

# September 2017

## Better Beginnings for Kingston Children



### Program / Event Updates

Encouraging Parents Parenting Program  
Sept 15–Oct 26  
Call BBKC to register

Does your child start school in September 2018? You can register your child for our 2017/2018 **BBKC School Readiness** program at [kingstonchildcare.ca](http://kingstonchildcare.ca)

Scarecrow Festival  
Saturday, September 23rd  
12-3 pm  
KCHC 263 Weller Ave



### Featured Artist

Malcolm—3 years old

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

Monday	Tuesday	Wednesday	Thursday	Friday
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4 <b>BBKC Closed</b>	5 Infant Group 12:30-2:30pm Healthy Parenting "Taste of Health" 4-6pm	6 <b>BBKC Closed</b>	7 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm	8
11 Beginning Connections— Time for Me 9-12 pm	12 Infant Group 12:30-2:30pm Healthy Parenting "Dads Night Out" 4-6pm	13 Early Learning Playgroup Explore, Learn & Play 9-11am	14 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm Prenatal 5:15-7:15pm	15
18 Beginning Connections— Time for Me 9-12 pm	19 Infant Group 12:30-2:30pm Healthy Parenting 4-6 pm	20 Early Learning Playgroup Explore, Learn & Play 9-11am	21 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm Prenatal 5:15-7:15pm	22 Good Food Box Cooking 12-2:30pm
25 Beginning Connections— Time for Me 9-12 pm	26 Infant Group 12:30-2:30pm Healthy Parenting "Self Defense" 4-6 pm	27 Early Learning Playgroup Explore, Learn & Play 9-11am	28 Early Learning Playgroup 9-11am Teens Loving Children 3-5pm Prenatal 5:15-7:15pm	29

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

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## 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.



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## Better Beginnings for Kingston Children

613.542.2835

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## 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 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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