



Monday	Tuesday	Wednesday	Thursday	Friday
Please watch for new times & EarlyON programming starting in July				1
4 Healthy Parenting (Time for Me) Beginning Connections 9-11:30am	5 Infant Group 12:30-2:30pm	6 Early Learning Playgroup Explore, Learn & Play 9-11am	7 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm	8
11 Healthy Parenting (Time for Me) Beginning Connections 9-11:30am	12 Infant Group 12:30-2:30pm Family Literacy Night 4-6 pm	13 Early Learning Playgroup Explore, Learn & Play 9-11am Prenatal 5 - 7pm	14 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm	15
18 Healthy Parenting (Time for Me) Beginning Connections 9-11:30am	19 Infant Group 12:30-2:30pm	20 Early Learning Playgroup Explore, Learn & Play 9-11am	21 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm	22 Good Food Box Cooking 9:30AM -12PM
25 Healthy Parenting (Time for Me) Beginning Connections 9-11:30am	26 Infant Group 12:30-2:30pm	27 Early Learning Playgroup Explore, Learn & Play 9-11am	28 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm	29

### Program / Event Updates

#### Walk to Win Incentive

If you walk, ride your bike 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?  
Maltby Centre  
Counsellor Drop-In  
Tuesdays 12:30 - 4:30pm  
(see back for more information)



### Walk to Win winner!

Draw on June 30th



### Featured Artist

Dexter – 22 months

263 Weller Ave.  
Kingston, ON, K7K 2V4  
**BBKC direct: 613.542.2835**  
613.542.2949  
[www.kchc.ca](http://www.kchc.ca)

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## 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

### Maltby Centre 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.



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## Better Beginnings for Kingston Children

613.542.2835

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## Sign-up Programs

Call ahead to book childcare.

### Healthy Parenting/Time for Me

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

**Mondays** 9-11:30am

### Good Food Box Cooking

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

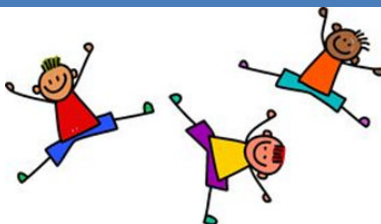
**3<sup>rd</sup> Friday of the month** 12-2:30pm

### 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!!!



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## 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.



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### 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.

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