

OUR PLACE VIRTUAL PROGRAMS - SPRING 2020

Program Descriptions:

Stork Secrets* (Virtual Delivery)

This virtual peer support program is geared to pregnant and postpartum mothers of infants under age 2, who are adjusting to the changes and challenges of parenthood while coping with the additional stress of postpartum life during a global pandemic. This pre-registered program will take place within a private Facebook group, and via a Zoom meeting every week. For more information, call us at 519-571-1626 ext. 1025. Visit <https://www.ourplacekw.ca/programs> to register.

Bridging Two Worlds: From Home to School* (Virtual Delivery)

The time leading up to a child's first day of school can be a stressful period for both parents and children, and particularly so when dealing with the challenging impacts of a global pandemic. Join Our Place RECEs as they explore what parents can do right now with their children at home to prepare them for school, and discuss how we can build skills and strategies to ease the anxiety that comes from trying to imagine what September holds in a newly uncertain world. For more information call us at 519-571-1626 ext. 1021 Visit <https://www.ourplacekw.ca/programs> to register.

Virtual Families Connecting*

Enjoy adult conversation while participating in activities over Zoom and Facebook, with a child on your lap or playing in the background! This parent and child program provides parents with an opportunity to virtually connect to discuss parenting issues, build relationships, and strengthen their connection to their children and the community during this challenging period of physical distancing. This pre-registered program will take place within a private Facebook group, and via a Zoom meeting every week. Visit <https://www.ourplacekw.ca/programs> to register.

Virtual Parenting in a New Society*

Come together to connect over Zoom and Facebook with other parents from different countries wanting to build relationships during this challenging period of physical distancing, and wanting to learn about: life in Canada, how and where to find support, and how to feel at home when you are far away from your friends and relatives – and even physically isolated from the people around you. This pre-registered program will take place within a private Facebook group, and via a Zoom meeting every week. Visit <https://www.ourplacekw.ca/programs> to register.

Parenting in a Pandemic* (Virtual Delivery)

The COVID-19 Pandemic is a challenging time to be a parent, a partner, a human. It is a time of increased stress and reduced connection. This virtual peer support program group focuses on the emerging needs and challenges around parenting, self-care, and self-regulation during a pandemic. The group will offer connection, support, and resources through conversation, videos, Facebook Lives, and twice-weekly Zoom calls. Visit <https://www.ourplacekw.ca/programs> to register.

*Programs listed above with * require registration*