

Community Parenting Inventory

The following parenting course will be offered on a minimum enrolment basis.

Please feel free to call the contact person listed for more information

2009

<p>Parental Relief Care</p> <ul style="list-style-type: none"> • OEYC (Mondays in Red Lake 12-2pm and Thursdays in Balmertown from 12-2pm) • Gives parents a chance to get things done around the house or go to the grocery store without their children. • Pre Registration is required, call or come in to register – Children must be one year or older and able to separate from you with minimal difficulty. <p>Contact: April @ 727-3576 or 735-2577</p>	<p>Resources and Playgroups – Ontario Early Years Centre</p> <ul style="list-style-type: none"> • Services are free • Calendars available at the centers featuring programs and playgroup times and locations. Call the center to have one mailed to you. • Focus of playgroups is on families with children 0-6 years <p>Contact: April @ 727-3576 or 735-2577</p>
<p>Parent Infant Mother Goose</p> <ul style="list-style-type: none"> • Open to parents with children 0-2 years during our INFANT TIME playgroups • Encourages attunement between a parent and their baby and interaction with other parents with infants • Teaches parents simple rhymes and songs they can sing with their infant at home. • Program is offered at both Red Lake and Balmertown Sites – pre registration NOT required. • Sandy Bullied, Healthy Starts will be there each week to weigh and measure babies and answer any questions regarding infants. <p>Contact: April @ 727-3576 or 735-2577</p>	<p>Le Leche League of Red Lake</p> <ul style="list-style-type: none"> • Breastfeeding support for mothers and mothers to be. • Support meetings held at the OEYC in Red Lake the third Wednesday of each month. <p>Contact: Lisa @ 727-2591</p>
<p>Roots of Empathy</p> <ul style="list-style-type: none"> • A rich and highly rewarding classroom parenting program that teaches human development, emotional literacy and nurtures the growth of empathy. • It is offered to one grade per year at the public school. • It is lead by a trained instructor. <p>Contact: April @ 727-3576 or 735-2577</p>	<p>Red Lake Caregivers Support Group</p> <ul style="list-style-type: none"> • Open to any caregiver who provides any level of care for another person of any age with a Mental or Physical Illness/Handicap. • This is a FREE and CONFIDENTIAL group which provides education, information and peer support. • Meeting the last Wednesday of every month. <p>Contact: Ruth @ 727-1100 (Community Counselling and Addiction Services)</p>
<p>Ear Falls Prenatal Class / Lamaze – Northwestern Health Unit</p> <ul style="list-style-type: none"> • Get information and answers to questions you may have about childbirth. <p>Contact: Jeanne McDonald @ 222-3098</p>	<p>Red Lake Prenatal Class</p> <ul style="list-style-type: none"> • Get information and answers to questions you may have about childbirth. <p>Contact: Canadian Prenatal Nutrition Program @ 727-2847 Healthy Starts Program @ 727-2165</p>

<p>Mother Goose Program</p> <ul style="list-style-type: none"> • Offered throughout the year for various age groups. • Encourages interaction between parents and children. • Teaches songs, rhymes and stories to parents that they can use at home. • A related craft is also offered along with a healthy snack. • Parents and children interact with each other and with other families that attend. <p>Contact: Marg Trippier @ 222-2270</p>	<p>Resources and Playgroups – Ontario Early Years Centre</p> <ul style="list-style-type: none"> • Services are completely free. • Calendars are available at the center featuring programs and playgroup times and locations. • Focus of playgroups is on families with children 0-6. <p>Contact: Marg Trippier @ 222-2270</p>
<p>Super Scientist – Ontario Early Years Centre</p> <ul style="list-style-type: none"> • This program utilizes simple science experiments so parents and children can work together and discover the exciting world of science. • It is offered to children from 3-6 years old. <p>Contact: Marg Trippier @ 222-2270</p>	<p>Roots of Empathy</p> <ul style="list-style-type: none"> • A rich and highly rewarding classroom parenting program that teaches human development, emotional literacy and nurtures the growth of empathy. • It is offered to one grade per year at the public school. • It is lead by a trained instructor. <p>Contact: Marg Trippier @ 222-2270</p>
<p>Play With Me – Toy Library & Ontario Early Years Centre</p> <ul style="list-style-type: none"> • This is a playgroup for children age 0-2 years. It encourages parents to come out and see our vast variety of toys and be able to socialize with other parents. • Age appropriate craft and snack provided. <p>Contact: Marg Trippier @ 222-2270</p>	<p>Ear Falls Caregivers Support Group</p> <ul style="list-style-type: none"> • Open to any caregiver who provides any level of care for another person of any age with a Mental or Physical Illness. • This is a FREE and CONFIDENTIAL group which provides education, information and peer support. • Meeting Monthly <p>Contact: Ruth @ 727-1100 (Community Counselling and Addiction Services)</p>
<p>It's M.O.M.S Call!</p> <ul style="list-style-type: none"> • Breastfeeding support for mothers and mothers to be. <p>Contact: Ear Falls – Jeanne McDonald @ 222-3098 Red Lake – Jeanne McDonald @ 727-2626</p>	<p>Patricia Centre for Children and Youth</p> <ul style="list-style-type: none"> • Parenting Programs And Workshops available. <p>Contact: Debbie Dokuchie @ 1-800-465-7203</p>
<p>Community Action Program for Children Red Lake Indian Friendship Centre</p> <ul style="list-style-type: none"> • What is CAP-C? • The CAP-C program is community-based program that addresses the health and development of off-reserve Aboriginal families and children (6months-6years) who are living in conditions of risk. <p>Contact: Michelle Kowalchuk @ 727-2847 ext.22</p>	<p>Turtle Hurtle / Parent Relief – CAP-C</p> <ul style="list-style-type: none"> • For children ages 2-6 years • Parents/caregivers who need a couple of hours to themselves can access this program. <p>Contact: Michelle Kowalchuk @ 727-2847 ext.22</p>
<p>Little Owls / School Readiness– CAP-C</p> <ul style="list-style-type: none"> • A balance of active learning and fun activities with structured routines to help prepare children for success in Kindergarten. • For children ages 3+ who are entering JK or SK this school year. <p>Contact: Michelle Kowalchuk @ 727-2847 ext.22</p>	<p>Little Eagles Playgroup– CAP-C</p> <ul style="list-style-type: none"> • For children ages 3-6 years. • Playgroup promotes healthy physical, social and emotional growth through play and socialization with other children. • Each playgroup consists of free play, nutritious snacks, age appropriate crafts, and circle time, which involve songs, finger plays and stories. <p>Contact: Michelle Kowalchuk @ 727-2847 ext.22</p>

<p>Emergency Coupons– CAP-C</p> <ul style="list-style-type: none"> • Coupons are available for families in need on an emergency basis to be used for baby products (ie.diapers, formula) <p>Contact: Michelle Kowalchuk @ 727-2847 ext.22</p>	<p>Special Events– CAP-C</p> <ul style="list-style-type: none"> • CAP-C offers participants many special events outside our regular programming. • Holiday gatherings and visits within the community are just a couple of examples. <p>Contacts: Michelle Kowalchuk @ 727-2847 ext.22</p>
<p>Canadian Prenatal Nutrition Program Red Lake Indian Friendship Centre</p> <ul style="list-style-type: none"> • The CPNP offers a holistic, culturally relevant, community-based program aimed at pre/post natal Aboriginal mothers/families and infants up to the age of 6 months. <p>Contact: Tammy Cowles @ 727-2847 ext.29</p>	<p>Parent Programs– CAP-C</p> <ul style="list-style-type: none"> • Different parent programs are scheduled throughout each month. • They include different speakers, topics and a variety of fun activities such as crafts, exercise programming or community kitchen. • Supports and services are provided to parents/caregivers as needed; one-on-one parenting support, referrals, transportation or assistance with appointments, advocacy, home visits or just for someone to talk to. <p>Contact: Michelle Kowalchuk @ 727-2847 ext.22</p>
<p>Cultural – CPNP</p> <ul style="list-style-type: none"> • CPNP program holds social activities alone or with other programs within the centre. • A cultural craft and native nutrition bingo is held once per month along with continual Elder visitation, extended family involvement, and a Kookum’s sewing group. <p>Contact: Tammy Cowles @ 727-2847 ext.29</p>	<p>Prenatal Class – CPNP</p> <ul style="list-style-type: none"> • Group or individual sessions are available. • Resource lending of birthing videos, Dads make a difference videos, and various books are also offered. <p>Contact: Tammy Cowles @ 727-2847 ext.29</p>
<p>Postnatal Care – CPNP</p> <ul style="list-style-type: none"> • During this time CPNP offers hospital and home visits, care for newborn and mom through theme based programs and updated informational sessions along with information / videos on post partum mood disorders and baby basics. <p>Contact: Tammy Cowles @ 727-2847 ext.29</p>	<p>Breast-Feeding – CPNP</p> <ul style="list-style-type: none"> • One-to-one support is offered along with resource lending and materials lending such as books, pamphlets, breast pumps. • Breast feeding specialists come in from time to time to offer additional support and information. <p>Contact: Tammy Cowles @ 727-2847 ext.29</p>
<p>Nutrition – CPNP</p> <ul style="list-style-type: none"> • Nutritional supplements are offered with all programming along with an emergency coupon program that families can obtain per month. • Nutrition classes are available. <p>Contact: Tammy Cowles @ 727-2847 ext.29</p>	<p>Teen Prevention – CPNP</p> <ul style="list-style-type: none"> • CPNP visits Red Lake District High School and Northern Eagle High School once per month. • Prevention and awareness is taught in regards to pregnancy, sexually transmitted infections, and nutrition. • Resource lending is available. <p>Contact: Tammy Cowles @ 727-2847 ext.29</p>

