

April 2017

Better Beginnings for Kingston Children



Program / Event Updates

Watch for new groups & programs starting in April

Pathways for Children & Youth Counsellor Drop-In (see back for more information)

Get Active, Healthy & Safety Fair Saturday, April 29th 10-12



Walk to Win winners!

Erin D, Melanie, Dominique & Susi



Featured Artist

Genevieve –14 months

263 Weller Ave.
Kingston, ON, K7K 2V4
BBKC direct:: 613.542.2835
613.542.2949
www.kchc.ca

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Beginning Connections— Time for Me (watch for more information) 9-12 pm</p>	<p>4</p> <p>Infant Group 12:30-2:30pm Taste of Health 4-6pm</p>	<p>5</p> <p>Early Learning Playgroup Explore, Learn & Play 9-11am</p>	<p>6</p> <p>Early Learning Playgroup 9-11 am Teens Loving Children 3-5pm Prenatal 5-7pm</p>	<p>7</p>
<p>10</p> <p>Beginning Connections— Time for Me (watch for more information) 9-12 pm</p>	<p>11</p> <p>Infant Group 12:30-2:30pm Healthy Parenting Topic Planning 4-6pm</p>	<p>12</p> <p>Early Learning Playgroup Explore, Learn & Play 9-11am</p>	<p>13</p> <p>Early Learning Playgroup 9-11 am Teens Loving Children 3-5pm Prenatal 5-7pm</p>	<p>14</p> <p>BBKC Closed Good Friday</p>
<p>17</p> <p>BBKC Closed Easter Monday</p>	<p>18</p> <p>Infant Group 12:30-2:30pm Parenting Today 4-6pm</p>	<p>19</p> <p>Early Learning Playgroup Explore, Learn & Play 9-11am</p>	<p>20</p> <p>Early Learning Playgroup 9-11 am Teens Loving Children 3-5pm Prenatal 5-7pm</p>	<p>21</p> <p>Good Food Box Cooking 12-2:30pm</p>
<p>24</p> <p>Beginning Connections— Time for Me (watch for more information) 9-12 pm</p>	<p>25</p> <p>Infant Group 12:30-2:30pm Healthy Parenting ~ Self Defense with Kristine 4-6 pm</p>	<p>26</p> <p>Early Learning Playgroup Explore, Learn & Play 9-11am</p>	<p>27</p> <p>Early Learning Playgroup 9-11 am Teens Loving Children 3-5pm Prenatal 5-7pm</p>	<p>28</p>

Remember to call and book childcare on the Monday morning the week before your program needs.

Drop-in Programs

No need to call ahead unless you need care for your other children.

(Call the week before to book childcare)

Early Learning Infant Group

A drop-in group for parents-to-be and parents with babies up to 1 year old.

Lunch provided.

Tuesdays 12:30-2:30pm

Early Learning Toddler Group

A drop-in group for parents and their toddlers up to 2 years old.

Thursdays 9:30-11:00am

Early Learning Playgroup

Time for parents and their children to explore, learn and play together!

Wednesdays 9-11:00am

Teens Loving Children

A drop-in group for pregnant and/or parenting teens up to 23 years old.

Thursdays 3-5pm

Pathways for Children & Youth Counsellor Drop-In

An hour long conversation with a Pathways counsellor which focuses on a child's (0-6) behavioral, emotional or other mental health concern and a solution focused plan

Tuesdays 12:30-3:30 pm or by appt.



Better Beginnings for Kingston Children

613.542.2835

Sign-up Programs

Call the week before to book.

Beginning Connections/Time for Me

Time for your child to explore and learn while you take a break!

Mondays/Thursdays 9am-12pm

Taste of Health

1st Tuesday of the month 4-6pm

Time for Dads

2nd Tuesday of the month 4-6pm

Parenting Today

Parents-only time to build positive and healthy relationships. Activities include guest speakers, crafts and discussions.

3rd & 4th Tuesday of the month 4-6pm

See schedule for topics

Good Food Box Cooking

Cook a nutritious meal using the contents of a Good Food Box.

3rd Friday of the month 12-2:30pm

Individual Family Support

A Family and Community Support Worker offers support, encouragement, knowledge, resources and a connection to the community
Anytime!

All programs at BBKC are free!!!



Specialized Programs

Call BBKC to sign up.

Baby's Coming

Prenatal classes to share and learn about pregnancy, labour and birth, breastfeeding, newborn care and more.

Prenatal Nutrition Program

Prenatal vitamin coupons, weekly milk coupons and a monthly Good Food Box available to all pregnant women participating in our programs.

Smoking Cessation

Advice and support on quitting cigarette smoking.

Parenting Programs

Learn how to encourage positive behaviours and build healthy relationships with your children.
Several programs offered through the year.

Breastfeeding Peer Support Program

Trained peers available to support pregnant and breastfeeding women to meet their breastfeeding goals.

School Readiness

A half-day program for children the year before they start Kindergarten.

Call for more information.



Thrive

Support for pregnant and parenting women who have experienced or are experiencing problems with substance use.

Call Michele 613-453-0737 or

Jess 613-453-5542 for more information.
