

# November 2017

## Better Beginnings for Kingston Children



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Early Learning Playgroup Explore, Learn & Play 9-11am	<b>2</b> Early Learning Playgroup 9-11am Teens Loving Children 3-5pm Prenatal 5:15-7:15pm	<b>3</b>
<b>6</b> Beginning Connections— Time for Me 9-12 pm	<b>7</b> Infant Group 12:30-2:30pm Healthy Parenting 4-6pm	<b>8</b> Early Learning Playgroup Explore, Learn & Play 9-11am	<b>9</b> Early Learning Playgroup 9-11am Teens Loving Children 3-5pm Prenatal 5:15-7:15pm	<b>10</b>
<b>13</b> Beginning Connections— Time for Me 9-12 pm	<b>14</b> Infant Group 12:30-2:30pm Healthy Parenting 4-6pm	<b>15</b> Early Learning Playgroup Explore, Learn & Play 9-11am	<b>16</b> Early Learning Playgroup 9-11am Prenatal 5:15-7:15pm	<b>17</b>
<b>20</b> Beginning Connections— Time for Me 9-12 pm	<b>21</b> Infant Group 12:30-2:30pm Healthy Parenting "Self Defense" 4-6 pm	<b>22</b> Early Learning Playgroup Explore, Learn & Play 9-11am	<b>23</b> Early Learning Playgroup 9-11am Teens Loving Children 3-5pm Prenatal 5:15-7:15pm	<b>24</b>
<b>27</b> Beginning Connections— Time for Me 9-12 pm	<b>28</b> Infant Group 12:30-2:30pm	<b>29</b> Early Learning Playgroup Explore, Learn & Play 9-11am	<b>30</b> Early Learning Playgroup 9-11am Teens Loving Children 3-5pm Prenatal 5:15-7:15pm	

### Program / Event Updates

#### Seasonal Program

Operation Warm Feet  
"Toonie Boots"

\*\* A pair of children or youth boots for \$2

For children & youth born 1999 or later

Saturday, Nov 25th 9am - 5pm  
(first come, first served)

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!

Erin



### Featured Artist

Mathew—18 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

### 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.



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# Better Beginnings for Kingston Children

613.542.2835

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## 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

### Taste of Health

**1st Tuesday of the month** 4-6pm

### Parenting Today

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

**2nd, 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.

**3<sup>rd</sup> 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!!!



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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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