



The Take-a-Break Drop In is a great place to meet other parents



Jeffery Hale

How to get here

Jeffery Hale Community Services is located in the pavilion at 1270 chemin Sainte-Foy in Québec. Parking is free only for those taking part in group activities.

By bus, you can 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.



For more details, please call Jeffery Hale Community Services at:

418 684-JEFF (5333), ext. 1580

Community Services is located in the Jeffery Hale Pavilion and is open Monday to Friday, 8:30 AM - 4:30 PM

We value parents

Jeffery Hale Community Services has many services and activities to support English-speaking parents:

- Prenatal courses and postnatal care;
- Other programs like Baby Chat Café, Baby Purée Workshops, Toddler Time, etc.;
- An e-newsletter for parents;
- Counselling - individual and family;
- Health advice about such topics as children's vaccines, sexually transmitted diseases, birth control, etc.;
- Help doing income tax returns for low-income families;
- Help finding an English-speaking doctor, dentist, lawyer, and so on;
- O.L.O. program for low-income pregnant women - meetings with a nurse or nutritionist, counselling, and food supplies (egg, milk, oranges, etc.);
- Referrals to respite care when you really need a break from parenting;
- Referrals to speech therapy for young children;
- and more! Visit www.jefferyhale.org

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

Take-a-Break Drop In



for parents and their children of preschool age

Sep 22, 2011

www.jefferyhale.org





At the Take-Break Drop In

Once you arrive

Of special note

- 👉 Talk about being a parent and get support
- 👉 Relax and be by yourself
- 👉 Share information
- 👉 Exchange ideas
- 👉 Hear guest speakers on topics of interest to parents
- 👉 and much more...

Parents must stay on site; this is a drop in, not a drop off.

We serve juice and snacks to children, and coffee, tea and goodies to parents. Please tell us if your child has **allergies** so that we can put an alert on their name tag.

Encourage your child to leave their toys and comforters in their bag.

Children 18 months and under must stay in the parent room, unless mom or dad stay with them in the kids room.

No smoking in or near the building.

The staff and volunteers at the Drop In believe in using **non-physical** forms of discipline and conflict resolution. We ask parents to also follow these principles.

A Community Services staff person is there should you need help. Our perinatal nurse may also be present to answer your questions.

Volunteers look after your toddlers while you're at the Drop In



If your child is **sick** or has a **fever**, please **stay home**.

In case of a **storm**, please call the centre before leaving home.

The Drop In is **only** for children four years of age and under. Due to a limited number of volunteers, you **cannot** bring older children who are home on school holidays or PED days.

2011-2012 schedule - Themes subject to change

Fridays twice a month (except on holidays) from 9:30 to 11:30 AM in the Jeffery Hale pavilion

2011

November 4
November 18
December 2

Welcome Back! Coffee and Conversation
Meet the Early Childhood Team and the QCRC
Coffee and Conversation

2012

January 20
February 3
February 17
March 2
March 16
April 20
May 4

QCRC Family Literacy Day Celebration
Coffee and Conversation
Create-a-Plate at our Artistic Expressions Studio
Coffee and Conversation
Nutrition for Toddlers: Katiana Cordoba, Registered Dietitian
Coffee and Conversation
Preparing for Kindergarten: Phil Joycey, Principal Holland School and Sharon MacLeod, School Nurse

For the latest updates, sign up to receive our free Toddler Talk Online e-newsletter

What to bring

- ✓ Indoor shoes (during winter)
- ✓ A change of clothing (especially underwear & socks) in case of an accident
- ✓ Extra diapers (**disposable**)
- ✓ Bibs, bottles or cups with a spout, if needed

Children who are not toilet trained must wear a disposable diaper while at the Drop In.

Clearly label all bottles, cups, bags, clothes with your child's name.