

Interactions

Early ON

Child and Family Centre

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Centre pour l'enfant et la famille

JANUARY CLOSURES

All centres will be closed Monday, January 1, 2018

The Bunting Road Centre will be closed Tuesday, January 2, 2018

**January registration will begin Tuesday, January 2
at 9am.**

Registration will begin on the first business day of each month and will be taken **Monday to Friday from 9am - 4pm.**

If you do not talk to someone when you call please leave a message and someone will get back to you by the end of the day or the following morning. Please remember to leave your name, number, what workshop you are registering for and if it is an adult workshop that is offering child care your child's name and age. Messages will be returned in the order they are received.

**To sign-up for all programs
please call 905-938-9392
Monday to Friday (excluding Holidays)
Between 9am – 4pm only**

Messages regarding registration left outside the above hours will **NOT** be accepted.

Reminder calls are made to families participating in scheduled workshops.

If you are unable to attend a workshop please call the centre where the workshop is being held.

Our Infant Workshops are quite popular, and in order to serve more participants we ask that you choose one to participate in each month. These do not include any infant focused special events, special guests and field trips. You may register for as many of those and adult workshops as you would like.



WALKER FAMILY YMCA
CENTRE
25 YMCA Drive
905-934-9622 ex 265

Monday and Wednesday
9am - noon
1 - 4pm

Tuesday and Thursday
9am - 8pm
Friday
9am - noon
Saturday
9am - 1pm

BUNTING ROAD CENTRE
234 Bunting Road
905-980-6000 ex 6211

Monday to Friday
9am - noon
Monday to Thursday
1 - 4pm

GRANTHAM CENTRE
469 Grantham Avenue
905-937-7007

Monday to Thursday
9am - 1pm
Friday
9am - noon

THOROLD CENTRE
15 Pine Street South
905-227-9783

Monday to Thursday
9am - 1pm
Friday
9am - noon

For further information
or for Administration
please call: 905-938-9392

Adult Opportunities
(All of the following require registration)

Adult Workshop	Date & Time	Location	Description
Natural Home Remedies	Tuesday, January 9 1:30-2:30pm	Bunting Road Centre 234 Bunting Road St.Catharines	Let's share some old fashioned remedies to ease common ailments. Limited child care available.
Get Ready to Read	Wednesday, January 17 10-11am	Grantham Centre 469 Grantham Avenue St. Catharines	Many people believe that children learn to read and write in kindergarten or first grade; however, the foundation for literacy skills is laid years before children enter school. Emergent literacy begins at birth. Join us as we share ways to create a literate home. Limited child care available.
A Toolkit for New and Expecting Dads	Thursday, January 18 10-11am	Thorold Centre 15 Pine Street South Thorold	Do you wish that there was an owners manual for your newborn?? They come with standard equipment, but are by no means the same. Join this informal discussion about the specs of your specific model. Limited child care available.
Safe Exercises for New Moms	Saturday, January 20 10-10:45am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Join Diane for a discussion of: -How to check your stomach for an abdominal separation, and what to do about it -Safe exercises to build strength in your abdomen after pregnancy -Ways to strengthen your pelvic floor muscles No child care available.
Hesitant Hugs	Tuesday, January 23 10-11am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Let's have a respectful discussion on why it's important to teach children about their own body autonomy, consent, and why we should never force children to show physical affection. This topic is just as important for 3 year olds as it for 13 year olds. Limited child care available.
Winter Bliss Body Scrub	Monday, January 29 10-10:45am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	An exfoliating body scrub for the cold winter season that will leave your skin feeling soft and glowing all over. Limited child care available
Healthy Baby, Healthy Brain Love Builds Brains	Monday, January 29 10-11am	Grantham Centre 469 Grantham Avenue St. Catharines	This workshop focuses on how we as parents can help with our child's brain development. We will discuss how forming strong attachments, listening to our child and helping them cope with stressful situations all help to support healthy brain development. Limited child care available.
Early Literacy Activity Make and Take	Tuesday, January 30 1:30-2:30pm	Bunting Road Centre 234 Bunting Road St.Catharines	Introducing your little one to literacy can't start too early! Come learn a few strategies and make an activity you can use at home. Limited child care available.



Infants and Parent/Caregiver Interactions
Children aged 0 - 12 months
(All of the following workshops require registration. Please choose one)

Infant Workshop	Date & Time	Location	Description
Infant Massage	Thursday, January 11, 18, 25 and February 1 1:30-2:30pm	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Participants in this 4 week program will learn the correct techniques to provide a soothing massage for their baby, aged birth to pre-crawling.
Books and Babies	Wednesday, January 17 10-11am	Thorold Centre 15 Pine Street South Thorold	Learn why it is important to read to your infant, learn what to read, and how it does make a difference to your child's brain development.
Baby Drum Circle	Thursday, January 18 1:30-2:30pm	Bunting Road Centre 234 Bunting Road St. Catharines	Using pots, pans, bowls and spoons we will sing, play, move and create an exciting rhythm circle together. For babies 4 to 18 months.
Footprint Snowmen	Saturday, January 27 9:30-11am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Turn those adorable little feet into adorable little snowmen! Perfect for infants 5-12 months.

Well Baby Clinic and Parenting Drop-in

Every Wednesday 9am – noon at the Walker Family YMCA Site

The Well Baby Clinic and Parenting Drop in is a FREE service available to parents and families of children from birth to 12 months. These clinics will run once per week and a Public Health Nurse will be available to help families weigh their infant and answer questions about healthy growth and development, nutrition or breastfeeding concerns, and other issues parents face following the birth of their child.

Resource Consultants

Resource consultants will visit our sites monthly to support our EarlyON Child and Family Centres program staff with developmental screenings, support families with the referral process for further developmental and/or diagnostic follow-up and suggest play-based goals for any child in attendance. The first 5 years are the most important years of a child's life as it lays the foundation upon which future learning is built.

Visit our centres on the following dates to meet with our consultants and ask questions.

Grantham Centre: Tuesday, January 16, 10am
Bunting Road Centre: Tuesday, January 16, 10am
Thorold Centre: Wednesday, January 17, 9:30am



Nurturing Children's Creativity
Children and Parent/Caregiver Interactions
Children of all ages
(The following workshops do not require registration)

Beginning November 1, 2017, you no longer needed to call to register for the creative experiences, provocations and experiences known as our Children's Workshops. These activities are now available at the centres on a **drop in basis, as supplies are available**.

It is important to us to continue to offer you a welcoming environment which provides activities and materials allowing you and your child to engage in meaningful exploration and inquiry.

"Education is a natural process carried out by the child and is not acquired by listening to words but by experiences in the environment" -Maria Montessori

Child Workshop	Date & Time	Location	Description
2018 Calendar	Friday, January 5 Drop-in Between 9:15-11am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	DIY your own calendar for 2018. Feel free to bring photographs along to add to your calendar drawings.
Painting with Nature	Tuesday, January 9 All day	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	We're bringing the outside in today. All our craft supplies will be provided by Mother Nature. Come create an all natural masterpiece.
Frosty Looses His Hat	Wednesday, January 10 9am - noon	Thorold Centre 15 Pine Street South Thorold	One windy day Frosty loses his hat...we will have materials available all morning to make this craft.
Snowman Luminary	Thursday, January 11 All Morning	Bunting Road Centre 234 Bunting Road St. Catharines	A milk jug and some creativity is all you need to make this great seasonal luminary.
Fairy Jars	Thursday, January 11 9:30-11:30am	Grantham Centre 469 Grantham Avenue St. Catharines	Join Susie today as you create magical looking Fairy jars. Children will use their imagination and some items from nature to make these special jars.
Melted Snowman	Monday, January 15 Drop-in Between 9:15-11am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	This project is perfect for young artists. The messier it gets, the more adorable the final product will be.
Soapy Science	Tuesday, January 23 All Morning	Bunting Road Centre 234 Bunting Road St. Catharines	Watch a bar of soap transform from solid to fluffy! Then make some cute creations for bath time.
Snowman Bottle	Tuesday, January 23 9:30-11:30am	Grantham Centre 469 Grantham Avenue St. Catharines	Create this easy and adorable snowman craft with a water bottle and some cotton balls. This craft is perfect for sensory play, hand eye coordination and counting fun.
Frosted, Sparkly, Snowy Trees	Tuesday, January 30 9am - noon	Thorold Centre 15 Pine Street South Thorold	Get creative with cotton balls and twigs! This easy peasy fun winter craft makes a fantastic fine motor exercise for little fingers.



Special Event
(Please read to see if registration is required)

Special Event	Date & Time	Location	Description
Literacy Event "All You Need for a Snowman"	Friday, January 19 9-11:30am	Grantham Centre 469 Grantham Avenue St. Catharines	Brr..... it's cold outside! Join us this morning as we bring winter inside. We will have lots fun activities based on the story "All you Need for a Snowman" as well as a special circle time with April Shaw. Registration is not required.
Active Gym Time	Tuesday, January 23 10-11am	Thorold Centre 15 Pine Street South Thorold	Join us this morning for a variety of muscle-stretching activities in our gymnasium. Registration is not required.
Twin Day!	Friday, January 26 All Morning	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Plan your outfit, and dress the same as a friend! Registration is not required.

**Gym Time at the
Walker Family YMCA Centre**

Friday, January 12, 19 and 26
11:15 - 11:45am

Gym time encourages you to get active with your children. Children will enhance their co-ordination, balance and gross motor skills.

Please wear clean indoor athletic shoes.
Please enjoy food and beverages in the café.

**Tumbling Tots at the
Walker Family YMCA Centre**

Tuesday, January 16 and 30
2-2:30pm

Tumbling Tots is a physical activity program where your toddler (walking to age 3) will explore the basics of agility, balance, coordination and climbing.

Wet Weather

With the wet winter weather upon us, we ask that you bring extra pair of dry shoes or slippers (with grips on the bottom) for you and your child to wear in the centre.

Footwear is required in all centres.

**Recreational Swimming at the
Walker Family YMCA Centre**

Monday, January 8. 10:15-11:15am
Tuesday, January 16, 1-2pm
Monday, January 22, 10:15-11:15am
Tuesday, January 30, 1-2pm

YMCA Canada encourages that all children are a minimum of six months of age to participate. One adult per child is required for water activities. If your child is not fully toilet trained they must wear swim diapers or plastic pants.

Registration is not required. Please sign in at the centre and pick up a swim pass



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 All Sites Closed Happy New Year	2 Bunting Road Centre Closed	3 Well Baby Clinic 9 am WFYC	4	5 CC: 2018 Calendar 9:15am WFYC Gym Time 11:15am WFYC	6
8 Recreational Swimming 10:15am WFYC	9 CC: Painting with Nature All Day WFYC AO: Natural Home Remedies 1:30pm BRC	10 Well Baby Clinic 9 am WFYC CC: Frosty Looses His Hat 9am TC	11 CC: Snowman Luminary All Morning BRC CC: Fairy Jars 9:30am GC ICI: Infant Massage 1:30pm WFYC	12 Gym Time 11:15am WFYC	13
15 CC: Melted Snowman 9:15am WFYC	16 Resource Consultant 10am GC Resource Consultant 10am BRC Recreational Swimming 1pm WFYC Tumbling Tots 2pm WFYC	17 Well Baby Clinic 9 am WFYC Resource Consultant 9:30am TS AO: Get Ready to Read 10am GC ICI: Books and Babies 10am TC	18 AO: A Toolkit for New and Expecting Dads 10am TC ICI: Infant Massage 1:30pm WFYC ICI: Baby Drum Circle 1:30pm BRC	19 SE: Literacy Event "All You Need for a Snowman" 9am GC Gym Time 11:15am WFYC	20 AO: Safe Exercises for New Moms 10am WFYC
22 Recreational Swimming 10:15am WFYC	23 CC: Soapy Snowman All Morning BRC CC: Snowman Bottle 9:30am GC AO: Hesitant Hugs 10am WFYC SE: Active Gym Time 10am TC	24 Well Baby Clinic 9 am WFYC	25 ICI: Infant Massage 1:30pm WFYC	26 SE: Twin Day! All Morning WFYC Gym Time 11:15am WFYC	27 ICI: Footprint Snowmen 9:30am WFYC
29 AO: Winter Bliss Body Scrub 10am WFYC AO: Healthy Baby, Healthy Brain: Love Builds Brains 10am GC	30 CC: Frosted, Sparkly, Snowy Trees 9am TC AO: Early Literacy Activity Make and Take 1:30pm BRC Recreational Swimming 1pm WFYC Tumbling Tots 2pm WFYC	31 Well Baby Clinic 9 am WFYC	1 ICI: Infant Massage 1:30pm WFYC	2 Gym Time 11:15am WFYC	3

Centre Legend:
BRC - Bunting Road Centre
GC - Grantham Centre
TC - Thorold Centre
WFYC - Walker Family YMCA Centre

Workshop Legend:
AO: Adult Opportunities
ICI: Infant and Parent/
Caregiver Interactions
CC: Children's Creativity
SE: Special Event
FT: Field Trip