



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



Other services

Jeffery Hale Community Services is our public-sector main partner. Their Early Childhood team is made up of nurses, a social worker and a special educator, and they offer a range of services:

- **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.
- **Triple P Parenting:** Workshops to help you learn simple and practical tips to increase your satisfaction with your role as parent.
- **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, nutritionist or social worker. SIPPE supports women with low income and who have not finished high school, from pregnancy until their child starts school..

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:

- Caregivers' Circle
- Family Matters
- SNACS Special Needs
- Spotlight on Seniors



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



Family Matters



Activities and services for English-speaking parents of babies and preschool-aged children



Sept. 18, 2018





Parents of babies & toddlers

- **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 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.
- **Baby Massage Workshops:** Offered twice a year by a certified massage therapist. Learn how to soothe and relax baby through massage. Strengthen the parent-child bond. Get to know other parents with babies eight months of age and younger.
- **Breastfeeding Get-together:** support and advice from other parents and a consultant from Allaitement Québec. Everyone welcome including expectant moms, those who are breastfeeding now, and those who have chosen another feeding option.

Networking

- **Breastfeeding Information Session for Expectant Parents:** Practical advice for moms and dads-to-be from a breastfeeding coach with Allaitement Québec.
- **Is My Child On Track:** Get a better idea of what is “normal” when it comes to speech and language in children under five and ask questions about your child.
- **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.
- **Moms’ Nite-out (MNO):** Events for moms with young children to connect and get involved in the 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 Sept., 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

Know-how

- listed each week in our e-newsletter.
- **Speech Therapy Screening Clinics:** With a speech-language pathologist. Screen your child for delays in speech and language abilities that are often easier to address at a young age.
 - **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 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.

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

wejh.ca

