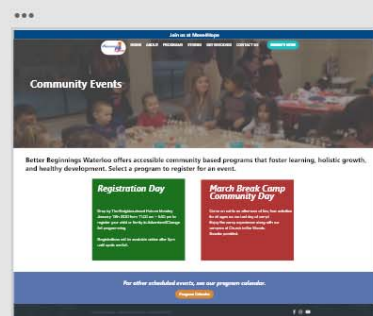
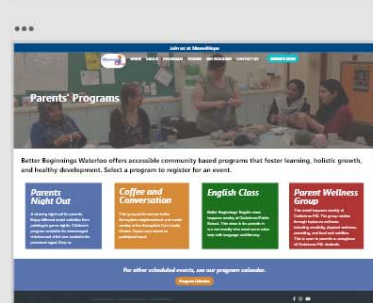
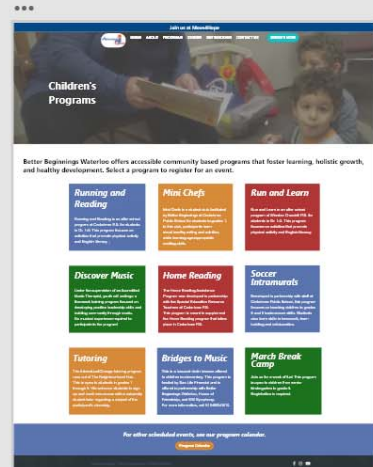
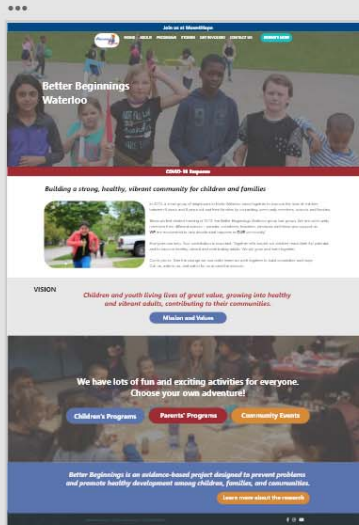
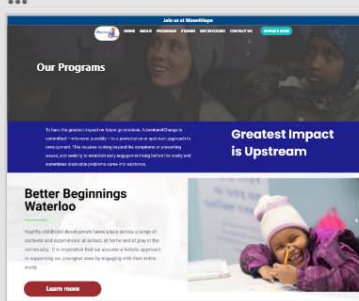


Flow 1





Our Programs

To have the greatest impact on future generations, Adventure4Change is committed – whenever possible – to a preventative or upstream approach to development. This requires looking beyond the symptoms or presenting issues, and seeking to establish early engagement long before the costly and sometimes insolvable problems come into existence.

Greatest Impact is Upstream

Better Beginnings Waterloo

Healthy childhood development takes place across a range of contexts and experiences: at school, at home and at play in the community. It is imperative that we assume a holistic approach to supporting our youngest ones by engaging with their entire world.

[Learn more](#)





Better Beginnings Mission and Values



Mission possible

With your help, we continue our mission to support children and their families in North Waterloo through accessible community based programs that promote learning, holistic growth, and healthy development.

What we value

- The immeasurable worth, dignity, and potential of every individual
- The vital role of parents, families, and community in child development
- The importance of embracing partnerships to enhance community
- The celebration and affirmation of diversity in the community
- The emphasis on empowerment over charity as the way to make lasting change happen

How we make lasting change happen

Better Beginnings staff work closely with our partners, volunteers, local schools, and Adventure4Change to create quality programs and activities for children and families. Everyone in the community has an important role in making our plans happen. Through the feedback we receive from parents, community members, and school staff, we are able to develop programs that serve the needs of children and the community. Our goal is to promote healthy childhood development through programs that focus on:



**Physical health,
activity, and
wellness**



**Emotional and
social development
and wellbeing**



Nutrition



**Academic and
literacy support**



**Leaders growth
and giving back
to the community**

Your leadership adventure starts here.

Our success is largely a result of the efforts of the many talented and committed men and women who volunteer week after week. We invite you to take that giant leap into a journey that brings lasting change.

Join the change movement

Community involvement at every level is a hallmark of the Better Beginnings program. Leadership teams are made up of at least 51% community members. The steering team provides overall leadership with program, promotions, and research teams each making essential contributions.



Better Beginnings Waterloo

COVID-19 Response

Building a strong, healthy, vibrant community for children and families



In 2012, a small group of neighbours in North Waterloo came together to improve the lives of children between 4 years and 8 years old and their families by connecting community members, schools and families.

Since we first started meeting in 2012, the Better Beginnings Waterloo group has grown. We are community members from different schools – parents, volunteers, teachers, principals and those who support us. **WE** are empowered to help decide what happens in **OUR** community!

Everyone can help. Your contribution is important. Together let's inspire our children reach their full potential and to become healthy, vibrant and contributing adults. We will grow and learn together.

Come join in. See the change we can make when we work together to build connection and hope. Call us, write to us, and watch for us around the schools.

VISION

Children and youth living lives of great value, growing into healthy and vibrant adults, contributing to their communities.

[Mission and Values](#)

**We have lots of fun and exciting activities for everyone.
Choose your own adventure!**

[Children's Programs](#)
[Parents' Programs](#)
[Community Events](#)

Better Beginnings is an evidence-based project designed to prevent problems and promote healthy development among children, families, and communities.

[Learn more about the research](#)



Children's Programs

Better Beginnings Waterloo offers accessible community based programs that foster learning, holistic growth, and healthy development. Select a program to register for an event.

Running and Reading

Running and Reading is an after school program at Cedarbrae P.S. for students in Gr. 1-6. This program focuses on activities that promote physical activity and English literacy. .

Mini Chefs

Mini Chefs is a student club facilitated by Better Beginnings at Cedarbrae Public School for students in grades 1. In this club, participants learn about healthy eating and nutrition, while learning age-appropriate cooking skills.

Run and Learn

Run and Learn is an after school program at Winston Churchill P.S. for students in Gr. 1-3. This program focuses on activities that promote physical activity and English literacy.

Discover Music

Under the supervision of an Accredited Music Therapist, youth will undergo a five-week training program focused on developing positive leadership skills and building community through music. No musical experience required to participate in the program!

Home Reading

The Home Reading Assistance Program was developed in partnership with the Special Education Resource Teachers at Cedarbrae P.S. This program is meant to supplement the Home Reading program that takes place in Cedarbrae P.S.

Soccer Intramurals

Developed in partnership with staff at Cedarbrae Public School, this program focuses on teaching children in grades 5 and 6 basic soccer skills. Students also learn skills in teamwork, team building and collaboration.

Tutoring

The Adventure4Change tutoring program runs out of The Neighbourhood Hub. This is open to students in grades 1 through 8. We welcome students to sign up and meet one-on-one with a university student tutor regarding a subject of the participant's choosing.

Bridges to Music

This is a low-cost violin lessons offered to children in elementary. This program is funded by Sun Life Financial and is offered in partnership with Better Beginnings Waterloo, House of Friendship, and KW Symphony. For more information, call 519-883-0410.

March Break Camp

Join us for a week of fun! This program is open to children from senior kindergarten to grade 4. Registration is required.

For other scheduled events, see our program calendar.

Program Calendar



Project Research Component



We are a community-led initiative that brings quality programming to children, parents, and families in the Waterloo community of Lakeshore South. We implement the Better Beginnings Better Futures evidence-based model for children as they begin their journey in primary education. Together with families, educators and community organizations; we build and grow healthy, vibrant neighbourhoods for everyone.

Community engagement and development are high on our list of priorities and we offer many opportunities for parents and community members to be involved through participation in program leadership or participation on organising and planning teams. We invest in parents and community members by hosting volunteer and leadership training workshops, a variety of themed parent groups, family trips, and family fun night events within the community! Each programs is designed to be accessible and available to all.

Our focus area consists of the neighbourhoods that represent three local elementary schools – Cedarbrae Public School, Winston Churchill Public School, and Sir Edgar Bauer Catholic Elementary School. Within each of these schools, and in our Neighbourhood Hub location we offer a variety of enriching in-school and afterschool programs through the year, including March break and the summer months.

The research team and the science behind what we do

Dr. Geoffrey Nelson at Wilfrid Laurier University led the evaluation research with assistance from Dr. Julian Hasford (Postdoctoral Fellow at Laurier) and Kathleen Worton (PhD Student at Laurier). Salma Bangash was the community researcher and conducted all of the interviews with parents. The Better Beginnings Research in 2015-2016 included two types of evaluations, a baseline evaluation, and an implementation evaluation.

[Read more](#)



The Summary of Research Findings includes a discussion on these key areas:

- The method used for carrying out the research
- The feedback from the parents
- The successes and challenges in planning and implementing Better Beginnings
- The next steps

[Read more](#)

Jessica Noble (MA Student at Laurier) completed the implementation evaluation of the BBW project. Resident participation is a vital factor and key prerequisite to the planning, development and implementation of community-driven projects. Her study evaluates the challenges and success of BBW in this area. Her thesis: The Nature of Resident Participation in the Exploration and Installation Stages of the Implementation of a Community-based Primary Prevention Program for Young Children

[Read more](#)

At the conclusion of the four year mark, starting in January of 2019, the Laurier research team will conduct further research to assess the impact of the project on the community it has served.



Parents' Programs

Better Beginnings Waterloo offers accessible community based programs that foster learning, holistic growth, and healthy development. Select a program to register for an event.

Parents Night Out

A relaxing night out for parents. Enjoy different social activities from painting to game nights. Children's program available for school-aged children and child care available for preschool aged. Drop in.

Coffee and Conversation

This group is for women in the Sunnydale neighbourhood and meets weekly at the Sunnydale Community Centre. Topics vary based on participant input.

English Class

Better Beginnings' English class happens weekly at Cedarbrae Public School. This class is for parents in our community who need some extra help with language and literacy.

Parent Wellness Group

This event happens weekly at Cedarbrae P.S. The group rotates through topics on wellness including creativity, physical wellness, parenting, and food and nutrition. This is open to parents or caregivers of Cedarbrae P.S. students.

For other scheduled events, see our program calendar.

[Program Calendar](#)



COVID-19 Response

Our world has changed, but our promise stays the same.



Adventure 4 Change continues to serve the community through programs that help families get through tough times. And during this COVID-19 pandemic, there is nothing more important to us than the health and safety of everyone in our community.

We all need meaningful social connections and a place where children and their parents feel a sense of belonging especially during this time. This is why we've come up with ways to make your visit to The Neighbourhood Hub a positive experience.

What we do to keep everyone safe



Screening before entry



Mask required



Cleaning and disinfecting



Sanitizer available

We continue to offer our support because this is a challenging time for many children and families
Follow us on Facebook and Instagram for updates on resources and activities for children, youth, and parents.
We are in this together!



Community Events

Better Beginnings Waterloo offers accessible community based programs that foster learning, holistic growth, and healthy development. Select a program to register for an event.

Registration Day

Drop by The Neighbourhood Hub on Monday January 13th 2020 from 11:00 am – 5:00 pm to register your child or family in Adventure4Change fall programming.

Registrations will be available online after 6pm until spots are full.

March Break Camp Community Day

Come on out to an afternoon of fun, free activities for all ages on our last day of camp! Enjoy the camp experience along with our campers at Church in the Woods. Snacks provided.

For other scheduled events, see our program calendar.

Program Calendar