

## LOCATIONS

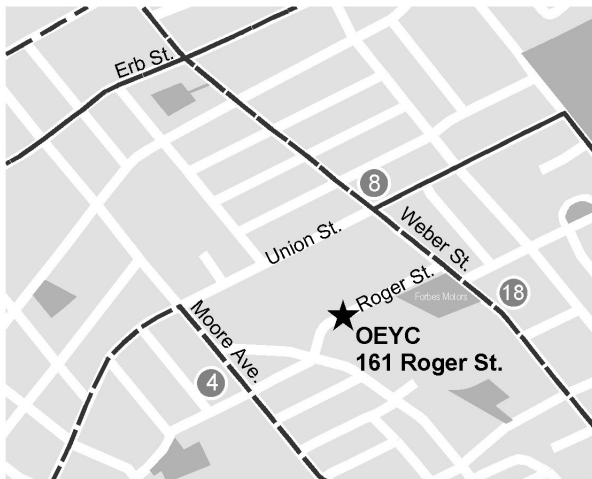
### Our Place Family Resource and Early Years Centre

154 Gatewood Road, Kitchener N2M 4E4  
519-571-1626 ext. 33



### YMCA Ontario Early Years Centre

161 Roger Street, Waterloo N2J 1B1  
519-741-8585



Region of Waterloo  
PUBLIC HEALTH

[www.regionofwaterloo.ca/ph](http://www.regionofwaterloo.ca/ph)



Our Place  
Family Resource and  
Early Years Centre

Our Place Family Resource and Early  
Years Centre

[ourplace@ourplacekw.ca](mailto:ourplace@ourplacekw.ca)



YMCA  
We build strong kids,  
strong families, strong communities.

YMCA Ontario Early Years Centre

[oeycinfo@ckwymca.ca](mailto:oeycinfo@ckwymca.ca)

[earlyyearsinfo.ca](http://earlyyearsinfo.ca)



Ontario

**Pregnancy—the best  
time to prepare for  
parenthood**

# Preparing for Parenthood



**A prenatal information  
and support group**



*Pregnancy is an exciting time. It is a time of change, growth, discovery and many questions. This free program offers information about having a healthy pregnancy and becoming a parent. Support people are welcome to attend.*

**Join us at anytime!**

Prepare for a healthy pregnancy and the arrival of your new baby.

Share your questions, concerns and experiences with others.

Date and Time 2011-2012	Our Place OEYC	YMCA OEYC
Sept. 12-Oct. 31 6:30-8:00 p.m.	✓	
Nov, 7-Dec. 19 1:00-2:30 p.m.		✓
Jan. 9 –Feb 13 1:00-2:30 p.m.	✓	
Feb. 27-April 2 6:30-8:00 p.m.		✓
April 16-May 14 6:30-8:00 p.m.	✓	
May 28-June 25 1:00-2:30 p.m.		✓

**Join us each week for a new topic!**

**Topics may include:**

- Healthy Eating during Pregnancy
- Emotional Changes
- Feeding your Newborn
- Infant Safety
- Healthy Lifestyle
- Exercise during Pregnancy
- Bonding and Attachment

*Each week a healthy snack is provided and free Early Learning Programs are available for children up to age six.*



**Contact us to Register!**

**Region of Waterloo Public Health**  
Reproductive Health Information Line  
519-883-2006

**Our Place Family Resource and Early Years Centre**  
519-571-1626 ext. 33

**YMCA Ontario Early Years Centre**  
519-741-8585

**Early Years: One Stop Shop of Support**

- Support from Early Years Professionals
- Free Early Learning Family Programs
- Breastfeeding Buddies and Peer Support
- Access to Resources and Information
- Support from Public Health Nurses