

January 2018

Better Beginnings for Kingston Children



Monday	Tuesday	Wednesday	Thursday	Friday
1 BBKC Closed	2 Infant Group 12:30-2:30pm	3 Early Learning Playgroup Explore, Learn & Play 9-11am	4 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm	5
8 Beginning Connections— Time for Me 9-12 pm	9 Infant Group 12:30-2:30pm	10 Early Learning Playgroup Explore, Learn & Play 9-11am Family Yoga 4-6	11 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm	12
15 Beginning Connections— Time for Me 9-12 pm	16 Infant Group 12:30-2:30pm Prenatal 5 - 7pm	17 Early Learning Playgroup Explore, Learn & Play 9-11am	18 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm	19
22 Beginning Connections— Time for Me 9-11:30 am	23 Infant Group 12:30-2:30pm Prenatal 5-7pm	24 Early Learning Playgroup Explore, Learn & Play 9-11am	25 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm	26
29 Beginning Connections— Time for Me 9-12 pm	30 Infant Group 12:30-2:30pm Prenatal 5-7 pm	31 Early Learning Playgroup Explore, Learn & Play 9-11am		

Program / Event Updates

Bounce Back Parenting Program
Jan 12 - Mar 9
Call BBKC to register

Walk to Win Incentive

If you walk or bus to or from our programs, ask for a Walk to Win ballot to enter in a draw for a \$50 PC gift card

Do you have questions about your child's behaviour?
Pathways for Children & Youth Counsellor Drop-In
Tuesdays 12:30 - 4:30pm
(see back for more information)



Walk to Win winner!

Jodi



Featured Artist

Omar S – 2 years old

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

Drop-in Programs

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

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

Wednesdays & Thursday 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 ahead to book childcare.

Beginning Connections/Time for Me

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

Mondays 9am-12pm

Good Food Box Cooking

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

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

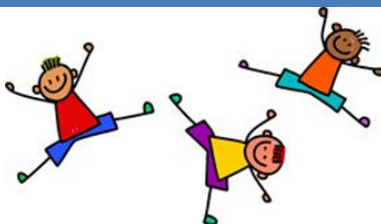
Individual Family Support

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

A.L.L For Your Baby

Attachment, Language and Learning
Learn rhymes and fun activities to help build your baby's brain.

All programs at BBKC are
Free and open to anyone living
in the Kingston area!!!



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.
