

KEY:

Drop-in Programs

Family events (registration)

Holidays & Closures

Other

RECURRING EVENTS:

Play Troop/EarlyON

Monday - Friday / 9 - 11:30 AM

Mon, Wed - Fri - SSCC

Tuesdays - Rec Plex

(Wednesday sessions are facilitated in French)

Prenatal Nutrition Program

Tuesdays / 11:30 AM - 1:30 PM

Intake Required

(613) 687-2104 ext. 223

Baby Buddies

Thursdays / 1:30 - 3:30 PM

South Side Community Centre

1578 Wolfe Ave.

I CAN'T WAIT FOR...



October 2019



	TUESDAY / 1	WEDNESDAY / 2	THURSDAY / 3	FRIDAY / 4	SATURDAY / 5
	9 AM Play Troop				9 AM Saturday Morning Breakfast & Playtime
			11 AM Storytelling		
SUNDAY / 6	MONDAY / 7	TUESDAY / 8	WEDNESDAY / 9	THURSDAY / 10	FRIDAY / 11
	9 AM Play Troop				
		9 AM Music & Play at the Civic Centre Park	2 PM ABC 123 - French Program		11 AM Music & Movement
	4:30 Daddy & Me				
SUNDAY / 13	MONDAY / 14	TUESDAY / 15	WEDNESDAY / 16	THURSDAY / 17	FRIDAY / 18
		9 AM Play Troop			
	The PMFRC offices will be closed for Thanksgiving			11 AM Storytelling	
SUNDAY / 20	MONDAY / 21	TUESDAY / 22	WEDNESDAY / 23	THURSDAY / 24	FRIDAY / 25
	9 AM Play Troop				
		9:30 AM Petawawa Terrace Walk			11 AM Music & Movement
SUNDAY / 27	MONDAY / 28	TUESDAY / 29	WEDNESDAY / 30	THURSDAY / 31	
	9 AM Play Troop				
	4:30 PM Mommy & Me				

Learn more about PMFRC programs, or register online, by visiting CAFconnection.ca/Petawawa



Play Troop:

Play Troop is the PMFRC's daily play group. It enables parents, grandparents, caregivers and children (ages 0-6) to interact and share in the joys and challenges of raising children. Wednesday sessions are facilitated in French.

Prenatal Nutrition Program:

Our goal is to provide support and reliable information throughout pregnancy. Parents will have an opportunity to get involved with the preparation of nutritious meals to keep them healthy throughout pregnancy and baby's first year. Intake required.

Baby Buddies:

If you are looking for a place to meet other parents with babies 0-12 months, drop-in to Baby Buddies. Each week participants will enjoy the first hour of Baby Buddies to chat and meet families in the group. The second hour will include various themes that change from week to week.

Breakfast & Playtime:

Join us for some Saturday morning family fun! Eat a delicious breakfast, and then enjoy some playtime as a family. For families with children ages 0-8.

Music & Movement:

This program encourages early childhood development by enhancing language skills, coordination, social interaction, physical literacy and creative play. Watch your children (ages 0-6) develop an appreciation for music as they dance, participate in musical games, play instruments, and sing.

Storytelling

Storytelling is our Early Childhood Family Literacy Program that encourages collaborative reading and language building for parents and children. Participate in meaningful and purposeful literacy activities with your child (0-6) through storytelling, puppets, songs and so much more. October story: Leaf Man, by Lois Ehlert

ABC 123:

Explore fun, age-appropriate literacy and numeracy activities with your child (2 - 6). Faites des activités de littératie et de numératie amusantes avec votre enfant, en fonction de son âge (2 à 6 ans)

Daddy & Me

Bring your child for an evening of fun! Play games in our gym full of activities and enjoy a nice supper together. For children ages 0 to 6. Grandpas and Uncles are welcome too!

Mommy & Me

Bring your child for an evening of fun! Play games in our gym full of activities and enjoy a nice supper together. For children ages 0 to 6. Grandmas and Aunts are welcome too!

Community Adventures

Tuesday October 8 : Music & Play at the Civic Centre

Tuesday October 22: Petawawa Terrace Walk

Please bring water and a nut free snack.

