



Please call us or drop by for more details on any of these services and activities for English-speaking families with young children



Jeffery Hale

Parent know-how

- **Letters to Daddy:** This series of letters helps dad understand what growing up feels like from his baby's point of view. Get a letter each month during the first year of your child's life.
- **The Parent Toolkit:** An annual workshop series. Learn more about normal child development. Find tools to help you handle difficult behaviours. Discover ways to stay calm and avoid spanking. Talk with other parents about ideas and experiences.

Community Services is located in the Jeffery Hale Pavilion, 1270 chemin Sainte-Foy, Québec, G1S 2M4. Parking is free only for those taking part in group activities.

By bus, take the #7 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 Jeffery Hale is a problem for you.

418 684-JEFF (5333), ext. 1580

Monday to Friday, 8:30 AM - 4:30 PM

One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **418 684-JEFF (5333)**
1 888 984-5333 toll-free

- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services (CLSC-type services in English)



Jeffery Hale

418 684-JEFF (5333)
1250, ch. Sainte-Foy
Québec QC G1S 2M6

www.jefferyhale.org

Families Matter



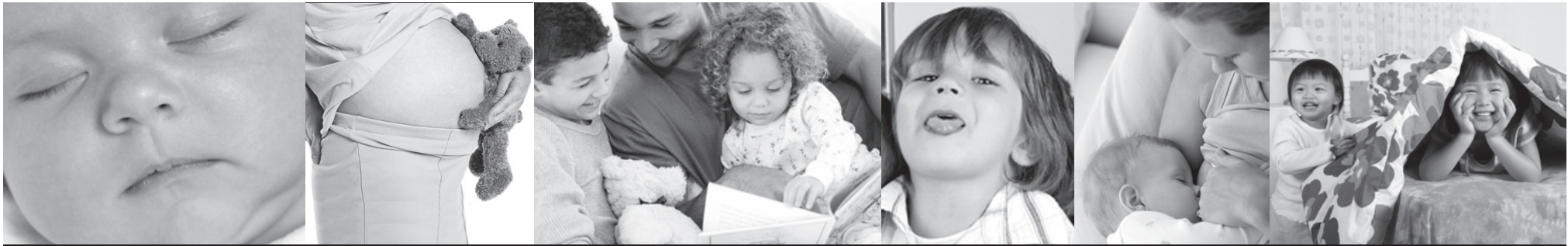
Early Childhood Services for English-speaking families with children aged and four under



www.jefferyhale.org



Nov. 30, 2011



Pre- and postnatal care

- **Prenatal classes:** Given each spring and fall. 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 your worries and needs around your pregnancy, delivery, breast feeding and bringing your baby home for the first time. Once you have a prescription from your doctor, call us to set up your visit to the clinic. Our nurse will do any blood tests that your doctor prescribes. She will help you connect with your birthing centre, give you a "From Tiny Tot to Toddler" guide and suggest other services to meet your needs.
- **Postnatal visits:** Our perinatal nurse will visit you at home after the birth of your baby to make sure that your new family is doing well.
- **Postpartum Depression Screening:** A new baby can affect a woman in ways that are not always positive. By taking a quiz of 10 short questions, our perinatal nurse can make sure that everything is going well for new mothers and offer specialised help when needed.
- **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 health and wellbeing of families in difficulty from pregnancy until the child is school age.

Parent networking

- **Baby Chat Café:** A great place for parents of infants up to one year of age to get together twice a month. Hear talks on parenting and exchange tips. Parents-to-be also welcome.
- **Moms' Nite-Out:** 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.
- **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 parenting. Also, park playdates are held on Friday mornings from June to October.
- **Toddler Talk Online:** A free e-bulletin with news 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.

Parent know-how

- **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 parent-child bond. Get to know other parents with babies eight months of age and younger.
- **Baby Food Puree Workshops:** Given by a registered dietitian. Learn more about feeding your baby and starting solids. Make tasty and healthy baby food with other parents and take home samples. Lots of time for chatting and questions.
- **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.

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

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