

Family Play for Health Program This program is being offered by the Peterborough Regional Health Centre's Personal Health Improvement Team (PHIT). Four weekly hour-long workshops will be offered for families with young children (age 0-4 years) across the City and County of Peterborough. Workshops are at various times and locations so that all interested families can participate (see schedule below). The program is free will include time for *fun* family play, learning about how to be more active with your child, the resources available in your community and connecting with other families in your community! Families will receive a give-away each time they attend. Come for one session or more – if you come to all four sessions you will receive an exciting activity kit including items for parent and child! Transportation can be arranged within City of Peterborough if required. Feel free to bring older children to evening or weekend workshops.

The program will be offered in two 4-week cycles – Cycle 1: mid-April to mid-May, and Cycle 2: mid-May to Mid-June.

Cycle 1 Schedule:

Monday, April 11, 18, 25, May 2

1:30 p.m. - 2:30 p.m. at Peterborough Sport & Wellness Centre (775 Brealey Dr)

Monday, April 11, 18, 25, May 2

5:15 p.m. - 6:15 p.m. at Play Café Peterborough (Brookdale Plaza, 809 Chemong Rd)

Tuesday, April 12, 19, 26, May 3

10:00 a.m. - 11:00 a.m. at Otonabee South Monaghan Library (3252 County Rd 2, Keene)

Wednesday, April 13, 20, 27, May 4

1:30 p.m. - 2:30 p.m. at Peterborough Family Resource Centre (201 Antrim St)

Wednesday, April 13, 20, 27, May 4

5:30 p.m. - 6:30 p.m. at Bridgenorth Library Community Hall (836 Charles St, Bridgenorth)

Thursday, April 21, 28, May 5, 12

10:00 a.m. - 11:00 a.m. at Millbrook Family Centre (1 Dufferin St, Millbrook)

Saturday, April 23, 30, May 7, 14

10:00 a.m. - 11:00 a.m. at Hiawatha L.I.F.E. Services Centre (431 Hiawatha Line 10)

Registration required, but you do not need to commit to all 4 sessions.

Contact Deanna Moher for more information or to register dmoher@prhc.on.ca or 705-743-2121, ext. 2778

More locations and dates are being confirmed and will be added, so check back regularly

Cycle 2 schedule – TBD – Feel free to email Deanna with a day/time request