. Stay tuned for details!</p> <p>HAVING A BIRTHDAY? Consider having your party with us! Reasonable pricing, great facility and a kitchen at your disposal! Call Kim (613) 565-2467 x 238 for more information today!</p> <p>WE VALUE YOUR FEEDBACK: Let us know how we're doing, and feel free to share your ideas for future groups! Email: ehayward-mcbane@parentresource.ca</p>		
			<p>5:00 – 7:00 pm</p> <p>Evening Group (0 – 6 years)</p> <p>Facilitator: Amanda</p>			
<p>9:00 am – 3:00 pm</p> <p>Toy/Resource Library</p>	<p>9:00 am – 3:00 pm</p> <p>Toy/Resource Library</p>	<p>9:00 am – 3:00 pm</p> <p>Toy/Resource Library</p>	<p>9:00 am – 7:00 pm</p> <p>Toy/Resource Library</p>	<p>9:00 am – 3:00 pm</p> <p>Toy/Resource Library</p>	<p>11:30 am – 12:00 pm</p> <p>Toy/Resource Library</p>	