



Please call us or drop by the Wellness Centre to learn more about activities and services for families with young children.



Other services A Community of Care Toddler Talk

Jeffery Hale Community Services is the Wellness Centre's main partner in the public sector. Their Early Childhood team is made up of nurses, and a social worker and special educator. They offer a range of services, including the following:

- **Letters to Daddy:** A series of letters about growing up written from a baby's point of view.
- **Online prenatal classes:** Topics include lifestyle during pregnancy, becoming parents, labour and delivery, and feeding and caring for a newborn.
- **Prenatal clinic:** A place to talk with a nurse about pregnancy, delivery, breastfeeding and bringing your baby home for the first time. She will help you connect with a birthing centre and other resources, including prescribed blood work.
- **Postnatal visits:** A nurse will meet with you after the birth of your baby.
- **Postpartum Depression Screening:** A new baby can affect a woman in ways that are not always positive. This quiz of 10 short questions, helps ensure that all is going well for new mothers.
- **OLO and SIPPE:** OLO provides pregnant women who have limited income with coupons for free eggs, orange juice, milk and vitamins and follow-up by a nurse, dietitian or social worker. SIPPE promotes the wellbeing of at-risk families from pregnancy until the child is school age.

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



For English-speaking parents of babies and preschool-aged children



Nov. 2, 2016





Parents of babies & toddlers

- **Baby Chat Café:** A great place for parents of infants up to one year of age to get together once a month. Hear talks on parenting and exchange tips. Parents-to-be also welcome.
- **Moms' Nite-Out (MNO):** Events for moms with young children to connect and get involved in the local community. These informal, fun volunteer-powered activities help moms recharge their batteries and meet others. MNO volunteers also help organize outings for parents and their children.
- **Park Playdates:** From May to September, join other English-speaking parents and their preschool children for get-togethers at the park Fridays mornings. Parent volunteers host these free events in different parks around the city all summer. Locations are listed each week in our e-newsletter.
- **Take-a-Break Drop In:** A place for parents with children four and under to get together while their children are being cared for by volunteers two



Networking

- mornings a month from November to May. Guest speakers lead informal talks on child health and parenting.
- **Toddler Talk Online:** A free e-newsletter about family-friendly services and activities and child-related health issues.
 - **Travellin' Toddler Time:** A free activity just for pre-school age children, and their parents or grandparents. Sing songs, hear stories, enjoy a snack and make crafts. Locations and themes change each month, so be sure to check the schedule.
 - **Baby Book Bag:** A free gift for new parents to help strengthen parent/baby bond through reading and to promote literacy. Contains reading tips from the Quebec City Reading Council, a free one-year membership to the Library of the Literary and Historical Society, and a baby book donated by La Maison Anglaise et Internationale bookstore.
 - **Baby Massage Workshops:** Offered twice a year by a certified massage therapist. Learn how to soothe and relax baby through massage. Strengthen the



Know-how

- parent-child bond. Get to know other parents with babies eight months of age and younger.
- **First Aid Course for Parents:** Given each year by a Red Cross instructor. Covers accident prevention, shock, fainting, choking, artificial respiration and CPR, burns, bumps, fractures, minor scrapes and bleeding, poisoning, bites, asthma, epilepsy and allergies.
 - **Get Ready for Kindergarten:** Discover how you can help your child develop the skills needed to succeed at school before starting kindergarten in this interactive parent-child workshop given by a psycho-educator.

For activity schedules, sign up for Toddler Talk Online e-newsletter or check out our website.

