

## More Resources for Families with Children

### Information Services

Community Information Centre of Waterloo Region.....	519-579-3800
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

Mill-Courtland Community Centre, 216 Mill St, Kitchener.....	519-741-2491
Kitchener Public Library Main Branch, 85 Queen St N, Kitchener.....	519-743-0271
Kitchener Public Library Pioneer Park Branch, 150 Pioneer Dr, Kitchener.....	519-748-2740
Our Place Resource & Early Years Centre, St. Francis School, 154 Gatewood Rd., Kit.....	519-571-1626
Parent/Child Resource Centre, Kitchener Community Church, 75 Tillsley Dr, Kit.....	519-745-4241
Sunbeam Family Early Years Centre, Doon area, Kitchener.....	519-744-9223
Waterloo Public Library McCormick Branch Toy Library, 500 Parkside Dr., Waterloo.....	519-885-1920
YMCA Ontario Early Years Centre, 425 University Ave. E., Waterloo.....	519-741-8585

### Other Programs and Activities

Kitchener Public Library.....	519-743-0271
Country Hills Branch.....	519-743-3558
Forest Heights Branch.....	519-743-0644
Grand River Stanley Park Branch.....	519-896-1736
Pioneer Park Branch.....	519-748-2740
Children's Storyline.....	519-743-4031
Waterloo Public Library.....	519-886-1310
McCormick Branch.....	519-885-1920
ConnectKW Locations (free internet and computer access).....	519-579-3800
City of Kitchener Community Services Department.....	519-741-2382
Parent and Child Skates and Swims	
Sportsline.....	519-741-2727
City of Waterloo Department of Recreation and Leisure Services.....	519-747-8733
Parent and Child Skates and Swims	
Cradlelink.....	519-749-0977
KidsAbility Children's Centre for Child Development.....	519-886-8886
Community Care Access Centre of Waterloo Region.....	519-748-2222
Catholic Family Counselling Centre.....	519-743-6333
K-W Counseling Family Life Education Programs.....	519-884-0000

**Do you have more questions?** Looking for something else?

The **Community Information Centre of Waterloo Region** can help you find out what's available in the community. Call us at **519-579-3800** or visit us at **151 Frederick St., 3<sup>rd</sup> Floor, Kitchener**. We are open Monday to Friday, 9am to 5pm. Email us at [enquiry@waterlooregion.org](mailto:enquiry@waterlooregion.org). Also, check out the **Basic Needs Guide** online at [www.waterlooregion.org/basic](http://www.waterlooregion.org/basic)

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## Parent and Child Programs in K-W

**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., 3<sup>rd</sup> Floor, Kitchener N2H 2M2

**519-579-3800**

[enquiry@waterlooregion.org](mailto:enquiry@waterlooregion.org)

[www.waterlooregion.org](http://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

<b>KITCHENER PROGRAMS</b>	<b>LOCATION</b>	<b>PHONE</b>	<b>DETAILS</b>	<b>DAY &amp; TIME</b>
5 Points Drop In	Bethany Evangelical Missionary Church	519-743-8352	☺ ○ ☆ ➔	Monday 9:00-11:00am
Esso Math	Breithaupt Centre	519-741-2502	📖 ○ ◆	Thursday 6:00-7:30pm
Me and My Babe	Breithaupt Centre	519-741-2502	☺ ○ ◆	Tuesday 10:30-11:30am
Musical Tots	Breithaupt Centre	519-741-2502	📖 ○ ◆	Mon & Wed 10:00-10:45am & 10:45 -11:30am
One is Fun	Breithaupt Centre	519-741-2502	☺ ○ ◆	Thursday 9:15-10:15am
Ones Runabout	Breithaupt Centre	519-741-2502	☺ ○ ◆	Wednesday 9:15-10:15am
Terrific Twos	Breithaupt Centre	519-741-2502	☺ ○ ◆	Thursday 10:15-11:15am
Twos Runabout	Breithaupt Centre	519-741-2502	☺ ○ ◆	Wednesday 10:15-11:15am
Noodle Nest Participating Playgroup	Carmel New Church Elementary School	519-748-5802	☺ ○ ◆	Tues & Thurs 9:30-11:30am
Parent and Tot Drop In	Centreville-Chicopee Community Centre	519-741-2490	☺ ○ ◆	Mon & Wed 9:30-11:30am
Coffee Break	Community Christian Reformed Church	519-743-9482	✝ ● ☆ ◆	Wednesday 9:30-11:00am
Parent and Tot Drop In	Country Hills Community Centre	519-741-2596	☺ ○ ☆ ➔	Friday 9:45-11:15am
Toddler Time A	Doon Pioneer Community Centre	519-741-2641	☺ ○ ◆	Wednesday 9:30-11:00am
Toddler Time B	Doon Pioneer Community Centre	519-741-2641	☺ ○ ◆	Friday 9:30-11:00am
Kids House	Downtown Community Centre	519-741-2501	☺ ○ ☆ ➔	Tuesday 9:15-11:00am
Mom to Mom	Downtown Community Centre	519-741-2501	☺ ● ☆ ➔	Friday 9:30-11:00am
Dad to Dad	Downtown Community Centre	519-741-2501	☺ ■ ☆ ➔	Wednesdays 9:30-11:30am
Toons & Tots – Busy Boppers	Downtown Community Centre	519-741-2501	☺ ○ ◆	Friday 10:15-10:45am
Toons & Tots – Swing & Sing	Downtown Community Centre	519-741-2501	☺ ○ ◆	Friday 10:50-11:35am
Toons & Tots –Blanket Babies	Downtown Community Centre	519-741-2501	☺ ○ ◆	Friday 9:30-10:00am
Live and Learn	First Mennonite Church	519-570-0954	📖 ● ○ ➔	Wednesday 1:15-3:15pm
Monday Morning Playgroup Drop In	Forest Heights Community Centre	519-741-2621	☺ ○ ☆ ➔	Monday 9:15-11:00am
Peanut and Parent	Forest Heights Community Centre	519-741-2621	☺ ○ ☆ ➔	Wednesday 9:30-11:00am
Neighbourhood Centres - Monday Afternoon	Forest Hill United Church	519-576-1482	☺ ● ☆ ➔	Monday 12:45-2:45pm
Parent and Tot Time Out Playgroup	Grace Lutheran Church	519-886-5080	☺ ○ ☆ ➔	Wednesday 9:00-11:00am
Live and Learn	Highland Baptist Church	519-570-0954	📖 ● ○ ➔	Tues & Thurs 1:15-3:15pm
Art, Paper, Scissors	Homer Watson House & Gallery	519-748-4377	📖 ○ ◆	Thursday 1:00-2:30pm
First Timers	Kingsdale Community Centre	519-748-6463	☺ ○ ◆	Wednesday 1:00-2:30pm
Just for Grandmas	Kingsdale Community Centre	519-748-6463	☺ ● ☆ ➔	Monday 1:00-2:30pm
Tot Time	Kingsdale Community Centre	519-748-6463	☺ ○ ☆ ➔	Tues & Thurs 9:30-11:00am
Crafts and Inspiration	Kitchener Community Church	519-745-4241	✝ ○ ◆ ➔	Thursday 9:30-11:30am
Drop In	Kitchener Community Church	519-745-4241	☺ ○ ☆ ➔	Friday 9:30-11:30am
Moms Support Group	Kitchener Community Church	519-745-4241	☺ ○ ☆ ➔	Tues & Thurs 9:30-11:30am Tues & Wed 1:00-3:00pm
Co-op Playschool	Mill-Courland Community Centre	519-745-9408	☺ ○ ◆	Mon & Wed 9:15-11:15am
ESL Parent and Tot	Mill-Courland Community Centre	519-745-0408	📖 ○ ◆ ➔	Wed 1-2:30pm
Parent and Tot	Mill-Courland Community Centre	519-741-2491	☺ ○ ◆	Wednesday 9:30-11:00am
Parent and Tot Cooperative Morning	St Stephens Lutheran Church	519-745-9408	☺ ○ ◆	Tues & Thurs 9:30-11:00am
Adults with Children	Victoria Hills Community Centre	519-741-2717	☺ ○ ☆ ➔	Mon & Fri 9:00-10:45am
Mom to Mom	Westheights Community Church	519-886-4001	☺ ● ☆ ➔	Wednesday 9:30-11:30am
<b>WATERLOO PROGRAMS</b>	<b>LOCATION</b>	<b>PHONE</b>	<b>DETAILS</b>	<b>DAY &amp; TIME</b>
Bertie's Place	Albert McCormick Community Centre	519-885-1220 x234	☺ ○ ☆ ➔	Mon-Thurs 9:00-11:00am
Moms Support Group	Lincoln Road Chapel	519-747-2211	✝ ● ☆ ➔	Thursday 9:30-11:00am
Time Out for Moms, Tots and Pops	Manulife Financial Soccer and Sports Centre	519-576-2420	☺ ○ ☆ ➔	Friday 9:30-11:30am
Coffee Break	Waterloo Christian Reformed Church	519-746-5727	✝ ● ☆ ➔	Thursday 9:30-11:00am
Tuesday Morning Break	Waterloo Mennonite Brethren Church	519-885-5330	✝ ● ☆ ➔	Tuesday 9:15-11:15am
Let's Play	Waterloo North Mennonite Church	519-888-6113	☺ ○ ☆ ➔	Monday 9:30-11:00am
Ya-Ba-Da-Ba-Dance	Conestoga Mall Community Room	519-885-9011	☺ ○ ◆	various - call for details
Ya-Ba-Da-Ba-Dance	Waterloo Memorial Rec. Complex	519-885-9011	☺ ○ ◆	various - call for details

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**.