



PARENTING BABIES AND CHILDREN

TOPICS	OAK RIDGES 10610 Bayview Ave, Unit 9, Richmond Hill (905-883-6901)	AURORA 40 Englehard Dr., Unit 1 Aurora (905-751-1011)	ROUGE RIVER C.C. 120 Rouge Bank Drive, Markham (905-479-0002)	MARKHAM 3990 – 14 th Avenue, Markham (905-479-0002)	NEWMARKET 17310 Yonge St., Unit 6, Newmarket (905) 853-0754)	KESWICK R.L. Graham 70 Biscayne Blvd, Keswick (905-476-3834)	WOODBIDGE 140 Woodbridge Ave., Unit E400, Woodbridge (905-856-5511 or 1-866-404-2077)	SCHOMBERG 289 Main Street, Schomberg (905-939-7743)	SUTTON 5279 Black River Rd., Sutton (905-722-9630)
Adjusting to the First Year of Parenthood		Tues, March 9 1:00-2:30 pm				Tues, April 20 1:30-3:00 pm	Thurs, April 22 2:15-3:45 pm		Thurs, June 3 10:00-11:30 am
Attachment Parenting	Wed, June 2 1:00-3:00 pm	Tues, April 13 1:00-2:30 pm	Tues, March 23 1:00-3:00 pm		Wed, May 5 10:00-11:30 am	Tues, April 6 1:30-3:00 pm			
Growth & Development	Wed, June 9 1:00-3:00 pm	Tues, May 4 1:00-2:30 pm	Tues, March 30 1:00-3:00 pm	Tues, May 4 1:30-3:30pm	Wed, April 28 10:00-11:30 am	Tues, April 27 1:30-3:00 pm			Thurs, June 17 10:00-11:30 am
Infant Sleep	Wed, June 23 1:00-3:00 pm	Tues, June 15 1:00-2:30 pm	Tues, April 6 1:00-3:00 pm	Tues, May 18 1:30-3:30 pm	Wed, April 21 10:00-11:30 am	Tues, April 13 1:30-3:00 pm	Thurs, May 13 2:15-3:45 pm	Tues, June 1 1:30-3:00 pm	
Positive Discipline		Tues, June 22 1:00-2:30 pm		Tues, June 1 1:30-3:30 pm			Thurs, June 3 2:15-3:45 pm		Thurs, June 10 10:00-11:30 am

Workshops are facilitated by a Public Health Nurse from York Region Community and Health Services. There is no registration required however there is limited capacity based on the space available. When that capacity is reached, they cannot accept any more participants into the workshop. Calendars can be found online at www.ontarioearlyyears.ca



Last Updated on April 9, 2010

GROWING HEALTHY TOGETHER For more information call Health Connection at 1-800-361-5653 or visit www.york.ca



Parenting Workshops

For Parents of Babies under 12 months old

Adjusting to the First Year of Parenthood

An interactive and supportive class where we will talk about the ups and downs of parenthood, what is helpful, and share solutions to common challenges that many parents experience.

Attachment Parenting

Early experiences help to shape the way your child learns, thinks, and behaves now and in the future. Learn more about what you can do to make a difference!

Growth and Development

Learn more about what to expect in your baby's first year, and what you can do to help your baby grow and develop.

Infant Sleep

Learn more about your baby's developing sleep patterns and what you can do to help your baby sleep.

Positive Discipline

Learn more about positive parenting strategies that match your child's stage of development, individual personality, and needs.