

# SSFRA Programming

## Queens County

### ▪ Child-focused Programming

- **Feeling good about me** – these day camps are designed for children ages 4-6 years old and are focused on learning to deal with emotions, building self-esteem, physical activity, nutrition and healthy living.
- **Fun & Learn with 4's**- an eight (8) week program that offers children of 4 years of age a chance for learning opportunities and self- help skills.
- **Play with me 3's**- a six (6) week program that offers children 3 years of age a chance to build skills, play and learn a routine with other 3 year olds.

### ▪ Parent-Focused Programming

- **Prenatal education sharing sessions**-Provide in partnership with Public Health Services and the Queens Family resource Centre. For more information call 354-5737 or 354-7176.
- **Parent Information Sessions**- Information will be available to parents on specific topics throughout the year. For more details call the Centre at 354-7176.
- **Breast Pump Lending Program**- The Queens Family Resource Centre offers breast pumps to nursing moms. For more information call the Centre at 354-7176.

### ▪ Family focused Programming

- **Baby Talk**- Join parents and other care givers of new babies every week, with a visit from Public Health staff every second week. Have your baby weighed or just get answers to questions you have about your new baby. Monday 10:00-12:00
- **Toddler Time**- For Toddlers age 1 to 2 ½. Bring your Toddler to play with other Toddlers in a safe environment. Thursday 10:00-11:30
- **Tuesday Playgroup**- Fun for all ages. A chance for families to come together and enjoy songs, rhymes, games, crafts and make new friends. Tuesday 10:00-11:30
- **Wednesday morning drop-in**- A time for families to come together and have fun in our playroom or our playground. Wednesday mornings

- **North Queens Parent and Tot-** Join Families in the North Queens area for some playgroup fun, At Caledonia United Church Hall. Tuesday 10:00-11:30
- **Milton Playgroup-** Join families in the Milton area for some playgroup fun, at the Milton Christian Church. Friday 10:00-11:30
- **Port Mouton Playgroup-** Join families in the Port Mouton area for some playgroup fun, At the West Queens Community hall. Monday 10:00-11:30
- **Infant Massage-** Connect with your baby through nurturing touch. These sessions are designed for babies not yet crawling. 4 weekly sessions offered throughout the year.

#### ■ **Community Focused Programming**

- **Special event days-** Join staff with your family for fun activities during summer months or other special event days. Watch for flyers or one of our calendars for these days.
- **Clothing exchange-** a free service to families in the community to take or donate clothing. Daily