



Family Support CENTRE

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The YWCA Family Support Centre is a place where all families are valued, girls and young women get opportunities to flourish.

We strengthen relationships between caregivers and children, and between families and their communities.

We do this through:

- ▶ Programs for children
- ▶ Parenting programs
- ▶ Parenting support programs
- ▶ Information and referral
 - ▶ Resource library
- ▶ Programs for young mothers
- ▶ Supports for childcare providers
 - ▶ Programs for teen girls

Volunteer opportunities available in all program areas.

For information or to register, contact us:

3090 Kingston Road, Suite 101
(McCowan/Kingston)
Toronto ON M1M 1P2

Email familysupportcentre@ywcator.org
Website www.ywcator.org
Phone 416 266 1232
Fax 416 266 4504

Illustrations: Anja Kessler
Photos: Helen Papas, Aline Coudouel



Offering Support to
Families, Girls and
Caregivers

Ontario Early Years Satellite Programs

- ▶ **Mom and Baby**
A ten week group for moms with infants, so you can learn about play, songs, nutrition and self-care.

Evening & Weekend Programs

- ▶ **Nobody's Perfect**
A six week parenting group to help you understand how kids develop and how to understand and deal with different behaviour.
- ▶ **Kids Have Stress Too!**
A parenting program designed to help you guide your child in understanding and managing stress.
- ▶ **You Make the Difference**
A nine week parenting program that guides you as you discover the importance of interacting with young children.
- ▶ **1-2-3 Magic**
A parenting program to help you manage difficult behaviour with children ages 2-12.
- ▶ **Lullabies to Literacy**
A 10 week parenting group to help you prepare your children to become ready to learn to read and write.

Resource Room

Visit the Resource Room and meet with a program worker to discuss parenting issues; or read books and magazines and watch videos in our comfortable sitting room.

Monday - Friday
9 am - 12 pm

Family Support Centre Programs

- ▶ **Here to Help**
A 12 week program for children who have witnessed violence in their home. Moms can get support too!
- ▶ **Early Childhood Education Program**
A series of workshops for any caregiver who works with children.
- ▶ **Girls' Night**
A casual place for girls ages 12 - 18 to talk about what interests you the most, with the guidance of our friendly staff.
- ▶ **Information and Referral**
We support your family to get the information you need - just ask.
- ▶ **School Readiness**
A one week activity program for children ages 3 - 5 to help prepare them for kindergarten.
- ▶ **Teen Mothers' Program**
An ongoing group for young mothers ages 14 - 23 to share stories, get support and develop parenting skills.



Early Years Challenge Fund Programs

- ▶ **Caring for Children Together and Helping Hands Grow Program**
Parent support program offered in daycares, shelters, home childcare agencies and home visiting agencies.



YWCA Toronto is an association of diverse and caring women dedicated to improving the lives of women and girls through dynamic leadership, advocacy and a range of unique and essential services that promote personal growth and economic independence.