



The Take-a-Break Drop In is a great place to meet other parents

How to get here

The Take-a-Break Drop In is held at the community Wellness Centre in the Jeffery Hale pavilion at 1270 chemin Sainte-Foy in Québec. Parking is free while you attend this activity.

By bus, you can take the #7 along Chemin Sainte-Foy, or the #800 or 801 on Boulevard René-Lévesque, then walk down Avenue Holland. Please tell us if getting to the Take-a-Break is a problem for you.



For more details about the Take-a-Break Drop In, please call:

The Wellness Centre at Jeffery Hale
418 684-5333, ext. 1580
Monday to Friday, 8:30 AM - 4:30 PM
wejh.ca
OR

Voice of English-speaking Québec
418 684-2366 **veq.ca**
Monday to Friday, 8:30 AM - 4:00 PM

We value parents

The community Wellness Centre at the Jeffery Hale has many services and activities to support English-speaking parents:

- Other programs like Baby Chat Café, Baby Purée Workshops, Toddler Time, etc.;
- An e-newsletter for parents;
- Help doing income tax returns for low-income families;
- Help finding an English-speaking doctor, dentist, lawyer, and so on;

We can also help you access these health and social services:

- Counselling - individual and family;
- Prenatal courses and postnatal care;
- O.L.O. program for low-income pregnant women: meetings with a nurse or nutritionist, counselling, and food supplies (egg, milk, oranges, etc.);
- Health advice about such topics as children's vaccines, sexually transmitted diseases, birth control, etc.;
- Referrals to respite care when you really need a break from parenting

A Community of Care

The community **Wellness Centre**, in the Jeffery Hale Pavilion, promotes the well-being of English-speaking people living in the Quebec City region:

- SNACS Special Needs
- Spotlight on Seniors
- The Caring Circle
- Toddler Talk

Wellness Centre
1270, chemin Sainte-Foy
Québec QC G1S 2M4



» **418 684-5333**
1 888 984-5333 toll-free

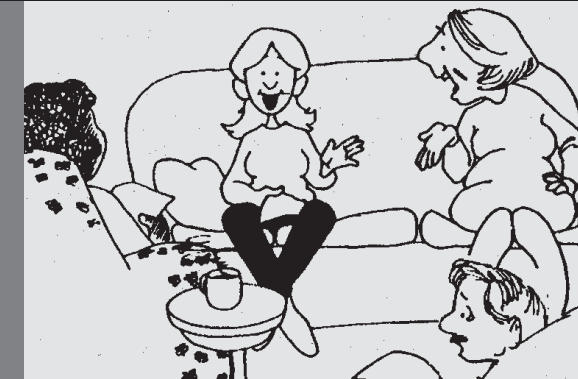
Jeffery Hale – Saint Brigid's is there for you! Bilingual health and social services:

- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services
 - CLSC-type services in English
 - Requests for Saint Brigid's Home

Jeffery Hale Hospital
1250, chemin Sainte-Foy
Québec QC G1S 2M6



Take-a-Break Drop In



for parents and their children of preschool age

in partnership with



July 20, 2016



At the Take-Break Drop In

- 👍 Talk about being a parent and get support
- 👍 Relax and be by yourself
- 👍 Share information
- 👍 Exchange ideas
- 👍 Hear guest speakers on topics of interest to parents
- 👍 and much more...

What to bring

- ✓ Indoor shoes (during winter)
- ✓ A change of clothing (especially underwear & socks) in case of an accident
- ✓ Extra diapers (**disposable**)
- ✓ Bibs, bottles or cups with a spout, if needed

Children who are not toilet trained must wear a disposable diaper while at the Drop In.

Clearly label all bottles, cups, bags, clothes with your child's name.

Once you arrive

Parents must stay on site; this is a drop in, not a drop off.

We serve juice and snacks to children, and coffee, tea and goodies to parents. Please tell us if your child has **allergies** so that we can put an alert on their name tag.

Encourage your child to leave their toys and comforters in their bag.

Children 18 months and under must stay in the parent room, unless mom or dad stay with them in the kids room.

No smoking in or near the building.

The staff and volunteers at the Drop In believe in using **non-physical** forms of discipline and conflict resolution. We ask parents to also follow these principles.

The Drop In is a joint program of Jeffery Hale Community Partners and Voice of English-speaking Québec. Staff from both organizations are on site should you need help.

Of special note

If your child is **sick** or has a **fever**, please **stay home**.

In case of a **storm**, please call the centre before leaving home.

The Drop In is **only** for children four years of age and under. Due to a limited number of volunteers, you **cannot** bring older children who are home on school holidays or on PED days.



Volunteers look after your toddler while you are at the Drop In

Take-a-Break schedule - Themes subject to change

Fridays twice a month (except on holidays) from 9:30 to 11:30 AM in the Jeffery Hale pavilion

2016

- November 11 Welcome Back with an Intercultural Show and Tell
- December 2 Treating Ear Infections with Claudia Vázquez

2017

- January 13 Coffee & Conversation
- January 27 Whole Child Development through Music with Trica Arden Caldwell
- February 10 Parents' Gab Session
- February 24 Healthy Toddler Snacks with Laura Vandervet, Nutritionist
- March 3 Tisane & Parent Talk
- March 24 Dental Care & Toddlers with Dr. Oscar Hernandez, DMD
- April 28 Raising Bilingual Children with Kristy Findlay, Speech-Language Pathologist
- May 5 Parents Exchange

For all the latest updates, sign up to receive our free Toddler Talk Online e-newsletter.