



Centre  
Wellness

## Guidelines for Toddler Talk

June 28, 2016

The Wellness Centre, managed by Jeffery Hale Community Partners, wants to help you stay informed and link with other English-speaking moms and dads in the Quebec City region.

Toddler Talk is a free monthly e-newsletter for parents of newborns, toddlers and preschoolers. It is chock full of health promotion items, including important safety warnings, as well as details about local events taking place in both English and French. These activities will help you feel less alone and are good for everyone's well-being; all helping to strengthen our local Community of Care.

Toddler Talk also allows us to recruit and communicate with volunteer parents who host Moms' Nite-out and Park Playdate activities. You also have the option of having your baby's birth announced in the newsletter's "new arrivals" section.

This e-letter offers parents a space to post personal buy, sell, giveaway and exchange notices for things like baby gear, maternity clothes, household items and homes for rent or sale.

You are welcome to submit announcements or information on events that you think may be of interest to our readers. Be advised, however, that we will not post the following information:

- Petitions, chain letters, stories
- Message that are trying to sell something, promote a for-profit service or business including people who have services to offer: house cleaning, baby sitting etc.
- Messages that are trying to raise funds, including contest or giveaways with the exception of our annual Community Christmas Hamper Campaign!
- Notices about activities or organizations of a political or religious nature
- Job openings: please visit Voice of English-speaking Quebec's job bank for these at [veq.ca](http://veq.ca)
- Volunteer recruitment requests for other organizations

Please pass your messages to Jan Anderson, Community Organizer, and she will decide whether they can be included in Toddler Talk. For more information about our services or to register for our early childhood activities, you can contact Jan at 418 684-5333, ext. 1539, or by email:

[janderson@jhpartners.net](mailto:janderson@jhpartners.net).