



Quesnel & District

CHILD DEVELOPMENT CENTRE

488 McLean Street Quesnel B.C.V2J 2P2

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The Quesnel & District Child Development Centre is looking for board members. If you are looking for an opportunity to give back to your community please call or drop by the Centre.



Special points of interest:

- Introducing our Newest Staff Members
- Variety Show Success
- Twenty Years of Dedication
- Groups & Programs Available
- Calendar of Events

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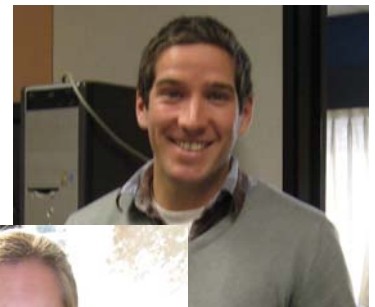
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Introducing

Introducing our newest additions here at the Quesnel & District Child Development Centre.

Andrea Broening our new Speech & Language Pathologist started in mid August after completing her masters at the University of Alberta. She is a great addition to the Centre!

Joshua Boutotte our new School-Aged Occupational Therapist started with us in mid September after completing his Masters at McMaster University.



Variety Show Success

Thank you Quesnel! We had a great Variety Show on October 24th, 2009. Through the support of the community we raised over \$27,000. This money will be used for the wonderful programs offered at the Child Development Centre. The

day itself was great fun with entertainment, food (delicious burgers donated by Mr. Mike's!), fun groups, raffle baskets, Ronald McDonald, and so much more! It was an action packed day of singing, dancing and getting to know what the Centre can

offer. Although the Variety Show is over for this year we still accept donations year round.



Twenty Years of Dedication

Thank you to the dedicated staff at the Child Development Centre. This year we celebrated three staff who have been with the centre for twenty years. Sandy

Meidlinger, Shirley Minnett, and Mary Craig have been dedicated to the children and families in Quesnel since 1989. We also had the privilege of celebrating

last year with Gaye Chahl as she celebrated her twentieth year at the centre.



Gaye (SCD) & Sandy (SCD) with Kurt at the CDC's Christmas Party



Our great new location at
488 McLean Street



Infant Development

Patti & Penny with the Infant Development Program will be offering a wide range of groups this year. They will also continue to provide one to one support to families on caseload.

- Infant Massage
- Baby Yoga
- Tot Yoga
- Parents & Tots
- Mother Goose
- Grandparent Support Group
- Twin or Multiple Birth Families (under 6 years) Support Group

Contact Patti or Penny for more information or to register 250 992 2481

Family Support

Come and join The Incredible Years program and get ideas, support and different strategies to manage challenging & typical behaviours. This is a fun group and has wonderful success! Age range is 2-8 years but parents of children up to 12 years may also find many strategies useful.

DATE: Tuesdays February 9, 2010-April 13, 2010

TIME: 9:00-11:30 AM

PLACE: Child Development Centre 3rd Floor 488 McLean Street



Refreshments and Childcare provided (please let us know if you need childcare).

There is no cost for this program, but please pre-register by January 29, 2010.

Call Megan at 250-992-4159 or Carla at 250-992-2481

Facilitated by Megan Klotz from Child & Youth Mental Health

Autism Parent Support Group

Offered through the Family Support Program this group meets the first Monday of every month, 6- 8 PM at the Child Development Centre.

Drop-In Parent Gathering

Fridays 10:00-11:30

Parent Gathering is an informal information sharing and support group for parents. We meet every Friday at the Child Development Centre.

Free childcare and snacks are provided

Parent Gathering is a collaboration between Quesnel Family Services and the Child Development Centre

For more information please call:

Carla at the CDC 250 992 2481

Lauren or Christine at Quesnel Family Services 250 992 1555

Supported Child Development

Motor Development Group will be running on Thursdays at 3 pm starting Jan 14 - March 4 - SCD and School Age Occupational Therapy will be partnering to present this group to school age children on caseload.

The SCD Program worked with the CDC Speech Language Pathologist and Literacy Quesnel to present a 10 week Language and Literacy Group in the Fall 2009. This is a playgroup that enriches communication, cognitive, and literacy concepts in a playful, social environment. We plan to offer another Language and Literacy group in the Spring.

SCD program has offered several Play Adapt Learn and Socialize (PALS) groups at a variety of daycares over the past year and is looking forward to offering more this year. The PALS groups takes a small group of children, some on caseload and some who attend the daycare, out of the main daycare group area. We offer enriching experiences that promote social and concept development.



Early Intervention Occupational Therapy

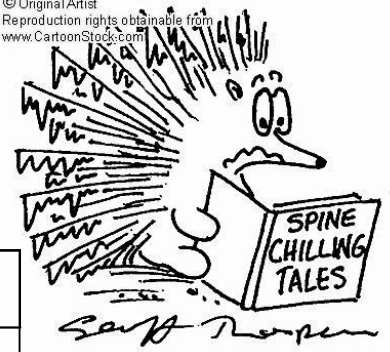
Tina offers a wide range of therapy options including groups & private Consultation to families on caseload

Tina will be offering a fine motor group for children on caseload starting in late January.

For more information please contact Tina at 250 992 2481




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Pregnancy Outreach

We are a voluntary program that provides information, support, and services to women of all ages throughout their pregnancies to six months after baby is born. We are non-judgmental and support you in having as healthy pregnancy as possible. Phone Bev, Rose or Peggy for more information.

Birth Announcements	For Sale
<p>Tavia & Will R. & big brother Riley are happy to announce the arrival of "Zeke Ronald" born Dec 8, 2009 weighing 8 lbs 11 oz.</p> <p>Adeala A. & family are pleased to welcome "Elijah Dayton" born Dec 1, 2009 weighing 7 lbs 4 oz.</p>	<p>Like new baby bassinet asking \$50.00. Please call Samantha @ 250-747-3014</p> 

"Kind words can be short and easy to speak, but their echoes are truly endless"
Mother Teresa

The Quesnel & District Child Development Centre has space for lease at their 488 McLean location. Please phone 250 992 2481 for more information

School Age Occupational Therapy

The school-age therapy program is seeking rocking chairs (child and adult sized). If you have a rocking chair in good condition and are willing to donate it to the school-district please contact Josh Boutotte, OT, School-age therapy Program @ 250-992-2481 or JoshuaB@Quesnelcdc.com.

Quesnel Literacy

Literacy Quesnel Society is presenting 2 family story time events in January. We will be at the library on Wed Jan 20 from 3-4pm and Saturday Jan 23 from 2-3pm. The events are free, open to all families, parents need to be present in the library. We will provide books and snacks for all participants.

For Sale-Hot Dog Cart

The Child Development Centre has a hot dog cart for sale. The cart includes: hot & cold running water, bun warmer, condiment tray, BBQ, cold storage etc. Drop in to view or phone 250 992 2481.










Quesnel & District

CHILD DEVELOPMENT CENTRE




January 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 6:00-8:00 Autism Parent Support Group	5	6 11:00-12:00 POP Postnatal 12:00-1:00 POP Drop In 1:00-2:00 POP Prenatal	7 11:00-12:00(Pre-register) Tots Yoga – Long Name	8 9:30-10:30 (Drop-In) Parent Child Mother Goose Program 10:00-11:30 (Drop-In) Parent Gathering	9
11 	12 9:30-10:30 (Pre-register) Parent & Tots 11:00-12:00 (Pre-register) Parent & Tots	13 11:00-12:00 POP Postnatal 12:00-1:00 POP Drop In 1:00-2:00 POP Prenatal 1:00-2:30(Pre-register) Infant Massage	14 11:00-12:00(Pre-register) Tots Yoga – Long Name 1:00-2:00(Pre-register) Baby Yoga - Basement 3:00-4:00 Motor Development Group—Caseload Invitation	15 9:30-10:30 (Drop-In) Parent Child Mother Goose Program 10:00-11:30 (Drop-In) Parent Gathering	16
18 	19 9:30-10:30 (Pre-register) Parent & Tots 11:00-12:00 (Pre-register) Parent & Tots	20 9:00-10:00 (Caseload)Fine Motor Group 11:00-12:00 POP Postnatal 12:00-1:00 POP Drop In 1:00-2:00 POP Prenatal 1:00-2:30(Pre-register) Infant Massage 3:00-4:00(Library)Family Story Time	21 11:00-12:00(Pre-register) Tots Yoga – Long Name 1:00-2:00(Pre-register) Baby Yoga - Basement 3:00-4:00 Motor Development Group—Caseload Invitation	22 9:30-10:30 (Drop-In) Parent Child Mother Goose Program 10:00-11:30 (Drop-In) Parent Gathering	23 2:00-3:00 Family Story Time (Library)
25 11:00-1:00 ((Pre-register) Multiple Birth Group	26 9:30-10:30 (Pre-register) Parent & Tots 11:00-12:00 (Pre-register) Parent & Tots	27 9:00-10:00 (Caseload)Fine Motor Group 11:30-2:00 POP Aquasize— Rec Centre	28 11:00-12:00(Pre-register) Tots Yoga – Long Name 1:00-2:00(Pre-register) Baby Yoga - Basement 3:00-4:00 Motor Development Group—Caseload Invitation	29 9:30-10:30 (Drop-In) Parent Child Mother Goose Program 10:00-11:30 (Drop-In) Parent Gathering	30

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 6:00-8:00pm Autism Parent Support Group	2 9:30-10:30 (Pre-register)Parent & Tots 11:00-12:00 (Pre-register) Parent & Tots	3 9:00-10:00 (Caseload) Fine Motor Group 11:00-12:00 POP Postnatal 12:00-1:00 POP Drop In 1:00-2:00 POP Prenatal 1:00-2:30(Pre-register) Infant Massage	4 11:00-12:00(Pre-register) Tots Yoga – Long Name 1:00-2:00(Pre-register) Baby Yoga - Basement 3:00-4:00 Motor Development Group—Caseload Invitation	5 9:30-10:30 (Drop-In) Parent Child Mother Goose Program 10:00-11:30 (Drop-In) Parent Gathering
8 	9 9:00-1:30 Incredible Years Parenting Group 9:30-10:30 (Pre-register)Parent & Tots 11:00-12:00 (Pre-register) Parent & Tots	10 9:00-10:00 (Caseload) Fine Motor Group 11:00-12:00 POP Postnatal 12:00-1:00 POP Drop In 1:00-2:00 POP Prenatal 1:00-2:30(Pre-register) Infant Massage	11 11:00-12:00(Pre-register) Tots Yoga – Long Name 1:00-2:00(Pre-register) Baby Yoga - Basement 3:00-4:00 Motor Development Group—Caseload Invitation	12 9:30-10:30 (Drop-In) Parent Child Mother Goose Program 10:00-11:30 (Drop-In) Parent Gathering
15 	16 9:00-1:30 Incredible Years Parenting Group 9:30-10:30 (Pre-register)Parent & Tots 11:00-12:00 (Pre-register) Parent & Tots	17 9:00-10:00 (Caseload) Fine Motor Group 11:00-12:00 POP Postnatal 12:00-1:00 POP Drop In 1:00-2:00 POP Prenatal 1:00-2:30(Pre-register) Infant Massage	18 11:00-12:00(Pre-register) Tots Yoga – Long Name 1:00-2:00(Pre-register) Baby Yoga - Basement 3:00-4:00 Motor Development Group—Caseload Invitation	19 9:30-10:30 (Drop-In) Parent Child Mother Goose Program 10:00-11:30 (Drop-In) Parent Gathering
22 	23 9:00-1:30 Incredible Years Parenting Group 9:30-10:30 (Pre-register)Parent & Tots 11:00-12:00 (Pre-register) Parent & Tots	24 9:00-10:00 (Caseload) Fine Motor Group 11:30-2:00 POP Aquasize— Rec Centre	25 11:00-12:00(Pre-register) Tots Yoga – Long Name 1:00-2:00(Pre-register) Baby Yoga - Basement 3:00-4:00 Motor Development Group—Caseload Invitation	26 9:30-10:30 (Drop-In) Parent Child Mother Goose Program 10:00-11:30 (Drop-In) Parent Gathering

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 6:00-8:00pm Autism Parent Support Group	2 9:00-1:30 Incredible Years Parenting Group 9:30-10:30 (Pre-register)Parent & Tots 11:00-12:00 (Pre-register) Parent & Tots	3 11:00-12:00 POP Postnatal 12:00-1:00 POP Drop In 1:00-2:00 POP Prenatal	4 11:00-12:00(Pre-register) Tots Yoga – Long Name 3:00-4:00 Motor Development Group—Caseload Invitation	5 9:30-10:30 (Drop-In) Parent Child Mother Goose Program 10:00-11:30 (Drop-In) Parent Gathering
8	9 9:00-1:30 Incredible Years Parenting Group 9:30-10:30 (Pre-register)Parent & Tots 11:00-12:00 (Pre-register) Parent & Tots	10 11:00-12:00 POP Postnatal 12:00-1:00 POP Drop In 1:00-2:00 POP Prenatal	11 11:00-12:00(Pre-register) Tots Yoga – Long Name 	12 9:30-10:30 (Drop-In) Parent Child Mother Goose Program 10:00-11:30 (Drop-In) Parent Gathering
15	16	17 11:30-2:00 POP Baby Shower	18 	19 10:00-11:30 (Drop-In) Parent Gathering
22	23 9:00-1:30 Incredible Years Parenting Group	24 11:00-12:00 POP Postnatal 12:00-1:00 POP Drop In 1:00-2:00 POP Prenatal	25 	26 10:00-11:30 (Drop-In) Parent Gathering
29	30 9:00-1:30 Incredible Years Parenting Group	31 11:30-2:00 POP Aquasize— Rec Centre		