

Birth to 12 Months Old

KEY
ON

PLEASE, OPEN YOUR
KEYON ACCOUNT PRIOR TO
ATTENDING PROGRAMS

Creating your account:

www.KeyON.ca

- ▶ Click on “*Become a Member*” to begin creating your account. Make sure to fill in all fields,
- ▶ Once you have an account, you can preregister for both virtual and in person workshops across Ontario,
- ▶ Confirm your email address to receive reminders of your pre-registration and cancellations,
- ▶ When you show up in person at the centre, simply scan your QR tag and quickly sign-in with your child(ren).

KEY
ON

TO PREREGISTER FOR WORKSHOPS:

Go to [KeyON Calendar](#)

- ▶ From the “EarlyON Centre” menu (top right of page), choose the PCFC site the program will be running at,
- ▶ Click on “Calendar” on the top of the page menu,
- ▶ Use the arrows on the top right to move to the month the program will be running on,
- ▶ Find the day of the program and click on the program name,
- ▶ Fill in the requested information.



From lactation support, general infant wellbeing to programs on how to connect with your baby and other parents of young children, PCFC offers a wide range of services, programs, and resources to help you navigate your newborn’s first year.

INDOOR PROGRAMS AND SERVICES



Breastfeeding & Well Baby Clinic - Drop-in

Breastfeeding/Prenatal

Drop-in to speak to a lactation consultant/community health nurse for breastfeeding help and/or to answer your questions about child health and development.

Antrim Site

- ◆ Tuesdays 10:00am - 12:00pm
- ◆ Thursdays 10:00am - 12:00pm

Family Play to Learn - Drop-in

0 - 6 years

This EarlyON parent child interactive program offers an engaging environment to explore and create with your children and to connect with other families. Professional staff are available to support your learning as well as share resources and their expertise when needed.

Antrim Site

- ◆ Tuesdays 9:30am - 12:00pm
 - ◆ Wednesdays 9:30am - 12:00pm
 - ◆ Thursdays 1:00pm - 3:30pm
 - ◆ Saturdays 9:30am - 12:00pm
- CLOSED May 20 and Jun 7

Apsley Site

- ◆ Thursdays 10:00am - 12:00pm

Lakefield Site

- ◆ Tuesdays 9:30am - 12:00pm
- ◆ Thursdays 9:30am - 12:00pm

Norwood Site

- ◆ Mondays 9:30am - 11:30pm
- CLOSED May 22

Otonabee Valley Site

- ◆ Mondays 9:30am - 12:00pm
 - ◆ Tuesdays 9:30am - 12:00pm
 - ◆ Fridays 9:30am - 12:00pm
- CLOSED Apr 28, May 22 and Jun 9

Infant Family Play to Learn - Drop-in

0 - 12 months

This EarlyON parent child interactive program offers an engaging environment to explore and create with your children and to connect with other families. Professional staff are available to support your learning as well as to share resources and their expertise when needed.

Otonabee Valley Site

- ◆ Wednesdays 9:30am - 12:00pm
- CLOSED Jun 7



OUTDOOR FUN



Toy and Book Lending Library - Drop-in

0 - 6 years

A lending service where families can borrow high quality, developmentally appropriate toys, books and games for their young children. Access to library staff and early learning tips to try at home.

Antrim Site

- ◆ Tuesdays 9:30am - 12:00pm
 - ◆ Wednesdays 9:30am - 12:00pm
 - ◆ Thursdays 1:00pm - 5:30pm
 - ◆ Saturdays 9:30am - 12:00pm
(1st, 3rd and 5th/month)
- CLOSED May 20 and Jun 7

Loose Parts in the Park/Playscape - Drop-in

0 - 6 years

Have you noticed that when you give a child a gift, they are more interested in exploring the box and wrapping than in what is inside? That is what loose parts are all about! Loose parts could be a plastic tube, a cardboard box, sticks or stones. What happens when your child finds these materials outside? Children are naturally curious and when we invite them to explore loose parts in an outdoor space there is freedom to move and explore.

The possibilities are endless! Come join us for some fun.

John Taylor Park

- ◆ Wednesdays 10:00am - 11:30am
(2nd and 4th/month)
- CLOSED Jun 7

Playscape, Antrim Site

- ◆ Mondays 9:30am - 11:30am
- CLOSED May 22

Roots of Discovery - Drop-in

0 - 6 years

Roots of Discovery is a child-led outdoor exploration program offering opportunities for young children to investigate and find joy in the natural outdoor world and parents to support and share in their wonder.

Professional staff are available to support your learning as well as to share resources and their expertise when needed. Join us for the adventure!

Jackson Park, Peterborough

- ◆ Fridays 10:00am - 12:00pm

PARENT/CHILD WORKSHOPS

For multi sessions workshops, preregister only for the first session date (you will be automatically preregistered for all sessions)



Beyond Songs & Rhymes - Preregistration required

0 - 12 months / Four/Six Sessions Workshop

To preregister go to [KeyON Calendar](#)

This is a 4/6-week group experience for parents and their babies focusing on the pleasure and power of using interactive rhymes, songs, and stories through the oral tradition. Parents gain confidence as they help their babies learn language and communication skills in this program.

Antrim Site

- ◆ Wednesdays 1:30pm - 2:30pm
May 3, 10, 24, 31, Jun 14 and 21

Otonabee Valley Site

- ◆ Mondays 1:30pm - 2:30pm
Apr 17, 24, May 1, 8 and 15

Infant Massage - Preregistration required

0 - 8 months / Four Sessions Workshop

To preregister go to [KeyON Calendar](#)

Infant Massage is a four-session course for parents and their infants. Developed by the International Association of Infant Massage, this program will give you the tools and information you need to communicate with your baby through loving touch.

Lakefield Site

- ◆ Mondays 10:00am - 11:00am
May 29, Jun 5, 12 and 19

The Havelock Centre

- ◆ Fridays 11:00am - 12:00pm
May 5, 12, 19 and 26

Pajama Party - Preregistration required

0 - 6 years / Single Session workshops

To preregister go to [KeyON Calendar](#)

Pull on your favorite pair of PJs and join us at the Antrim site for a family pajama party. This evening program will include a few stories, a circle time and a creative activity for the whole family to do together.

Antrim Site

- ◆ Wednesday, May 3 6:00pm - 7:00pm

Play, Stay & Learn - Preregistration required

0 - 6 years / Single Session Workshops

To preregister go to [KeyON Calendar](#)

This single session EarlyON parent child interactive program offers an engaging environment to explore and create with your children and to connect with other families. Professional staff are available to support your learning as well as share resources and their expertise.

Norwood Site

- ◆ Wednesdays 9:30am - 11:30am
Mar 22 through Jun 21

Preregister for each individual date you want to attend



Not What I Expected - Preregistration required

0 - 12 months / Eight Sessions Workshop - Preregister (see below)

Are you a mom with a baby one year of age or younger experiencing some or all of the following: anxiety, depression, recurring unwanted thoughts, feelings of being overwhelmed, a lack of social supports of family close by, or concerned about attachment with your baby?

In this group you will:

- ▶ Talk about your experiences with challenges in the postpartum period,
- ▶ Discuss coping strategies to help you get through difficult days,
- ▶ Learn about Resiliency, Postpartum Mood Disorder, Self-Care,
- ▶ Meet other Moms who are looking to find their way through this difficult time,
- ▶ Find out about other resources for you and your family,

All interested women MUST complete an intake before registering. Please, fill out and submit the [Registration Form here](#) or call Peterborough Family Health Team program office at 705-740-8020 Ext. 315 or 335, to start the program registration process.

Antrim Site

NOT CURRENTLY AVAILABLE

Song & Signs - Preregistration required

5 -15 months / Three Sessions Workshop

To preregister go to [KeyON Calendar](#)

This EarlyON program is an interactive course for parents and children. Parents will learn a variety of baby signs through a weekly signs and songs circle. Information on the benefits of signing and tips for success will be discussed.

Antrim Site

- ◆ Tuesdays 2:00pm - 3:00pm
May 30, Jun 6 and 13

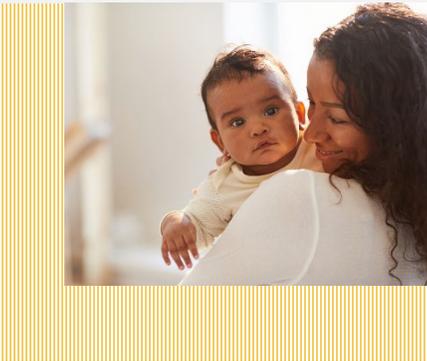


Specialized Programs

CAPC

Community Action Program for Children

Steps and Stages



This program is designed for families with infants' birth to 12 months who are experiencing challenging life circumstances. This program focuses on play, building parenting skills and parent-infant attachment. This is a weekly program staffed by a multidisciplinary team. **Referral and registration required** as the program serves a specific population and has limited spaces. We accept both agency and self-referrals.

[Referral Form](#)

Antrim Site

◆ Thursdays

10:00am - 12:00pm

School For Young Moms

The School For Young Moms is a high school program for pregnant and parenting teens.



The program is run in partnership with Kawartha Pine Ridge District School Board. The program is highly supportive providing transportation, breakfast and lunch, parenting support and education as well as licensed childcare. **Referral and registration required**. Call 705-742-4632 for more information.

[Referral Form](#)

School for Young Moms

201 McDonald Street, Peterborough

◆ Monday to Friday

9:00am - 2:00pm