



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. The Early Childhood team is made up of nurses, a social worker and a special educator, and they offer a range of services:

- **Baby & Toddler Vaccination Clinic:** Help protect your child from some serious diseases by having them vaccinated.
- **Letters to Daddy:** A series of letters about growing up written from a baby's point of view.
- **OLo:** Eggs, milk, frozen vegetables and vitamins for pregnant women with low income, and the support of a nurse, nutritionist or social worker.
- **Online prenatal classes:** Topics include lifestyle during pregnancy, becoming parents, labour and delivery, and feeding and caring for a newborn.
- **Prenatal clinic:** Come talk with a nurse about pregnancy, delivery, bringing baby home after birth & breastfeeding. Blood tests by prescription. Referrals to birthing centres & other resources.
- **Postnatal visits:** A nurse will meet with you after the birth of your baby.
- **Postpartum Depression Screening:** This 10-question quiz helps ensure that all is going well for new mothers.
- **SIPPE:** supports women with low income who have not finished high school or are isolated, during pregnancy until your child starts school.
- **Triple P Parenting:** Simple & practical tips for parents: parentspositifs.ca/en

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
- WE Belong Special Needs
- Well 50+
- WE Volunteer



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

» **One number: 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



Feb. 13, 2020





Parents of babies & toddlers

Baby Book Bag: A gift for new parents to help strengthen parent/baby bond and promote literacy through reading.

Baby Chat Afternoons: A monthly gathering for parents of babies up to one year of age. Exchange tips and hear talks on parenting. Expectant parents welcome.

Baby Massage Workshops: Learn from certified massage therapist how to soothe and relax your baby and strengthen your bond. Meet other parents with babies aged eight months and younger.

Café au Lait Crew: Support and advice from parents and a consultant from *Allaitement Québec*. All welcome including expectant moms, breastfeeding moms, and those who have chosen another feeding option.

Dadventures: Dads, step-dads, grandpas and maybe even uncles! Don't miss the chance to power forward with your kids on Saturday mornings with a fitness coach.

Breastfeeding Information Session: Practical advice for moms and dads-to-be with a consultant from *Allaitement Québec*.

Is My Child On Track: Get a better idea of what is "normal" when it comes to speech



Networking

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.

Get Ready for Kindergarten: Discover how you can help your child develop the skills needed to succeed at school before starting kindergarten in this parent-child workshop given by a psycho-educator.

EPIQ: The English-speaking Parents in Quebec City (EPIQ) group is a great way for English-speaking moms and dads with young children to find one another in Quebec City, stay in touch and hold fun activities for themselves and their kids.

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 various local parks. Locations listed in our e-newsletter.

Speech Therapy Screening Clinics: With a speech-language pathologist. Screen your



Know-how

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 check the schedule.

For schedules for all of the above, sign up for Toddler Talk Online e-newsletter by visiting:



Storytime at Morrin Centre: An interactive reading of a story followed by games and crafts for children ages 3 to 7. A great way to develop literacy skills and encourage a love of reading. Free of charge. Registration required. Visit morrin.org