

Appendix A

TABLE OF PROGRAMS

YOUNGER COHORT SITES (AGES 0-4)

GUELPH - ONWARD WILLOW			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Child and Family-Focused Programs			
1. Kindergarten Readiness	Children entering kindergarten in the following year (mostly ESL children)	1 FT Child Care Coordinator, 1 PT Child Care Assistant, 1 Community Volunteer	8 sessions/month year round, focussing on school readiness skills (eg., fine motor skills, writing, language, and social skills such as learning routines and problem solving)
2. Parent Run Drop-In	Mon: Parents and Toddlers Thurs: Parents with children under 5	1 FT Child & Family Coordinator, 1 Child Care Assistant, 2 Community Volunteers	Mon: Parents & children spend time together doing play-centred activities (singing, crafts, etc) Thurs: "Mother Goose Program": Parents learn songs & rhyming games for playing with children, then play the games with their children
3. Parent-Infant Group	Expectant mothers and mothers with infants and toddlers	1 FT Child and Family Coordinator, 2 PT Child Care Assistants, 1 PT Home Visitor, 2 Volunteers, Guelph Community Health Centre, Public Health Unit	Health professionals share their expertise with parents. Parents participate in activities aimed at promoting health and wellness while their children are with the Child Care staff. Parents trade clothes, baby equipment, learn to make baby food, etc
4. Child Play Group	Preschool children age 2.5-5 yrs	1 FT Child and Family Coordinator, 1 PT Child Care Assistant, 1 Parent Volunteer/ Morning	Children are dropped off at the centre where the Child Care Assistants focus on teaching social skills (sharing, cooperation, and problem solving) 8 sessions/month for 52 weeks
5. Parent Take a Break	Mothers of toddler to school-age children who started out in the Parent-Infant Group	1 FT Child and Family Coordinator, 2 PT Child Care Assistants, 1 PT Home Visitor, Parent Volunteers	Children are with Child Care staff while parents are with facilitators in another room. Parents have regular speakers or demonstrations on topics related to child development and parenting. Informal, fun, participatory atmosphere

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

GUELPH - ONWARD WILLOW (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
6. Books for Birthdays	Community children up to age 5	BBBF, Shelldale Primary School, Willowdale Day Care Centre, Community Opportunities Development Agency (CODA)	Provides books for children from infancy to grade 1. Books are distributed at Family Gateway, daycare centre, & school. Monthly birthday parties are held for the children. Fundraising by CODA
7. Toy and Book Lending	Parents and children who participate in programs or are home visited	1 FT Child and Family Coordinator, 4 PT Home Visitors, 2 PT Child Care Assistants, 2 Volunteers	Toys & books are available for lending. New Parents are taught how to play & read w/ their babies. Family visitors take toys & books to the families they visit. 5 days/wk for 52 wks
8. Junior Rap	Children 5-8 yrs old	1 FT Youth Coordinator, 2 PT Youth Workers, 2 Community Volunteers/ wk	Recreational activities including group games, crafts and sports. 4 sessions/ month for 40 wks
9. Breakfast Club	Children 5-12 yrs	1 FT Youth Coordinator, 1 PT Breakfast Club Coordinator, 2 Community Volunteers/day	Serving nutritious breakfasts to kids. Older kids help prepare and serve the food. 20 sessions/ month for 50 wks
10. Youth Group	Youth 9-12 yrs, 50% boys & 50% girls	1 FT Youth Coordinator, 2 PT Youth Workers, 2 Community Volunteers/ week	Recreational activities for after school (group games, crafts, and sports). 4 sessions/ month for 40 wks
11. Teen Rap	Youth 13-18 yrs, mostly males	1 FT Youth Coordinator, 1 Community Volunteer, Shelldale School Wellington & Guelph Housing Authority, Family & Children Services, Community Health Centre, Guelph Community Mental Health Centre	Recreational activities after school (group games, crafts, sports). Leadership development involving workshops, fundraising, and guest speakers. Program primarily teen-driven, they do their own planning of activities
12. Karate	Community members aged 3 yrs to adult (but most common is 7-15 yrs)	1 FT Youth Coordinator, 4 Volunteers (2 Black Belt Karate Instructors, 2 Community Residents)	Karate classes for children & adults. There is leadership training for the participants & a potluck supper for parents and friends of kids who participate. 12 sessions/month for 16 wks

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

GUELPH - ONWARD WILLOW (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
13. Night Club	Young women 13-15 yrs	1 FT Youth Coordinator, 1 Neighbourhood Resident, Shelldale School, Wellington & Guelph Housing Authority, Family and Children's Services, Community Health Centre, Guelph Community Mental Health Centre	Discussion and support group dealing with young women's issues, including self-esteem, sex, problem solving, and personal hygiene
14. Saturday Morning Drop-In	Community Children between 5-8 yrs	1 FT Youth Coordinator, 2 PT Youth Workers, Shelldale School, Wellington & Guelph Housing Authority, Family and Children Services, Community Health Centre, Guelph Community Mental Health Centre	Drama and creative activities. 4 sessions/ month for 42 weeks
15. Summer Camp	Community youth ages 5-12 yrs, 50% boys and 50% girls	1 FT Youth Coordinator, 4 FT & 2 PT Youth Workers, 45 Neighbour- hood Volunteers, Shelldale School, Wellington & Guelph Housing Authority, Family and Children's Services, Community Health Centre, Guelph Community Mental Health Centre, Brant-Waverley Neighbourhood Group	Recreational activities including group games, crafts, sports, and field trips. Nutritious snacks are provided. Multicultural appreciation is stressed. 20 sessions/ month for 6 weeks.
16. Cooking Club	Community youth ages 8-12 yrs, 50% boys and 50% girls	BBBF staff, 3 Community Volunteers	Planning and preparing a meal, including cooking food and cleaning up. Hygiene and safety are also stressed. 4 sessions/ month for 26 weeks
17. Seasonal Camps (March Break, Christmas)	Community youth ages 5-12 yrs	1 FT Youth Coordinator, 4 PT Youth Workers, 5 Neighbourhood Parent Volunteers/day, Shelldale Public School	Crafts, sensory activities, group games, & field trips. Nutrition program & theme days, social skill & problem solving activities. Parents & children are asked for feedback on the program

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

GUELPH - ONWARD WILLOW (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
18. Home Visitors Program	Families with children under age 4	1 FT Home Visitor Coordinator, 5 PT Home Visitors, 5 ethnically diverse women volunteers	Regular home visits in which visitor plays w/ children, delivers toys, books, snacks, encourages community participation, identifies family needs & provides information & support, facilitates peer support groups of home visited-parents.
19. Ban Viet (Circle of Friends)	Vietnamese parents with children under 4 yrs	1 FT Home Visitor Coordinator, 2 PT Home Visitors, 1 Volunteer Facilitator, Agency Representatives	Parents have an informal ESL class w/ activities (crafts, guest speakers, discussions on parenting) while children are w/ Child Care volunteers
20. Friends Circle	Chinese speaking parents of young children	1 FT Home Visitor Coordinator, 2 PT Home Visitors, 4 parents rotate child care support	Parents are taught basic English, go on outings, have guest speakers & demonstrations around cultural, parenting, & health issues
21. El Grupos Las Alegres (Group of Happy People) *Discontinued	Spanish speaking mothers with children under 5	1 FT Home Visitor Coordinator, 1 PT Home Visitor, 1 PT Child Care Assistant, 2 neighbourhood residents provide child care support	Informal ESL class, parents participate in craft activities, outings, guest speakers & demonstrations around parenting & health issues.
School-Based Programs			
1.Community BBQ	Families of children attending Shelldale school	Shelldale Public School, Willowdale Day Care Centre, 15 parent and teen volunteers	Organized outdoor BBQ for parents to meet the teachers at Shelldale School. A second BBQ was held at Willowdale Day Care Centre
Parent-Focused Programs			
1. Parent Workshops	Parents w/ young children living in neighbourhood	1 FT Project Coordinator, 1 FT Home Visitor Coordinator, 1 PT Child Care Assistant, volunteers from various community agencies	15 different workshops were held in 1997 including Nobody's Perfect, Keep it Cool, Anger Management, Get Along with your Child. Workshops ranged from 1-8 sessions
2. Relief Care *Discontinued	Parents in the community	Relief Care Workers	Care for children in the home when parents need a stress break or there is a medical demand

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

GUELPH - ONWARD WILLOW (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Community-Focused Programs			
1. Women's Group	Parents of youth/teens who do not belong to other committees	1 FT Project Coordinator, speakers from various agencies	Parents plan workshops, invite speakers, go to presentations off-site, and do art and craft activities. 4 sessions/ month for 52 weeks
2. Employment Training Program	Neighbourhood residents needing basic skills and/or experience	1 FT Coordinator	Workshops on topics related to employment readiness & skills (communication, organization, use of office equipment). Trainees work on the reception desk at centres & replace staff as cleaners and child care providers
3. Adult Education	Neighbourhood residents	1 PT Adult Education Instructor (Wellington Board of Education), 1 Community Liaison Volunteer	Upgrading formal education levels in structured class settings
4. Bread Box and Weekend Market	Neighbourhood residents	1 PT Food Coordinator, Guelph Welcome Drop-In Centre, Guelph Food Bank, 15 volunteers and drivers/ week	Surplus nutritious food from a local store is collected by volunteers, brought to the Centre, & distributed by other volunteers to points in the neighbourhood. 7 days/wk for 52 wks
5. Clothing Program	Neighbourhood residents	1 Community Development Worker, 12 Neighbourhood Residents on committee, 10 other neighbourhood volunteers	Distribution of clothing to families in neighbourhood & other families in need. Includes picking up clothes, sorting, and distributing them, as well as organizing donations to others (eg., flood victims)
6. Emergency Food Supplies	Families in neighbourhood that request food	BBBF staff, Food Basics, 4 neighbourhood residents	Provide food packages to residents upon request. Packages are designed to provide complete meals for the family for up to 3 days (runs 52wks/yr)
7. Men's Group	Fathers living in the neighbourhood	BBBF staff, 1 PT Facilitator from Family & Children's Services	Men plan social and recreational activities & outings for themselves. 1 session/month for 40 wks
8. Onward Voices	Women in neighbourhood	1 FT Community Development Worker	1. Group of women who have developed a tool for expressing personal stories, have created a video, & are working with other women's advocacy groups

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

GUELPH - ONWARD WILLOW (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service/Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
9. Legal Clinic	Neighbourhood residents	Local Guelph Lawyer	Provides legal advice to neighbourhood residents
10. Newsletter Committee	Neighbourhood residents	1 FT Community Development Worker, 8 volunteer neighbourhood residents on committee, 3 neighbourhood residents who deliver newsletter	Creation and distribution of a newsletter in the neighbourhood. 2500 copies delivered to homes, apartments, and area schools. 4 papers/ yr
11. Summer Carnival	Children who had attended summer camp & their friends & family	1 FT Youth Coordinator, 11 FT Camp Counsellors, 4 PT Counsellors in training, 12 parent volunteers	Organizing a carnival for families of children who had attended summer camp
12. Community Celebration	Neighbourhood families, project staff, agency representatives, research staff	BBBF Staff, 20 neighbourhood residents and staff, Shelldale School	Organizing a celebration for the neighbourhood to celebrate continued funding for the project
13. Community Outreach	Neighbourhood Leaders (residents on committees, teams, special events groups, management boards)	Neighbourhood Leaders, 25-35 Neighbourhood Volunteers	Neighbourhood leaders took part in several Strategic Planning Committees in Guelph, were mentors for other neighbourhood groups, have been involved in writing funding proposals, have made presentations to schools, politicians, etc
14. Project HOW	Neighbourhood Residents	1 PT Coordinator, 8 Steering Committee Volunteers, Women in Crisis, Homewood Health Centre, Family and Children's Services	Planning & implementing violence prevention programs for the community. Includes community safety audit, focus groups, setting up a women's training group, a men's group, children's activities
15. Fundraising Committee	Neighbourhood Residents	10 Committee Member volunteers, 125 neighbourhood residents helping as volunteers	Charity BBQs, charity bingos, Groundhog dance was held for neighbourhood residents, ticket raffle, bake sale, craft sale, teens held a car wash
16. Christmas Open House and Christmas Hampers	Neighbourhood Residents	30 Neighbourhood Volunteers	Open house at Family Gateway, food was served, Santa & Mrs. Claus attended. Christmas hampers with food & gifts were made & delivered to approximately 70 neighbourhood families

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

GUELPH - ONWARD WILLOW (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
17. Community Leadership	Neighbourhood Leaders	1 FT Project Coordinator, 1 Community Development Worker	Supporting and mentoring leaders, engaging residents in “hands on” process of leadership, providing child care, transportation, & other resources that will help leaders to attend meetings
18. ESL (Peer Education)	Neighbourhood Residents	Neighbourhood Residents	Based on the community model of learning, English speaking neighbours help non-English speaking community members grasp the language and then refer them to the School Board for formal ESL training
19. Collective Kitchen *Discontinued	Neighbourhood Residents	Residents	Three groups of 5-6 people meet to cook large meals in a social atmosphere, members then take portioned meals home for their families
20. Community Garden *Discontinued	Neighbourhood Residents	Residents	Families plant, weed, & harvest vegetables in garden plots rented from the city

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

KINGSTON			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/ Facilitator</i>	<i>Major Program Activities</i>
Child and Family-Focused Programs			
1. Family Visitor Program	Mothers of children prenatal to age 4 (or even 5 if needed)	4 FT and 4 PT Visitors, one Coordinator, one Health Educator and one Social Worker from North Kingston Community Health Centre	Regular home visits to provide information on infant development, prenatal education, nutrition, links to health, social, educational, employment & recreational resources
2. Infant Groups	First time expectant and new mothers of infants up to 6-9 months	Family Visitors, Volunteers, Nutritionist, Nurse, Health Educator, North Kingston Community Health Centre (NKCHC), KFLA Health Centre	Weekly and biweekly meetings provide parent to parent support, informal education, role modeling, contact with professional staff
3. Toddler Group	Parents and their children from crawling age to age 2	Child Care Assistant, Trained Volunteers, Child Care Committee	Drop-in for families for 2hrs/wk. Activities are participant-planned (crafts, guest speakers, etc). Snack and singing time for children
4. Playgroups	121 families in the community	4 Child Care Assistants, Childcare Committee	3x's/wk time for parents and children to socialize. 8 playgroups/wk at 4 different locations
5. Child Care	105 families in the community	Child Care Providers, Child Care Committee	Child care provided to allow parents to attend all programs, committee meetings, & other initiatives
6. Toy Library/ Story Centre	Community families	Read-Write Centre, Child Care Assistant, Child Care Committee	Participants borrow toys. Toys are purchased with donated funds.
7. Child Care Quality Enhancement Program	Children, parents, staff of day cares and nurseries in the area	Child Care Assistants, Community Programs Worker, Child Care Committee	Provide extra resources to preschool groups; Child Care Assistants take projects which staff cannot do b/c of limited time, resources (eg newsletters, etc)
8. Home Child Care Project *NEW	Attempts to make contact with participants is a slow process	Child Care Assistant, Child Care Committee	Provide support to enhance the quality of homecare programs (eg., bulk craft material, activity packages, outings, workshops, etc)
9. Little People Parks Program *NEW	Young children and their parents	Child Care Assistants, Child Care Committee, Jobs Service Canada	1 hr playgroup held 2x/wk in July and Aug in local parks. Activities include crafts, games, singing songs, story reading and snack

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

KINGSTON (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
10. Dinner Club *Discontinued	Women & children in the community	Parent Visitor, Child Care Assistant	Informal monthly gathering where families eat together with a planned activity for the children.
11. Dad's Group *Discontinued	Fathers in the community	2 Community Members who had completed the Volunteer Co-Facilitator program, 1 Community Programs Worker, 1 Health Promotion Co-ordinator	Weekly support group for fathers. Food and childcare were provided.
Parent-Focused Programs			
1. Prenatal/Postnatal Support	Expectant mothers within the project area	BBKC, local churches, seniors groups, Alcan, Kiwanis Club, Prenatal/Infant Development Committee	Information provided on a variety of issues. Food, breast pumps, formula, diapers, milk coupons, etc. provided to participants if needed.
2. Baby's Coming	Families unable to access prenatal info in traditional ways	Family Visitor, Health Educator, Kingston General Hospital, Read Write 2, Prenatal/Infant Committee, NKCHC	Nine weekly prenatal sessions about health, nutrition, labour and birth preparation, postpartum care, optional breast feeding class
3. Nobody's Perfect	Single women with low income and low literary levels with kids 0-5 yrs.	BBKC Staff, Public Health Nurse, Child Care Committee, trained community members	2 hr sessions for 6 wks discussing how children behave, develop, learn, & feel, how parents find time for themselves, access to community resources, & other participant-directed topics
4. Parent Support Group	Area residents, many are graduates of Nobody's Perfect	Community Volunteer, Community Programs Worker, Child Care Committee	Wkly meetings with guest speakers and discussions on parenting and problem prevention. Participant-driven topics
5. Parent Relief	Parents of children up to five years	Child Care Providers, Child Care Assistants, Child Care Committee	Short-term (2.5 hrs) childcare relief for parents. Children can visit 1x/wk.
6. Hey What About Me? *Discontinued	Families expecting second or later child	Health Educator, Parent Visitors, Child Care Assistants	3 sessions that review information on labour, delivery, & child care, discussions about how the new child will affect family life
7. Healthy Mom, Healthy Baby *Discontinued	Women in early months of pregnancy	Health Educator	3 monthly meetings, covering medical care, warning signs in pregnancy, healthy lifestyles & nutrition, infant care

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

KINGSTON (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Community-Focused Programs			
1. Co-facilitator/ Volunteer Training *NEW	Open to all participants in area	Community Development Workers, BBBF, NKCHC	Training program to develop group facilitation skills. Interested participants must write a letter explaining their interest in co-facilitation.
2. Nutrition Newsletter	Community members	Community Health Centre, 2 Community Residents, Community Development Worker, Nutritionist	Newsletter published on a quarterly basis on various nutrition topics (eg., community gardens, nutritious foods that kids will eat)
3. Food Buying Club	6 members receive bulk food orders/ month	Community Development Worker, BBKC, Dacon Realtor, Public Health Unit	Meets 2x/month to prepare box orders and to pack orders. Box of food in 2 sizes (large=\$15, small=\$10) of canned goods, spices, flour, etc
4. Good Food Box	Anyone living in the Greater Kingston area.	10 Community Volunteers, Community Program Worker, NKCHC Nutritionist, BBKC Staff	Committee meets bi-weekly to organize food orders
5. Christmas Referrals	Anyone who requests a basket. Over 900 adults and children received toys, food or clothes	Community Development Worker, BBKC Staff, Queen's University, K-Mart, Kingston Police, Salvation Army, CKLC Radio	Referral process for families who identified themselves as needing a Christmas basket from the Salvation Army and/ or winter clothes from the Kingston Police Force
6. Low Income Needs Coalition	Average 5 people/ meeting, but public forums ave. 35-40	Volunteers, Community Development Worker, North Kingston Community Health Centre, Community Legal Clinic, Churches, BBKC	Lobbies for positive changes to social policy. Meets monthly (typically alternating business meeting and public forum)
7. City Playground	Open to anyone who works or lives in North Kingston	Community Development Worker, City of Kingston	Monthly meetings aimed at replacing equipment in city parks. Currently finding out what equipment residents want in parks
8. Special Events	Community members	Community Development Worker, Parent Visitors, Resident Volunteers	Events included community picnics, pony rides, children's games, strawberry picking outing, Halloween and Christmas parties, zoo trips, etc

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

KINGSTON (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
9. Child Identification Day	Community members	Community Development Worker, Parent Visitors	Identification day in which children were photographed and finger printed
10. Multicultural Outreach *Discontinued	Community members	Multicultural Outreach Workers, Community Programs Worker	Workers visit families of multicultural backgrounds, try to identify health & social needs, & encourage participation in project
11. Special Project: Quilt	Community members	Health Educator, Family Visitors, Community Volunteers, Local Church Members	The quilt project began in 1993 and took 3 years to finish. Staff and community members worked collaboratively on a quilt displaying the BBBF logo. It is used as a backdrop for media events & a tool to raise awareness about poverty and BBBF
12. Special Project: Mural	Community members	Community Volunteers, local Mall Landlord	The Mall's Landlord donated space and paint to allow BBBF to paint a mural. The mural's theme, endangered species of the sea, was chosen to highlight the vulnerability of funding for children's services
13. Community Kitchen *Discontinued	Community residents	Community Development Worker, Food Worker	Small groups of people cook meals collectively & take portions home to freeze for their families
14. Test Kitchens Program *Discontinued	Community residents	Community Development Worker, 2 Parent Visitors	Recipes to be included in a community cookbook are tested for taste nutritional value, & cost
15. Neighbour to Neighbour Newspaper *Discontinued	Community residents	Editorial committee chaired by Community Development Worker & a resident	Community newspaper which informs residents about issues and events in their community
16. Community Writers' Group *Discontinued	Community members	Community Development Worker, Staff of local literacy program	Group meets wkly to write & edit articles for community newspaper. Program established to help residents with limited skills learn how to write for a newspaper.

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

OTTAWA			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Child and Family- Focused Programs			
1. Family Visiting Program	Families with children 0-4.	2 FT & 8 PT Family Visitors (French, English, Somali, Arabic, Spanish, Serbo-Croatian), 1 Family Visitor Coordinator	Visit at home 1-1.5 hrs/wk, parental support provided, modelling and information provided, and linking to community services and crisis intervention.
2. Playgroup	Families with children 0-5.	1 FT Playgroup Coordinator, 1 PT Playgroup Worker, Volunteers	Children get to play with other children and a variety of high quality toys, also snacks provided. Caregiver supervises child to encourage positive interactions between the caregiver and child.
3. Respite Child Care	Neighbourhood residents with children 0-5 years	BBBF	Free child care is provided at the playgroup weekly for two hours to give caregivers time on their own. Children may attend twice/ month
4. Mobile Toy Lending Library	Families with children 0-4.	5 BBBF Workers	Door to door toy-lending service. A different toy is delivered monthly.
5. Heatherington Nursery School	Children 2-1/2 to five years.	Nursery school staff and BBBF provides resources for a PT teacher.	Subsidized quality child care where SEO- BBBF provides one teacher to increase the teacher/child ratio
6. Kids in the Hood	Children 10-14 yrs in the Albion/ Heatherington/ Ledbury and Fairlea area	Project Coordinator, Ottawa Carleton Police Services Officer, Trillium Foundation	Weekly drop-in program where kids take part in either a pre-planned organized visit or in cooperative learning activities
7. Health Integration	Resident Families	Community Nurse provided by South-East Ottawa Centre for a Healthy Community	Consults with parents & children around health issues focused on pre- and postnatal care, trains family visitors.
8. Family Park	Families in community	BBBF	Maintain family park and program occasional child programming

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

OTTAWA (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Parent-Focused Programs			
1. Parenting Workshops/ Classes	Parents with young children in the community	BBBF staff, Family Visitors, Community Nurse, Ottawa Carleton Regional Health Department, Andrew Fleck, Parent Preschool Resource Centre	Offers yearly parenting workshops
2. One-Time Counselling	Community residents	Family Visitor Coordinator	One-to-one counselling is provided on a limited basis
Community-Focused Programs			
1. The Better Beginning Community House	All residents of the community.	BBBF Staff	The house is the primary identity of BBBF in the community and offers residents a central place to socialize and obtain information and referrals while also housing the BBBF offices
2. Clothing Exchange	Open to all residents, no sign-in to avoid stigma	2-3 volunteers organize and sort items. BBBF Staff and residents	Provides free clothing and resources in the BBBF Community House. Residents can pick up/ drop off any clothing or small items (eg., car seats)
3. Women's Group: "Women Working Towards Tomorrow"	Women residents	Paid Facilitators	Weekly group provides women with an opportunity to support each other in a safe environment. Many issues are related to violence and abuse.
4. Theatre Group: "Women For Change and Larry"	Performed for teachers, youth workers, doctors, community outreach workers	BBBF staff, neighbourhood residents, coached by Project Coordinator	Theatre portrays issues relevant to the experiences of people living on lower incomes. A question period follows where service providers can discuss issues with theatre members.
5. Sewing Crafts	Community residents	BBBF Family Visitor, President of the Ledbury Tenant Association	Weekly program to enhance sewing skills while providing participants with a chance to socialize with other community members and share skills.
6. Coffee Time	Community residents	BBBF Family Visitor, Community Volunteers	A drop-in to promote better informal supports within the community. Volunteers and Family Visitors are present for discussion, resources, etc

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

OTTAWA (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
7. Fresh Food Buying Club	Community residents	Group of volunteers including BBBF staff and community residents	A cost-effective way of buying fresh fruit and vegetables every month for 40-70 families.
8. Community Celebrations	Community residents	BBBF Staff and Volunteers	Opportunities for neighbourhood residents to mix and chat with one another, participate as families.
9. Magic Bus	Community residents	BBBF	Transports people to Better Beginnings groups and activities in the wider community
10. Community Connections Worker	Community residents	Community Connections Worker	Visits families to provide assistance with settlement and integration issues. Service is not exclusive to families with children under 5 yrs old.
11. Voices of our Neighbourhood	Community residents	BBBF Staff and residents	Newsletter which informs people about BBBF activities & other community events & resources
12. Cooking Classes	Community residents	Family Visitor, Volunteer	Provides knowledge of cooking techniques, healthy eating, understanding of cultural differences
13. Child Care for Parents in Second Language Training *Discontinued	Community residents	Paid resident	Child care support provided for parents while they attend language training and academic upgrading

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

TORONTO			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Child and Family-Focused Programs			
1. Community Visiting Program	Expectant women and parents of children up to age 5	1 FT Team Leader of Community Visiting & Perinatal Programs; 5 FT & 3 PT Community Visitors	Home visits that focus on prenatal and child development, family planning and support, advocacy, referrals, crisis intervention
2. Perinatal Nutrition and Support Group (Formerly Prenatal Support Group)	Expectant women, their partners, coaches, & parents of children up to 6 months who participated prenatally	1 FT Coordinator of Community Visiting and Perinatal Programs, 3 FT Community Visitors, 1 Prenatal Nurse & Dietician, 1 Public Health Department Nurse & Dietician, Parent Volunteers, Health Canada Perinatal Nutrition and Support Program, City of Toronto Food Policy Division, Regent Park Community Health Centre	Weekly informal discussion group format. Topics include nutrition, fetal development, breastfeeding, labour, exercises, cultural issues. Participants receive a nutritious meal, \$10 food voucher and samples of newborn supplies (eg., diapers)
3. You Make the Difference	Parents with children between 6 months and 3 yrs of age	1 Team Leader of Child Care, 1 Child Care Worker, 1-3 SOS Child Care Workers, 1 Program Helper	Structured parent-child communication program for children at risk of developing language delays. 9 wkly group sessions facilitated by 2 staff
4. Playgroups	Families with children up to 4 yrs of age	1 Child Care Team Leader, 1-2 ECE Child Care Workers, 1 SOS Child Care Worker, 1 Program Helper, 2 Child Care Assistants, Parent Volunteers	Child care provided for parents while they are involved in PFBB adult programs (eg., perinatal programs, Nobody's Perfect etc). A variety of materials & activities are available for children to learn as they play with other children and adults
5. Family Drop-In *Discontinued	Families with children up to 4 yrs of age	Child Care Coordinator, Child Care Workers	Wkly drop-in where families can interact. Focus is on learning through play (art, play in the gym) parents can ask questions of the child care staff

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YOUNGER COHORT SITES (AGES 0-4) (Continued)

TORONTO (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Parent-Focused Programs			
1. Parent Education and Support Group	Parents with children 6 months- 6 yrs	1 PFBB Community Worker, 1 Growing Up Healthy Downtown (GUHD) Parent/Child Worker	12 weekly, informal group sessions using a discussion & crafts format. Topics are participant-driven and include child care, parenting, homemade toys, nutrition, exercise, job preparation. Guest speakers are used
2. Nobody's Perfect (Sept-Dec'97)	Vietnamese parents with children up to five yrs	1 Community Visitor, 1 Home Visitor from the Public Health Dept	Structured 8 wk parent education program. Group learning and mutual support activities used to discuss children's and parents' needs and issues
3. Parent Relief	Parents with children up to 4 yrs	1-3 ECE Child Care Workers, 1 SOS Child Care Worker or African Women's Group Child Care Worker	Free child care to relieve parents. Structured learning through activities focussing on all aspects of children's development. Snacks provided
4. South East Asian Take a Break *Discontinued	Chinese and Vietnamese mothers & their friends & family	1-2 Community Visitors, 1 Public Health Nurse	Functions like a drop-in, topics are participant -driven. Rotating 6 wk schedule of topics & activities including nutrition, food preparation, physical & mental health. Guest speakers used
5. Bridging the Gap Between You and the CAS *Discontinued	Community members	BBBF, St Michael's Psychiatric Hospital, Children's Aide, Regent Park Community Health Centre	Group organizing support for families who were involved or feared involvement with the child welfare agency
Community-Focused Programs			
1. Community Special Events	Parents and children from 0-4 yrs	PFBB Staff, 2-3 Community Workers, Volunteers	Seasonal events and cultural celebrations. Regular events include summer festivals, Kidfest, Black History Month, Ramadan, BBQs, etc
2. Community Clean Up and BBQ	Adults, children, and local agencies	2 FT Community Workers, 4 Resident Volunteers	6 community clean-up days in the summer followed by a BBQ. Each day focusses on a specific area of Regent Park/ Moss Park

Appendix A: Table of Programs

YOUNGER COHORT SITES (AGES 0-4) (Continued)

TORONTO (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
3. Community Drop-in/ Women's Group	Women with elementary school age children	1 Community Worker, Volunteers	Wkly outdoor summer activities held from June-August for women & children, including a meal (eg., BBQ and Baseball game). Events are used to do outreach to women
4. Play and Learn Resource Centre	Parents with children of all ages	1 Community Visitor, PFBB, Gerrard Resource Centre Staff	A variety of resources available on loan (books, videos, free clothing, baby equipment, toys, games, activity kits
5. Community Organizing	Community Members	2 Community Workers, Resident Volunteers, PFBB staff, staff from other organizations	Collaborating on initiatives to build a safer community,(work on community policing, security, housing, youth, & general safety issues)
6. Kindergarten Registration Package	Families of JK children	Community Development Worker, Board of Education Community Liaison	Parents registering children for kindergarten invited for refreshments & a chat, children given "first book bag" containing paper, glue, safety scissors
7. Anti-Racism Training *Discontinued	Community members	Anti-racist educator	Workshops with educator for 10 monthly 6-hour sessions to train local service providers & BBBF committee members, who can then share their knowledge in their work setting
8. Emergency Supplies *Discontinued	Families of children ages 0-4 yrs	Program Assistant	Diapers & infant food available to all members of the community. Information about infant nutrition and budget shopping available
9. Welcome Basket *Discontinued	Community residents	Community Worker	Residents given a guided tour of community, highlighting key social services, safe play areas, stores, etc. Then have a gathering at community centre to get to know other community members and receive "basket of resources".

Appendix A: Table of Programs

YOUNGER COHORT SITES (AGES 0-4) (Continued)

WALPOLE ISLAND			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Child and Family- Focused Programs			
1. Playgroup	Parents & their pre-school children	Family Support Workers	Playgroup meets in Family Resource Drop-In Centre. Children & parents play together with a variety of materials, participate in snack & circle time, & parent info sessions 1x/month with topics on child development and parenting
2. Drop-In Day	Children ages 0-4 and their parents	Family Support Workers	Growth & development charts, breastfeeding support, clothing exchange, & toy-lending library
3. Native Language	Parents & pre-school children	Community Outreach Facilitator	Visits playgroups 2x/ wk for 15 minute sessions to teach Ojibway words, songs, & stories to children
4. Home Visiting	Expectant parents & parents of children 0-4 yrs	Family Support Workers	Regular home visits in which the worker provides support, trust, & resources, provides information & guidelines on child development, & role models appropriate behaviour
5. Blanket Program	Parents & their pre-school children	Family Support Workers	Playgroup program offered outdoors at area parks during July and August
6. Bkejwanong Children's Centre Outreach	Children ages 0-4 and their parents	Family Support Workers	Worker provides program & child-development information, staff support, & helps cultural enrichment instructor
7. You Make The Difference - Hanen Program	Parents & their pre-school children	Hanen Facilitators (Family Support Worker, Health Centre, School, & Parent-Child Support Staff)	10 wk early education program; working with parents, caregivers, & teachers to improve children's communication skills, 2x/ yr
8. Bkejwanong Pre-Natal Nutrition Program	Expectant mothers and parents of children 0-4 yrs	Family Support Workers & Nutritionist, Sponsored by Health Centre	2x/ month a dietician came to parent/child support program in the morning for nutritional support, parents received \$15 coupon for milk, fruit, & vegetables. Also info sessions on various topics

Appendix A: Table of Programs

YOUNGER COHORT SITES (AGES 0-4) (Continued)

WALPOLE ISLAND (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Parent-Focused Programs			
1. Nobody's Perfect	Expectant parents and parents with children 0-4 yrs	Family Support Workers & Health Centre Staff	Two 6-wk sessions/ yr with topics focussing on parenting skills. Children attend playgroup while sessions are being run
Community-Focused Programs			
1. Native Language Classes	Community members	Community Outreach Facilitator & two Community Elders fluent in Ojibway	Classes meet for 2 hrs/ wk from September to June for oral and written Ojibway language lessons which include games, songs, etc.
2. Women's Activity Group	Community members	Community Outreach Facilitator	1x/month sessions held on participant-driven topics (cake decorating, fry bread making, etc.)
3. Newsletter	Community members	Community Outreach Facilitator & PCSP Secretary	Monthly publication designed to increase public awareness of BBBF and PCSP, mailed to parents with children 0-4 yrs, government committees, & other BBBF sites. Also left in high-traffic areas in the community for interested people
4. Volunteer Recruitment Program	Community members	Community Outreach Facilitator	Recruitment of volunteers, development of Job Descriptions, keeping statistics on participants, yearly Volunteer Appreciation Dinner
5. Native Learning Circle	Community members	Community Outreach Facilitator	One 5-wk session held for two hrs/ wk on Beadworking
6. Community Enrichment Sessions	Community members	Community Outreach Facilitator	2 evenings on "Teaching of Pipe" and 2 evenings on "Hairbraiding"
7. Monthly Activity Box	Community members	Community Outreach Facilitator & Parent/ Child Support Program Staff	Monthly draw for two food boxes, one for seniors and one for families on Social Assistance
8. Monthly Community Potluck	Open to all	Community Outreach Facilitators	Guest speakers share their experiences, awareness of BBBF upcoming activities, as well as other programs available to update participants
9. Fundraising	Community members	Community Outreach Facilitator & Fundraising Committee	Fundraising such as ticket raffles, food sales, etc.

Appendix A: Table of Programs

YOUNGER COHORT SITES (AGES 0-4) (Continued)

WALPOLE ISLAND (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
10. BCRT	Community members	Community Outreach Facilitator & BCRT Team	Presentations & workshops are presented to various programs, community members or organizations, as asked to present; focus on healthy lifestyles and cultural teachings
11. Seniors' Visits *Discontinued	Seniors	Community Outreach Facilitator	2x/wk luncheons & quilting sessions are held at the Algonquin Seniors Complex. Recruitment of senior volunteers for BBBF took place during these visits

Appendix A: Table of Programs

OLDER COHORT SITES (AGES 4-8)

CORNWALL			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Child and Family- Focused Programs			
1. Playground (Summer Games)	Children ages 4-12	BBBF, L'Estrie Family Resource Centre Coordinator, staff instructors, volunteers	8- week long summer program of athletic, recreational, & cultural activities, field trips, & puppet shows on conflict resolution, etc. A parent work group has input into activities implemented
2. Holiday Activities	Pre-kindergarten to grade 2 children	BBBF, parent volunteers, L'Estrie Family Resource Centre, school councils	offers interesting day trips & educational activities for children on civic holidays & professional development days (trips to zoo, museums, biodome, outdoor games, crafts, films, etc)
3. Community Toy Library	Community families	Toy librarian, Community Volunteers	For an annual fee of \$20, families can borrow educational games, family resource films, books, etc as often as they like. Volunteers do a lot of fundraising for the library
4. Theme Boxes (now part of the toy library)	Community families and teachers	Project coordinator, teacher, parents	Many different theme boxes containing games & learning activities based on a theme (jobs, jungle animals, etc). Can be borrowed by families or for use in classrooms.
5. Family Visits	Community families	Family Workers	Family workers maintain regular contact with interested families to offer support, information about child development, community services & resources. Also runs seminars on various topics related to family development.
6. Family Activity Centre	Community families	BBBF staff, Community Volunteers	Objectives are to develop & improve parental competence & create good family relationships for optimal child development. Volunteers decide what activities they want and how to implement them (eg workshops, seminars, day trips)
7. Saturday Playtime	Children ages 4-8	BBBF educator	Activities held every Saturday morning at community schools (arts, music, cooking, etc)

Appendix A: Table of Programs

OLDER COHORT SITES (AGES 4-8) (Continued)

CORNWALL (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
8. Family Vacation Camp	Community families	BBBF staff, Community Volunteers	Sessions are offered to families in summer and March breaks. Volunteers are in charge of rules of conduct, raising funds to support activities, planning & implementing activities, etc.
School- Based Programs			
1. School Activities Centre	Children in kindergarten to grade 2	Activity organizers	Objective is promotion of the French language & the Francophone culture by supplying an activity organizer into the schools to help the teachers provide high quality activities for the children.
2. Mini- Breakfast	Children in kindergarten to grade 2	BBBF staff	Children can have a healthy breakfast (muffins, fruits, juice, milk, cheese) when they arrive at school. Pamphlets & other information on healthy eating are distributed to families
3. Homework Support	Community families	Educators, Volunteers, Coordinator	Parents & children meet together at the Family Activity Centre. They have a snack & then do homework together with the help of trained educators
Community-Focused Programs			
1. Community Action Group	Community Members	BBBF, Community Volunteers	Organizes social activities, community gardens, environmental programs, supports different local programs like French week & P'Tits Francos, fundraises, increases visibility & accessibility of BBBF, etc.

Appendix A: Table of Programs

OLDER COHORT SITES (AGES 4-8) (Continued)

HIGHFIELD			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Child and Family Focussed Programs			
1. Family Resource Centre Drop-in	Families with children aged 0-4	1 Family Support Coordinator, 1 Parent Volunteer, 1 Nurse from Rexdale Health Centre	4 mornings/wk (2hr sessions), families can participate in activities (crafts, etc.), special events, & summer outings. A nurse visits 2x/month to talk about women and children's health.
2. Home Visits	Families of children from JK to Gr. 2	4 Enrichment Workers	Families visited prior to child entering JK to provide info about area services, encouragement, referrals, and general support. Home Visitors spend .5 day/wk in JK classroom. After the child is in JK, home visits focus on school related issues
3. Summer and March Break Program	Children from JK to Gr. 2	1 Enrichment Worker, 4 Volunteers	Fun and educational activities provided for children to prepare them for school
4. Toy Lending Library	Families that use the drop-in	1 PT Librarian, 3-4 Parent Volunteers	Library is open 4 days/ wk. Materials include over 500 toys, games, & puzzles. "Take a Book Program" has question sheets to get parents talking to kids about books. Also parenting resource books & activities to do with children.
5. Play Groups	Families with children in JK	2 Child and Family Enrichment Workers	Activities are unstructured, with an emphasis on providing nurturing and educational environment where families can learn and interact together
6. Preschool Computer Program	Children aged 2- 4.5 yrs who attend drop-in	BBBF main service provider, 1 parent volunteer	Operates during drop-in hours on a first come first served basis. Children each have five minutes on the computer
7. Preschool Literacy	Children aged 2-4.5 yrs who attend drop-in	In-school Coordinator, Family Support Coordinator, School Librarian, 1 SK teacher, BBBF funded	Intended to encourage preschoolers to read, support families, assist with transition to JK by familiarizing family with school personnel. Began in Jan '98
8. Before-and-After-School Program	Children aged 4-8 and 9-12	Community Development Coordinator, Recreation Staff	Age-appropriate recreational activities and nutritional snacks provided for children at the primary school level

Appendix A: Table of Programs

OLDER COHORT SITES (AGES 4-8) (Continued)

HIGHFIELD (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
School-Based Programs			
1. Health and Nutrition Program	All children at Highfield Junior School get snacks 3x/wk	1 Nutrition Coordinator, 3 paid parents, 10 parent volunteers, funding from BBBF, the school, parent donations, & other sources	Hold nutrition assemblies, fairs, & other activities. Workshops for parents, Hot Lunch Program (\$.50/lunch), providing sandwiches for kids w/o lunches, fitness activities, Play Days, etc
2. Educational Assistants, Parent Volunteers, & Academic/ Language Development	Children from JK to Gr.2	4 Enrichment Workers (EW), 1 certified Teacher, 2 FT assistants for JK and SK classes, 6-10 volunteers	4 EWs spend time in JK Classes to increase kids' exposure to English and adult support, Summer Enrichment programs, After-school Enrichment reading programs, Family Literacy Nights, Made Dual Language tapes to be used by families
3. Classroom Social Skills, Intervention, Storytelling and Drama	School classes	In-School Coordinator, university students, funded by BBBF, Highfield Junior School, Lion's Club	Including a curriculum-based social/ citizenship skills intervention. Also, Gr. 3 students visit a seniors' lodge 1x/wk and spend time with seniors. EW and Parent Volunteers help children to develop better social skills. 2 drama trips/ yr for JK, SK
4. Home-School Connection and Parental Involvement	Parents of children in project school	BBBF Project Manager, In-School Coordinator and other Coordinators and staff, Parent Volunteers	Parents participate in in-school & nutrition committees, School Council, Inner City Committee, School Design Committee, Snack Program, and some have been hired as EW and Research Ass.'s
5. Community and Ethno-Cultural Relations	School and Community members	In-school Coordinator, Enrichment Workers, BBBF, Highfield Junior School	Special events held at school to increase the exposure and participation of various cultures in the community eg., annual Multicultural Caravan
Parent-Focused Programs			
1. Parent Relief	Community Residents (space for 5-10 children at a time)	BBBF main service provider, 2 paid Parents	Child care is offered 2 days/ wk (9 am - 11:30 am) for parents needing a break. Parents must book ahead b/c space is usually filled to capacity
2. Parents' Group	Parents who participate in Drop-in or who have children at Highfield	Family Support Coordinator, CAS Family Support Team, Nurse & Nutritionist from Rexdale Health Ctr	Parents meet weekly to socialize, organize special events, do crafts, or have workshops (eg., women's issues, childhood illnesses, discipline, nutrition)

Appendix A: Table of Programs

OLDER COHORT SITES (AGES 4-8) (Continued)

HIGHFIELD (Continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Community-Focused Programs			
1. Resident Participation and Leadership	Community Parents	Community Development Coordinator & Staff; Community Development Committee	Parents are informally encouraged to join project committees, to get involved in planning community events, to advocate for the community (eg, lighting, bus shelters etc). Parents are given skill development and leadership building workshops
2. Welcome Baskets	Community Families	BBBF	Baskets contain info about BBBF, other community services, & goodies. Given to new families through the schools in BBBF area to welcome them and encourage involvement in the project and the community
3. Language and Prevocational Skills	Community Residents	BBBF refers students to the ESL program run by the school board	ESL Program has been running for several years. A Hindi class also ran for one year.
4. Neighbourhood Safety	Community Residents	Community Development Coordinator and Staff, parents	Several community safety forums held. Have implemented security guards, improved lighting, removal of derelict cars, crossing guard, etc
5. Social and Recreational Programs	Community Residents	BBBF staff	Before and After School Programs, March Break Programs, fun activities, and ballet lessons for kids, aerobics and bus trips for parents
6. Ethno-Cultural Programs & Activities	Community Residents	Community Development Coordinator & Staff	Several different cultural events (eg., Diwali, Holi, Black History Month). Also staff are hired that have cultural backgrounds similar to residents

Appendix A: Table of Programs

OLDER COHORT SITES (AGES 4-8) (Continued)

SUDBURY			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
Child and Family Focussed Programs			
1. After School/ Holiday Programs	Children aged 4 to 8	9 PT Child Care Workers, College Boreal Placement Students, 3 cooks, 2-4 volunteers, City Parks and Recreation	Daily program provides a safe place for 100 children to play after school and on school holidays. Snacks and special activities are offered. Children are encouraged to solve problems and conflicts fairly.
2. Summer Programs	Programs are offered at 3 sites in the community	9 PT Child Care Workers	Offered 8/wk 9am-3pm, kids participate in activities similar to the After School programs, but with more emphasis on outdoor activities.
3. BBBF Membership and Volunteer	Open invitation to all community residents to become a member of BBBF	Membership Coordinator	The coordinator visits the community residents to explain BBBF and receive feedback from them on the program. Criteria for membership is agreement with BBBF vision and principles. Responsible for running 3 membership meetings a year.
4. L'Arc-en-ciel du Moulin a Fleur	Families with children aged 0-5 yrs.	1 Francophone Community Worker, 1 PT Child Care Worker. Parents who bring their children monitor their children	Mom and tots drop-in program with participant- driven activities. Organized workshops and presentations are very successful
5. Family Visiting Program	Community members	2 S-BBBF staff (1 anglophone, 1 francophone)	Advocates and supports families' needs, provides support to Child Care teams, do presentations for other agencies, schools
6. Travelling Road Show	Open to all community residents.	2 BBBF staff, 3-5 parent volunteers	Staff visit 3 different sites 1/wk to play with children while parents discuss parenting problems and solutions, and organize events.
7. Hallowe'en Haunted House	Whole community	3 PT Child Care Staff, Community Workers	Extend After School program at Hallowe'en to open Haunted House constructed by staff.
8. Summer Camp Experience *Discontinued	Parents and children in the community	BBBF Staff, Local Native Centre	Parents & children go camping for 5 days, & learn Native culture & respect for the environment

Appendix A: Table of Programs

OLDER COHORT SITES (AGES 4-8) (Continued)

SUDBURY (continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
School Based Programs			
1. Peaceful Playgrounds Program	Children JK to grade 6 in three local schools	2 BBBF staff, 1 placement student	Teach cooperative games, teach kids how to listen to each other, how to vote democratically, etc. A week is allotted to an anger management course, as well as peer mediation skills for teachers and children.
2. Native Cultural Program	Children in grade 1-3 at 2 schools	2 BBBF staff, 4 Placement Students	Through traditional methods kids are taught about equality of all cultures, and to respect each other, self and mother earth
3. Early Bird Breakfast and Play Program	Focus is on children 4-8, but no one is turned away. Approximately 250 children participate daily.	3 BBBF staff, Child Care Workers, volunteers	Nutritious food is served (eg., eggs, sausages, cereal, etc) and children participate in crafts and physical activities (eg., basketball)
4. Multicultural Support Program *NEW	2 Francophone schools, 3 different classes	1 BBBF PT staff from Rwanda working as a teacher's aide	Children are exposed to different cultures in an informal way. Teacher's aide is currently translating a Rwandan children's book which will be used in the classes.
Parent-Focused Programs			
1. Back to School Teen Mom Program *Discontinued	Teenage mothers in the community	Teacher	5 days/wk a teacher provides continuing education to young mothers. Also provides informal support
2. Christmas Baskets	Whole Donovan/Flour Mill community	Community Workers, Family Support Workers	Assistance in the way of gifts and food at Christmas
3. Babysitting and Transportation	Community Members	Family Support Worker	Provide child care and transportation to permit parents to participate in programs, committees
4. Can Skate			Free skating every winter in partnership with the City. Skates provided.
5. Tout Pour Reussir *Discontinued	Francophone Teen Mom Program	1 FT Francophone Community Worker	Support for teen moms

Appendix A: Table of Programs

OLDER COHORT SITES (AGES 4-8) (Continued)

SUDBURY (continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
6. Mom & Tot Drop *Discontinued	Whole community	Family Support Worker	Support for Anglophone moms
7. Parenting Program *Discontinued	Parents in the community	Family Support Worker and Community Worker	Provide parenting sessions, support and information
Community-Focused Programs			
1. Community Kitchen Program	Community residents	1 BBBF staff, parent volunteers, funding from Steel Workers Humanities Fund	Participants plan menu, then cook and clean while staff watch children. Staff shop for groceries and supplies. Each participant takes food home.
2. The Environmental Program	Parents and children	1 BBBF staff, EJLB Grant, placement students, summer students	Offers information about caring for the environment. Annual development of community gardens, which involves participation of children, school yard naturalization, park and stream rehabilitation, recycling, local walks to recognize indigenous plants, animals.
3. Research Program	Community members	1 BBBF FT and 1 PT staff, 1-2 volunteers	Offers the community the possibility to develop local research projects and use the data from the activities to initiate other programs
4. Mediation Group	Parents in the community	Community Workers	Encourages dialogue amongst community workers & parents in order to deal with disagreements through effective conflict resolution techniques
5. Myths & Mirrors Community Arts Program	Community; all ages	1 FT Community Development Worker, 20 volunteers, placement students	Community Arts programs featuring giant puppets, mask making, large scale community art projects and celebrations, theatre, festivals, costumes, parades. Now an independently incorporated organization.
6. Community Development	Native Community Francophone Community Anglophone Community *Discontinued Multicultural Community *Discontinued	1 FT Native Community Worker 1 FT Francophone Community Worker 1 FT Anglophone Worker (discontinued) 1 PT Multicultural Worker (discontinued)	To organize respective communities, help identify community needs, liaise with respective caucuses, implement programs and initiatives in community, advocate, provide support to child care workers.
7. Pre-Teen Program	Pre-teens in the community	Adults & teens from community	2 Programs (English & French) offer activities appropriate for pre-teen age group

Appendix A: Table of Programs

OLDER COHORT SITES (AGES 4-8) (Continued)

SUDBURY (continued)			
<i>Program Title</i>	<i>Participants</i>	<i>Service Provider/Coordinator/Facilitator</i>	<i>Major Program Activities</i>
8. GEODE (Grassroots Economic Opportunities Development and Evaluation)	Whole community	1 PT Community Organizer, volunteers: Bronfman funding	To provide community economic development opportunities to low income people including a "Good Food Box", Community Shared Agriculture, a green dollar bartering system for individuals and non-profit organizations. Now an independently incorporated organization.
9. BBBF Provincial Network *Discontinued	All BBBF sites in Ontario	Project Coordinator, 1 PT Provincial Network Coordinator - Atkinson, Trillium Grant	To coordinate BBBF sites throughout the province for the purpose of fundraising, promotion, advocacy, mutual support, sharing expertise and training community members.
10. Fundraising	Community Members	Project Coordinator	Raise funds for programs via small bake sales to large mail campaigns.
11. Committee Training	Community Members	Project Coordinator	To provide training and expertise and ensure community ownership by having all Council Committees run by Council and Community Members, i.e., Finance Committee, Personnel Committee, Program Committee, Membership Committee, Ad Hoc Committees, Newsletter Committee.
12. General Training	BBBF Council Members, Staff, Community Members	Project Coordinator, Community Workers, Membership Coordinator	Provide training on Community Development, First Aid, CPR, Communication, Racism, Child Care Techniques, Chairing and Facilitating Meetings, Consensus Process, How to be a Council Member, Healthy Eating, Environment, Advocacy, Legal Issues, Welfare.
13. Volunteer Recognition	Volunteers	1 FT Volunteer Coordinator	Annual celebration to recognize efforts of volunteers.
14. Community Advisory Committee	Friends of Better Beginnings, Better Futures (including many service providers)	Project Coordinator	A group of over 50 community leaders to provide advice and support on an on-going basis.
15. You Won't Believe It's A Theatre Group *Discontinued	Parents and Children in the community	Community Workers	Provides a safe environment for parents & children to expose & relate social problems that affect their daily lives