

PARKDALE PARENTS' PRIMARY PREVENTION PROJECT

A community collaborative project of

- Women's Health Centre at St. Joseph's Health Centre
- Creating Together Parent-Child 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
- Parkdale Community Health Centre

Funded by

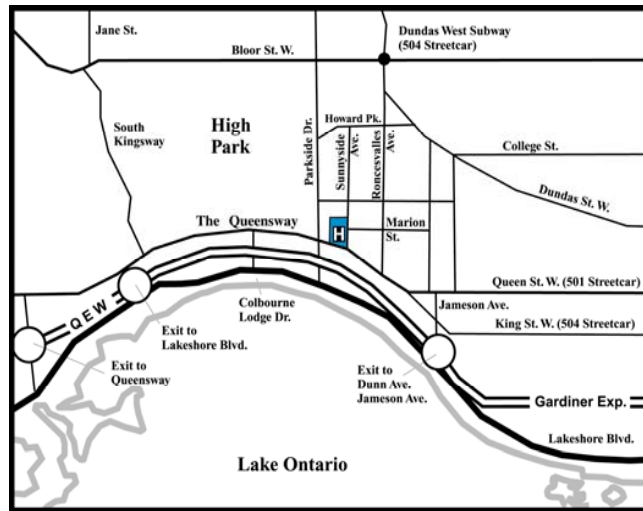
- Public Health Agency of Canada's Community Action Program for Children (CAPC) and Canada Prenatal Nutrition Program (CPNP)

With support from:

- Morrison Foundation
- Canadian Tire Foundation
- Children's Emergency Foundation
- J.P. Bickell Foundation
- St. Joseph's Health Centre Foundation

Where to find us:

Women's Health Centre
St. Joseph's Health Centre
30 The Queensway
Ground Floor, Morrow Wing
(near the Main Elevators)



ST. JOSEPH'S
HEALTH CENTRE TORONTO



Parkdale Parents' Primary Prevention Project
30 The Queensway
Toronto, Ontario M6R 1B5
Phone (416) 530-6318
Fax (416) 530-6629

PARKDALE PARENTS' PRIMARY PREVENTION PROJECT

Building Healthy Families



Free programs for parents and young children from birth to age 6.

Programs for Pregnant Women and Families with Young Children (0-6)

PRENATAL NUTRITION & SUPPORT PROGRAM

Having a baby? Or is your baby less than 3 months old? This program is for you! Come and:

- Have a healthy snack
- Make new friends
- Get support and information from the nurse, dietician, settlement worker or counsellors
- Attend information sessions on a new topic each week
- Take a bag of groceries
- Check the clothing exchange closet
- Talk about your concerns
- Have a friendly chat with other women

When: Wednesdays 10:00 a.m. until 11:30 a.m. or 1:30 – 3:00 p.m.

MOM & BABY CIRCLE

Do you have a baby between 3 and 10 months old? Come to a weekly drop-in to:

- Learn about your child's development
- Have fun together with your baby
- Get support and information
- Learn how to make baby food

- Participate in group discussions
- Meet other moms and share experiences

When: Mondays 10:00 a.m. to 12:00 noon or 1:00-3:00 p.m.

WOMEN'S HEALTH CENTRE PLAYROOM

Temporary childcare for children whose parents are attending programs at the Women's Health Centre, or have an appointment at St. Joseph's Health Centre.

When: Tuesdays 9:30 a.m. - 12:15p.m. and Fridays 9:30 a.m. - 12:00 p.m. when reserved by phone.

Important! Call 416-530-6850 to reserve a space for your child.

POSITIVE PARENTING

A series of six parenting workshops addressing:

Healthy child development, Nutrition, Speech and Language Development, Temper Tantrum, Toilet Learning & Self Care

Spring and fall sessions

Call for more Information or to register

For information or to register for programs, call

Mira at 416-530-6486 ex 3661

Joanne at 416-530-6318

DADDY MATTERS!!!



A parenting program for expecting fathers and fathers with children less than one year

- The Value of a Dad – Your Role Matters
- Tackling the Changes-Yours and Hers
- Baby Care 101- the Nuts 'n' Bolts of Caring for your Baby

When: Thursdays 6 pm -7:30pm. Autumn and Spring sessions. Registration is limited so call soon!

Brian Russell 416-530-6486 x 3379#

FIRST AID TRAINING

Infant & Child First Aid Courses for Parents September, January and April.

Call for more information.

2009-04-17