

More Resources for Families with Children

Information Services

Community Information Centre of Waterloo Region	519-579-3800
Information Cambridge.....	519-740-3030
Woolwich Community Information Centre	519-669-5139
Child Care Connection Info Line	519-741-1811
Healthy Babies, Healthy Children Program	519-883-2245
Community Outreach Program.....	519-883-2290

Resource Centres and Toy Lending Libraries

Cambridge Family Early Years Centre,	519-740-8353
Langs Farm Village Association Family Resource Centre,.....	519-653-1470
North Dumfries Family Resource Centre, Calvary Church,	519-632-9864
Wilmot Family Resource Centre Inc.,	
Parent/Child Drop In	519-662-2731
Wellesley Toy Library and Drop In	519-662-2731
Woolwich Community Services, Kids and I Resource Centre	519-669-3043

Other Programs and Activities

Cambridge Libraries

Clemens Mill Library	519-740-6294
Hespeler Library.....	519-658-4412
Preston Library.....	519-653-3632
Queen's Square Library	519-621-0460

Region of Waterloo Libraries

Ayr Branch Library	519-632-7298
Baden Branch Library	519-634-8933
Bloomingtondale Branch Library	519-745-3151
Elmira Branch Library	519-669-5477
Linwood Branch Library	519-698-2700
New Dundee Branch Library	519-696-3041
New Hamburg Branch Library.....	519-662-1112
St. Clements Branch Library	519-699-4341
St. Jacobs Branch Library	519-664-3443
Wellesley Branch Library	519-656-2001

City of Cambridge Community Services Department	519-740-4681
Woolwich Recreation and Facilities Services	519-669-1647
Wilmot Parks and Recreation Department	519-634-8444
Wellesley Recreation Department.....	519-699-9369
North Dumfries Recreation Services	519-632-7442
Cradlelink	519-749-0977
KidsAbility Centre for Child Development, Cambridge	519-621-7580
Community Care Access Centre of Waterloo Region.....	519-748-2222
Family Counseling Centre of Cambridge and North Dumfries.....	519-621-5090
Woolwich Interfaith Counseling Centre	519-669-8651
Interfaith Community Counseling Centre.....	519-662-3092
Catholic Family Counseling Centre	519-743-6333
K-W Counseling Family Life Education Programs.....	519-884-0000



Parent and Child Programs in Cambridge and the Townships

Are you at home with young children?

Come out and meet other caregivers and their children. The programs listed inside offer a variety of activities for both adults and children, either separately or together. Note that these programs typically run from September to June. We suggest you call the programs you are interested in before attending. Use the legend inside to find the program that's right for you.



Produced by:

Social Planning Council of Kitchener-Waterloo
Community Information Centre of Waterloo Region
 151 Frederick St., 3rd Floor, Kitchener N2H 2M2
519-579-3800
enquiry@waterlooregion.org
www.waterlooregion.org

LEXUS Heffner TOYOTA

LEGEND:

Program Focus:	☺ Social 📖 Educational ✝️ Faith	How to Join:	☆ Drop In 🔗 Registration/Referral Required
Eligibility:	○ All Caregivers ● Women Only ■ Men Only	Program Type:	➔ Ongoing ◆ Seasonal

CAMBRIDGE PROGRAMS	Location	Phone	Details	Day & Time
Music & Movement	Centre for the Arts	519-622-6550	📖 ○ ➔	Wed, 9:30-10:15am or 10:30-11:15am or 11:45-12:30pm
Clay for Two	Centre for the Arts	519-622-9676	📖 ○ ➔	Tuesdays, 10-11:30am
Art at Play	Centre for the Arts	519-622-9676	📖 ○ ➔	Tuesdays 10-11:30am
Early Years Drop In	Community Health Centre	519-653-1470	☺ ○ ☆ ➔	Mon, Wed and Fri, 9-10:45am
Ladies Time Out	Forward Baptist Church	519-621-6566	✝️ ● ☆ ◆	Thursdays, 9:00-11:00am
MOPS (Mothers of Preschoolers)	Forward Baptist Church	519-621-6566	✝️ ● ☆ ➔	Every other Tues 9:15-11:15am
Parent and Child Playtime	Greenway Chaplin Community Centre	519-623-4220	☺ ○ ☆ ➔	Thursday, 9-11 am
Mom's Coffee Break	Hespeler Community Church	519-651-1751 or 519-621-5571	☺ ○ ☆ ➔	Monday 9:30-11:30am
Baby Fat Boot Camp	John Dolson Centre	519-623-0270	☺ ● ☆ ➔	Mon, Tues, Wed, Thurs, 2-2:45
Mommy/Daddy & Me Floor Hockey & Survival Skills/Family Swim	John Dolson Centre	519-623-0270	📖 ○ ○ ➔	Sundays, 5-7pm
Tumbling Tots	McIntosh Loft	519-623-0270	☺ ○ ☆ ➔	Sat, 1-2 yrs,9:30am or10:30-11am; 3-5 yrs, 9:35-10:20am
Baby Painting 101	McIntosh Loft	519-623-0270	☺ ○ ☆ ➔	Sat, 9:30-10, 10-10:30 or10:30-11
Toddlers on the Move	McIntosh Loft	519-623-0270	📖 ○ ○ ➔	Wednesday, Sept.27-Nov.15 5:30-6pm
Mommy/Daddy and Me Soccer	McIntosh Loft	519-623-0270	📖 ○ ○ ➔	Wednesdays, 5-5:30pm Saturdays, 1-1:30
Mommy & Me Fitness	McIntosh Loft	519-623-0270	☺ ● ☆ ➔	Tues & Thurs 11am-12pm
Mommy/ Daddy & Me Hiking	McIntosh Loft	519-623-0270	☺ ○ ☆ ➔	Tues & Thurs 12:30-1:30pm
Mommy & Me Yoga	McIntosh Loft	519-623-0270	📖 ● ☆ ➔	Tues & Thurs 10-11am
Family Playgroup	McIntosh Loft	519-623-0270	☺ ○ ☆ ➔	Mon, Wed & Fri 12:30-2:30 pm
Family Drop-In	Preston Heights Community Centre	519-650-2971	☺ ○ ☆ ➔	Mon, Wed & Fri, 9-11am
Parent/Caregiver & Tots	Preston Mennonite Church & Church of Nazarene	519-653-1182	☺ ○ ☆ ◆	Tues, Wed & Thurs 9:15-11am
Family Playtime	St Andrew's Church	519-621-2930	☺ ○ ☆ ➔	Tues & Wed, 1-3pm
St. Andrew's Parent and Tot	St. Andrew's Hespeler Presbyterian Church	519-651-1630	☺ ○ ☆ ◆	Tues & Thurs 9:00-11:00am
Parents and Tots	The Homestead	519-621-4040	☺ ○ ☆ ➔	Wednesday 9-11am
NORTH DUMFRIES PROGRAMS	Location	Phone	Details	Day & Time
Drop In Playgroups	St. Andrew's Presbyterian Church	519-632-9806	☺ ○ ☆ ➔	Friday 9:30-11:30am
WOOLWICH PROGRAMS	Location	Phone	Details	Day & Time
Parent and Child Drop In	Kids and I Resource Centre, Elmira	519-669-3043	☺ ○ ☆ ➔	Tuesday 9am-12pm & 1-4pm Wed-Thurs 9am-12pm Saturdays 9:30am-12:30pm
Parent and Child Drop In	St. Jacobs Mennonite Church	519-669-3043	☺ ○ ☆ ➔	Wednesday 9:30-11:00am
H.U.G.S. (Health Understanding Growth Sharing)	Woolwich Community Health Centre, St. Jacobs	519-664-3794	📖 ○ ☆ ➔	2 nd and 4 th Friday of the month 9:30-11:30am
WELLESLEY PROGRAMS	Location	Phone	Details	Day & Time
Wellesley Toy Library & Drop In	Wellesley Community Centre	519-662-2731	☺ ○ ☆ ➔	Mon & Wed, 9:30-11:30am
WILMOT PROGRAMS	Location	Phone	Details	Day & Time
Mothers of Preschoolers	Living Water Fellowship & Nith Vally Mennonite Church	519-662-1807 or 519-684-6957	📖 ● ☆ ◆	Every other Wednesday, 9-11:15am
Parent/Child Drop In	Wilmot Family Resource Centre, New Hamburg	519-662-2731	☺ ○ ☆ ➔	Wed-Fri, 9:15-11:15am
Just for Dads Drop In	Wilmot Family Resource Centre, New Hamburg	519-662-2731	☺ ■ ☆ ➔	Tuesdays, 6:00-7:30pm

All programs accommodate adults & children at the same time; however, programs vary in focus and structure. Please call before attending.

For more information about other community services and programs, call **519-579-3800**.