



CDC Kid Connection Newsletter

Prince George Child Development Centre

Volume 2, Issue 3: September 2008

Riding a bike at last!

Have you ever thought what it would have been like if you did not learn to ride a bike - even after your friends and younger siblings learned to ride? Riding a bike is a rite of passage for children, helping them build confidence, coordination, and mobility, while improving physical fitness. The CDC, in conjunction with AiMHi, ran a Lose the Training Wheels Bike Camp from August 5 - 9th. The event was a tremendous success, with all participants making substantial gains and most of them successfully riding a bike by the end of the week. The CDC would like to thank all of the volunteers that generously donated their time, and the corporate sponsors of the event, including Esther's Inn, Canadian Tire, and McDonalds. With community support, the CDC hopes to bring the camp back to Prince George



Rema Gardy, Scott West (Camp Facilitator)

Annual General Meeting

You are invited to attend our 41st Annual General Meeting at the Child Development Centre on September 23, 2008.

4:30 — Meet & Greet

5:00 — Meeting to Commence

6:30 — Anticipated Meeting End

This is your opportunity to be updated on the many services that we offer through our Centre. We will be discussing our accomplishments and challenges of the past year as well as reviewing our audited financial statements. Food and refreshments will be available.

Upcoming Dates:

Oct 19 - Dutch Auction: The Centre is holding its 20th annual Dutch Auction on October 19th. You can view the auction live on Shaw TV. You can also call in reserve bids for items on the day of the Auction. For more information, please see our web site at www.cdcp.org/dutchauction.htm.

Dec 5 — Kris Kringle: We will be having 23rd Annual Kris Kringle Luncheon at the Coast Inn of the North Ballroom on December 5th. This is always a fun event that always sells out.

Gift Wrap: The CDC will be hosting our gift wrap at Pine Centre Mall again this year. This is a great opportunity to have your gifts wrapped while contributing to a great cause. For additional information on the Dutch Auction, Kris Kringle, or the Gift Wrap, including if you would like to donate to one of these event or volunteer your time, please call Mary Jarbek at 563-7168, local 217.

Family Services

This fall the Family Services will be offering an Active Parenting group (3 sessions) and a Sunbeams Loss and Grief group (4-5 yr olds for a 13 week session). Dates and times will be posted soon. If you are interested please call Lynnelle at 563-7168, local 210.

The Sibling groups that were offered over the summer were a huge success. We will be offering another Sibling group during spring break—stay posted.

River Boat Trip



The Ewert, Hickey, Johnson, Mclean families

The third annual Northern Guide Outfitters Trip for families attending the Child Development Centre was held on Sunday July 13, 2008. Four families met at the Shelley Boat Launch, traveled by river boat to Huble Homestead and there enjoyed lunch and numerous special activities. We all wish to thank the Northern Guide Outfitters who donated their time and made the trip so enjoyable for all that attended. Space for families to attend the river boat and camping trips are limited, so if you are interested in having your name on the waitlist, please contact Debbie at 250-563-7168, local 225.

CDC KinderGym Gymnastics Class

The CDC and the Prince George Gymnastics Club are pleased to offer another special gymnastics class for clients of the CDC, who would benefit from physiotherapy consultation to adapt the activities as needed. The classes will be held on Fridays at 10:45-11:30 from September 12, 2008 to January 23, 2009. Registration is available online at www.pggymnastics.ca or in person at the Gymnastics Club at 4199 18th Avenue. For more information, contact Ka-Kei at (250)563-7168, extension 250 or Susan at (250)564-7353.



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2008 Summer Boot Camp

This year's second annual Summer Boot Camp was held August 11-22, 2008 for 3 mornings each week from 9:30 a.m. - 12:30 p.m. The Boot Camp is designed for children with mobility goals, either for standing, walking or wheelchair skills, to "tune them up" in preparation for school re-entry. We had 5 enthusiastic children participate with their equally enthusiastic parents. It was great to see both moms and dads out with their kids as well as watching the kids cheer each other on. It helped them to push themselves in performing harder, faster, and stronger. Each camp day consisted of stretching and strengthening exercises, circuit training for specific skills like doing wheelies, climbing stairs, push-ups and trunk strengthening, and endurance training in either a walker or wheelchair. All campers and their families also created personalized

goals to help focus the activities to their needs. Many of the goals were met, and the parents reported that their children improved in many different ways.

The camp used several community venues including the Spruceland Elementary School playground, AimHi, the YMCA, the Aquatic Centre and the South Fort George Family Resource Centre gymnasium. This allowed us to check out the facilities and to show how therapeutic activities could be adapted to a particular environment. In addition, PG Surg-Med provided us with extra wheelchairs to allow parents to try and learn the wheelchair skills as well as supporting the camp with funds to provide camp T-shirts to all participants. We thank our community partners for all their generous support and assistance in