

May 2017

Better Beginnings for Kingston Children



Program / Event Updates

Toronto Metro Zoo Trip
Saturday, June 3, 2017

Ticket Sale Days
Monday, May 8th 2-3pm
&
Friday, May 26th 11am-12pm
KCHC 263 Weller Ave

Tuesday, May 9th
12:30-1:30pm
Frontenac Public School
(Main office)



Walk to Win winners!

Dominique, Katrina B, Chantel,
Patricia, Chelsea & Susi



Featured Artist

Aubree – 2 years old

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBKC Closed	2 Infant Group 12:30-2:30pm Healthy Parenting Dads Night Out Taste of Health 4-6pm	3 Early Learning Playgroup Explore, Learn & Play 9-11am	4 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm Prenatal 5-7pm	5
8 Beginning Connections— Time for Me (watch for more information) 9-12 pm	9 Infant Group 12:30-2:30pm Healthy Parenting 4-6pm	10 Early Learning Playgroup Explore, Learn & Play 9-11am	11 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm Prenatal 5-7pm	12
15 Beginning Connections— Time for Me (watch for more information) 9-12 pm	16 Infant Group 12:30-2:30pm Healthy Parenting 4-6pm	17 BBKC Closed	18 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm Prenatal 5-7pm	19 Good Food Box Cooking 12-2:30pm
22 BBKC Closed Victoria Day	23 Infant Group 12:30-2:30pm Healthy Parenting 4-6 pm	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 (watch for more information) 9-12 pm	30 Infant Group 12:30-2:30pm Healthy Parenting Dads Night Out 4-6pm	31 Early Learning Playgroup Explore, Learn & Play 9-11am		

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 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 the week before to book.

Beginning Connections/Time for Me

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

Mondays 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

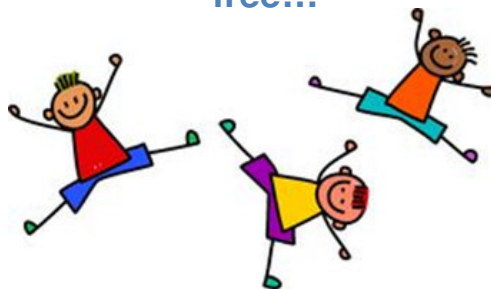
Cook a nutritious meal using the contents of a Good Food Box.

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.
