

PARKDALE PARENTS' PRIMARY PREVENTION PROJECT

A community collaborative project of:

- Parkdale Community Health Centre
- Creating Together Family Resource Centre
- Toronto Public Health

With support from:

- The Daily Bread Food Bank
- Working Women Community Centre
- St. Christopher House
- Parkdale-High Park Ontario Early Years Centre
- Queen Victoria Partners for Early Learning
- More Than Child's Play Parent-Child Resource Centre
- Childbirth & Parenting Department, St. Joseph's Health Centre
- Show Kids You Care Foundation

Funded by:

- Public Health Agency of Canada's Community Action Program for Children (CAPC)
- Canada Prenatal Nutrition Program (CPNP)



Parkdale
Community
Health Centre



Ontario's Community
Health Centres
Every One Matters.



Ontario

Toronto Central Local Health
Integration Network

Where to find us:

Women's Connection Program

27 Roncesvalles Ave. ,Suite 301 & 503

Toronto, ON, M6R 1C7

(In the Sunnyside Medical Arts Building,
corner of Roncesvalles & Queen)

Telephone: (416) 537-8222, x 502 or 505.

Email: 5ps@pchc.on.ca

PARKDALE PARENTS' PRIMARY PREVENTION PROJECT

Building Healthy Families



Free programs for
parents and young
children

PRENATAL NUTRITION & SUPPORT PROGRAM

Good nutrition, starting with pregnancy, provides the best possible start for babies to grow up healthy and strong.

- Prenatal /Postnatal information
- Labour and delivery sessions each week
- Nutrition workshops each month
- Support and information from the Nurse, Dietitian, Settlement Worker, & Social Workers
- Breast feeding support
- TTC fare available
- Friendly chat with other pregnant women
- Childcare provided for older children

When: Wednesdays 10 - 11:30 am or 1:30 – 3:00 p.m.
To register: 416.537.8222 ext 502 or 505

MOM & BABY CIRCLE

For mothers with babies 0-6 months old, this group gives you a chance to share your experience and focus on healthy infant-parent relationships and parenting.

- Learn about your child's development and health
- Parenting support and information
- Have fun together with your baby learning songs and rhymes
- Learn how to make baby food
- Meet other moms and share experiences
- Participate in group discussions
- Snack, TTC token and Childcare provided

When: Mondays 10:00am - 12:00pm
To register: 416-537-8222 ext 502

BABY AND ME

This program provides child development and infant stimulation to mothers and their babies aged 0-6 months

- Child development and health information
- Parenting support and information
- Have fun together with your baby learning songs and rhymes
- Learn how to make baby food
- Meet other moms and share experiences
- Snack, TTC token and Childcare provided

When: Thursdays, 10:00 a.m. – 12:00 p.m.

Where: Parkdale community Health Centre, at 1229 Queen Street West

To register: 416.537.8222 ext. 502

PARKDALE YOUNG PARENTS

Weekly drop-in for expectant parents, young parents under age 25 and their children aged 0-3 years old. Laid-back space where you can relax, get parenting support, and make friends.

- Get support and information from program staff or a nurse
- Attend information sessions on a new topic each week
- Have fun together with your baby or child
- Meet other young moms & dads and share experiences
- Healthy snack TTC and Childcare provided

When: Tuesdays 4:00- 6:00pm

There is currently a waitlist, call for more information: Rosa at 416.537.0275 ext 231

THE LANGUAGE OF PARENTING COURSE



This 8 week course is designed to help first time parents and their baby to ease into family process

What is included in the sessions?

- Stress-reducing ways to co-parent effectively
- Knowledge of infant brain development/reading baby's cues
- Strategies to create positive social and emotional development together as a family
- Snack, TTC token and Childcare provided

When: Sessions in Spring or Fall each year

Where: Parkdale community Health Centre, at 1229 Queen Street West

To register: 416.537.8222 ext 505

INFANT AND CHILD FIRST AID TRAINING

Infant and Child First Aid Training is provided for parents who are already enrolled in 5P's programs.

First Aid Training is offered February, June and October.

To register: 416.537.8222 ext 502