


# Community Parenting Inventory

The following parenting courses will be offered on a minimum enrollment basis.  
Please feel free to call the contact person listed for more information

2010

<p><b>Active Parenting Now 1,2,3,4: 5-12: Teens</b> A parenting course</p> <p>PCCY is dedicated to helping families with children who are experiencing emotional, behavioral, developmental or interpersonal difficulties.</p> <p><b>Contact:</b> Patricia Centre for Children and Youth 223-8550</p>	<p><b>How To Talk So Kids Will Listen &amp; Listen So Kids Will Talk</b></p> <ul style="list-style-type: none"> <li>• 6- week course</li> <li>• Helps parents build a better relationship with children of all ages</li> <li>• Child care available</li> </ul> <p><b>Contact:</b> Best Start Hub: - Dryden – Barb 223-7145 - Vermilion Bay – Terri or Violet 227-5437</p>
<p><b>Siblings Without Rivalry</b></p> <ul style="list-style-type: none"> <li>• a six week course</li> <li>• helps parents help their children learn to live together</li> <li>• sensitizes parents as to what increases hostility</li> </ul> <p><b>Contact:</b> Best Start Hub - Dryden - Barb 223-7145 - Vermilion Bay – Terri or Violet 227-5437</p>	<p><b>Nobody's Perfect Parenting Course</b></p> <ul style="list-style-type: none"> <li>• 5-week course for parents of children 0 –6 years old</li> <li>• main topics – safety, childhood illnesses discipline, self-esteem, coping, parents stress</li> </ul> <p>***Child Care Provided***</p> <p><b>Contact:</b> Dryden 223-7145 Ignace 934-6696 Vermilion Bay 227-5437 Wabigoon 938-0051</p> 
<p><b>PEPS –Program for Early Parent Support</b> Parents share information, stories and successes. Activities for children.</p> <p><b>Contact:</b> Best Start Hub - Dryden: Barb 223-7145      -Vermilion Bay –Violet 227-5437 - Ignace: Joanne 934-6696</p>	<p><b>Parent Instruction for Infant CPR</b></p> <p>For information contact the Best Start Hub: - Dryden: Barb 223-7145 - Ignace: Joanne 934-6696 - Vermilion Bay: Terri/Violet 227-5437</p>
<p><b>Prenatal Classes</b> :Northwestern Health Unit Dryden 223-3301 Ignace 934-2236</p>	<p><b>Dryden Public Library:</b> 223-1475 Family Program-story hour, crafts etc.</p>
<p><b>Kids Have Stress Too</b> A workshop for parents</p> <p><b>Contact :</b> Best Start Hub - Dryden – Barb 223-7145 - Ignace – Joanne 934-6696</p>	<p><b>Parent Respite</b></p> <p><u>Ignace Nursery School</u> –Tot Time Care Thursdays 1pm-4:30pm Contact: Joanne 934-6696</p>


[www.ontarioearlyyears.ca](http://www.ontarioearlyyears.ca) or 1 866 324-4530  
Telehealth Ontario 1-866-797-0000

Vermilion Bay

Dryden

Ignace

## PARENT RESOURCE INFORMATION 2010

<p><b>Toy Lending/Play Group/Drop-in/Resources</b>  <b>Best Start Hub:</b> – free services  <b>Contact:</b>          - Dryden: Barb 223-7145          - Ignace: Joanne 934-6696          - Vermilion Bay: Terri or Violet 227-5437</p>	<p><b>Dryden Recreation Complex</b>          Exercise for Parents / Pool, weight room, machines  <b>Preschool Parent &amp; Tots Swim or Skating</b>  <b>Contact:</b>          Dryden Rec. Complex 223-1425</p>
<p>Handwriting          Without Tears          Dryden-223-7145          Vermilion Bay          227-5437</p> 	<p><b>Make The Connection</b> (Birth to One Program):          An interactive parenting program to promote security, attachment, communication etc. in infants.          Parent/Baby activities, discussion, video learning.  <b>Contact :</b>          Best Start Hub:          Dryden: Barb 223-7145</p>
<p><b>Brighter Futures – CAP/C Wabigoon</b>          Support drop-in for parents of children 0 – 6 years old,          Parent programs, home visits, toy lending, resource sharing, Mother Goose, play group etc          Wesawkwete Zone One.  <b>Contact:</b> Arlene Williams 938-0051</p>	<p><b>Breastfeeding Support</b>          Monthly meetings, education and support as needed.  <b>Contact:</b> Dryden: Suzanne Peters PHN 223-3301  <b>“It’s Mom’s Call” Breastfeeding Peer Mentor Program</b> Dryden: Kathy or Suzanne, 223-3301          Ignace: Twyla, 934-2236</p>
<p><b>Family ESSO Math Program</b>          Children 3 years of age &amp; parent          Parents assist child explore math through fun activities such as games, books, and music.  <b>Contact:</b>          Best Start Hub          - Dryden 223-7145          - Ignace 934-6696          - Vermilion Bay 227-5437</p>	<p><b>The Mayors Committee for Children &amp; Youth – Recreation Subcommittee</b>          Assisting families in financial need to access programs in the community for children up to 18yrs.          Swim, skate, bowl, music, karate, other activities etc          Require a reference to sign application confirming financial need.  <b>Contact:</b> Lynn 223-5724          Kathy 223-3301 Barb 223-2645</p>
<p><b>AHBHC-Ontario Native Women’s Association.</b>          Home visits, prenatal support, milk to prenatal moms and children, parenting courses: Active Parenting, Growing Together, Nobody’s Perfect  <b>Contact:</b>          Brenda Chartrand, Family Home Visitor 223-8730</p>	<p><b>Metis Nation of Ontario</b>          Metis Nation of Ontario CAP-C for parents with children ages 0-6 years old.          Drop-ins, Active Living Fitness Programs, Monthly Community Kitchen, Cultural Crafts Circles Etc.          All activities are free.  <b>Contact:</b>          Tina Durfey, CAP C Coordinator</p>
<p><b>Parent-Child Mother Goose Program</b></p> <ul style="list-style-type: none"> <li>• For children 3 months – 2 years</li> <li>• A program for encouraging language development</li> <li>• The teaching is directed at the parents, focusing on the pleasure and power of using rhymes, songs and stories together with the children joining in.</li> </ul> <p><b>Contact:</b>          Best Start Hub:          - Dryden 223-7145 - Vermilion Bay 227-5437          - Ignace 934-6696</p>	<p><b>Perinatal Loss Support Group for Miscarriage/Stillbirth</b>          Contact: Kathy Bryck, NWHU 223-3301  <b>Postpartum Depression Support Group</b>          Contact: Kathy Bryck, NWHU 223-3301  <b>Peer Support for Parents with Special Needs Children</b> contact :Kylie &amp; Ernie Remillard through The Patricia Centre 223-8550 for meeting times</p>

