

PARKDALE PARENTS' PRIMARY PREVENTION PROJECT

A community collaborative project of:

- Parkdale Community Health 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
- Queen Victoria Partners for Early Learning
- Childbirth & Parenting Department, St. Joseph's Health Centre
- Show Kids You Care Foundation

Funded by:

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



Parkdale
Community
Health Centre



Ontario's Community
Health Centres
Every One Matters.



Ontario

Toronto Central Local Health
Integration Network

Where to find us:

Women's Connection Program

27 Roncesvalles Ave., Suite 301 & 503
Toronto, ON M6R 3B2
(In the Sunnyside Medical Arts Building,
just north of Roncesvalles & Queen)
Telephone: (416) 537-8222, x 502 or 505.
Email: 5ps@pchc.on.ca

PARKDALE PARENTS' PRIMARY PREVENTION PROJECT (5P'S)

Building Healthy Families



Free programs for
parents and young
children

PRENATAL NUTRITION & SUPPORT PROGRAM

Good nutrition, starting with pregnancy, provides the best possible start for babies to grow up healthy and strong.

- Prenatal /Postnatal information
- Labour and delivery sessions each week
- Nutrition workshops each month
- Support and information from the Nurse, Dietitian, Settlement Worker, & Social Workers
- Breast feeding support
- TTC fare available

When: Wednesdays 10 - 11:30 a.m. or 1:30 – 3:00 p.m.
To register: 416.537.8222 ext 502 or 505

MOM AND BABY CIRCLE

For mothers with babies 0-6 months old, this group gives you a chance to share your experience and learn about healthy infant-parent relationships

- Learn about your child's development and health
- Parenting support and information
- Have fun together with your baby learning songs and rhymes
- Learn how to make baby food
- Meet other moms and share experiences
- Participate in group discussions
- Snack, TTC token and Childcare provided

When: Mondays 10:00am - 12:00pm

Where: Parkdale Community Health Centre Satellite, 27 Roncesvalles Ave, Suite 503 (Queen West & Roncesvalles Ave.)

To register: 416.537.8222 ext. 502

BABY & ME

This program provides child development and infant stimulation to mothers and their babies aged 6-12 months

- Child development and health information
- Parenting support and information
- Have fun together with your baby learning songs and rhymes
- Learn about nutrition for babies and toddlers
- Meet other moms and share experiences
- Snack, TTC token and Childcare provided

When: Thursdays, 10:00 a.m. – 12:00 p.m.

Where: Parkdale Community Health Centre Satellite, 27 Roncesvalles Ave, Suite 503 (Queen West & Roncesvalles Ave.)

To register: 416.537.8222 ext. 502

DADS PROGRAM

This 8 week course is designed to help first time parents and their baby to ease into family process

What is included in the sessions?

- Stress-reducing ways to co-parent effectively
- Knowledge of infant brain development/reading baby's cues
- Strategies to create positive social and emotional development together as a family
- Snack, TTC token and Childcare provided

When: Sessions in Spring or Fall each year

Where: Parkdale Community Health Centre, at 1229 Queen Street West

To find out when next session will be offered call 416-537-8222 ext 505



INFANT AND CHILD FIRST AID TRAINING

Infant and Child First Aid Training is provided for parents who are already enrolled in 5P's programs. Sometimes there are spaces available for community members who are not already enrolled in other programs.

First Aid Training is offered 3 times per year.

To register: 416.537.8222 ext 502

We offer free on-site temporary childcare for parents who need it in order to participate in 5P's programs. Please call 416-537-8222 ext 505 for more information.