



The Take-a-Break at the Wellness Centre is a great place to meet other parents



Centre  
Wellness

## 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 #807 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

**OR**

Voice of English-speaking Québec  
**418 684-2366**  
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



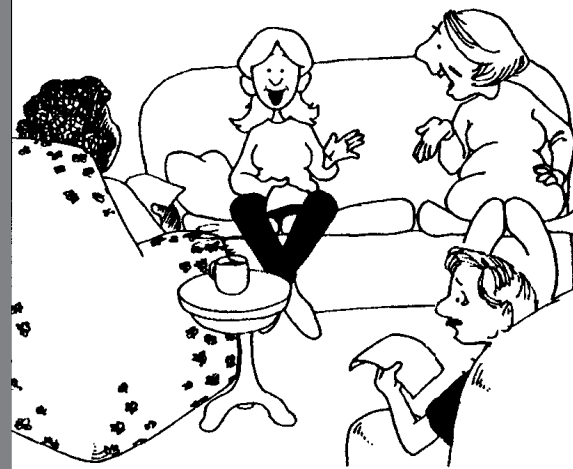
» **418 684-5333** «  
1 888 984-5333 toll-free

**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



In partnership with



Voice of English-speaking Québec





## At the Take-Break

- 👍 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.



## Schedule - Subject to change

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

### 2017

November 3 Getting to Know You

November 17 Games to Grow Motor Skills: Alexandra Hartley, Be Active Québec

December 1 Tisane & Parent Talk

### 2018

January 12 Insights into Quebec Family Law with social worker/family mediator Carmen Cameron

January 26 Introducing the Alphabet to Preschoolers: Geneviève Fily-Paré, Speech Pathologist

February 9 Parents' Gab Session

February 23 Dealing with Meltdowns: Early Childhood Team, JH Community Services

March 23 Understanding Your Health Care Rights & the Complaint Process: Ian Renaud-Lauzé, C.A.A.P & Annalisa Turner, JHSB Users' Committee

April 6 Safety for Families: Nancy Gilbert, Solidarité familles et sécurité routière

April 20 Coffee & Conversation Road

May 4 Parents' Exchange

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