



Activities & Supports for Parents & Young Children in Sioux Lookout and Hudson

Please call the contact person for more information.

✓ **Aboriginal Family Support Program**

Offers a variety of programs for families with Aboriginal children up to 6 years old including play circles, parenting classes & support, community kitchen, fitness classes, childcare and healthy bingo. Located at 52 King Street. Contact Candice at 737-7521.

✓ **ADD/ADHD Support Group**

This parent led group is open to anyone wanting to learn more about Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD). 3-4 meetings are held each year. For more information or upcoming meeting dates, please call the Patricia Centre for Children & Youth at 737-2086.

✓ **Baby & Me**

This drop-in group is a great time for new parents to meet other new parents and babes, weigh your baby, breastfeed, and ask a Public Health Nurse any questions you have. Held on the first and third Wednesday of every month, from 1:30-3 pm at the Sioux Lookout Best Start Hub, 73 King Street. Call 737-2292, ext 34. or Deb at 737-3253.

✓ **Breastfeeding One on One**

Breastfeeding support for families is available every Friday from 1-3 p.m. Held at the Meno Ya Win 5th Avenue site, no appointment necessary but please check in with the admitting desk. Call 737-2877 ext 3262 or 737-7922 ext 4 or 5.

✓ **Infant Massage Class**

Want to learn how to give a safe, relaxing massage to your baby? Please call Candi at 737-7922 to inquire about quarterly class dates. All classes are free of charge and everyone is welcome. Held at the Sunset Women's Aboriginal Circle, 26 Second Avenue.

✓ **Sioux Lookout Best Start Hub**

Open for drop-in Monday to Friday with many activities for children and parents, including "Infant Rhyme Time" (4 -12 months), "Parent Tot Time" (18-35 months), and "Story Time" (3-5 years old). "Make The Connection," a parenting program promoting attachment with infants in their first year, is offered periodically. Some activities require registration. A variety of toys for many ages are also available for loan.

The following education sessions are subject to a minimum enrollment. "COPE," The COmmunity Parent Education program for parents of children with disruptive behavior; "Nobody's Perfect," education and support for parents of children from 0-5 years old; "Kids Have Stress Too," helping parents and caregivers understand childhood stress. The Best Start Hub is located at 73 King Street. Call Debra at 737-3253 for details.

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Activities & Supports for Parents & Young Children in Sioux Lookout and Hudson Continued...

✓ **It's M.O.M.S. Call**

Offers phone support for breastfeeding mothers, by other mothers who have breastfed their children. Call the Healthy Babies, Healthy Children nurse at 737-2292, ext 34.

✓ **Preschool Play Group**

Bring your infant to play while you socialize with other parents! Hot chocolate, coffee and tea are provided, and juice for children. Please bring a snack to share, indoor shoes, and \$2 drop-in fee. Every Tuesdays and Thursdays 9:30 - 11am at the United Church basement, 21 - Sixth Avenue. This group does not run in the summer months. Contact Craig at 737-4959 or Laura at 737-2689.

✓ **Sioux Lookout Public Library**

Helps run the previously mentioned "Parent Tot Time" and "Story Time" in partnership with the Sioux Lookout Best Start Hub, registration is required for these groups. Children's library also has two computers with child appropriate games, drop in to use them. Contact 737-3660.

✓ **Sioux Lookout Recreation Department**

Offers "Parent and Tot Skating" Mondays and Wednesdays (in season) from 10-11am, only \$1. Located at 85 King Street, contact 737-1994.

✓ **Sunset Splash Water Park**

Swimming for all ages; has a kiddie pool, waterslide, and hot tub.
Parent & Tot swimming Monday to Friday from 10 a.m. to 2 p.m., \$40 plus tax per month.
Please call 737-1113 for other rates and hours.

✓ **Sunset Women's Aboriginal Circle**

SWAC offers many programs for prenatal and postpartum families including Moms & Pops & Tots drop-in, healing circles, craft circle, Make & Take, and parenting workshops. Support is also available for women who are struggling with depression. They are located at 26 Second Avenue, across from the high school. Contact Candi, Iris, Deb or Cindy at 737-7922.

✓ **The Patricia Centre for Children and Youth**

The following education session is subject to a minimum enrollment: "Impacts of Separation and Divorce on Children." Contact The Patricia Centre at 737-2086.
Together with First Step Women's Shelter, "Groups for Children and Moms" is offered for those who have been affected by violence in their home. Contact First Step at 737-1438.

Revised February 1, 2010