

April 2018 Programs & Services



Child and Family Centre

Drop In, Stay, Play and Explore with us!

Come anytime. Join other children and families in play and exploration.

Please Note: Centres will be closed March 30th, 31st and April 2nd.

| Location | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|------------------------------|---------------------------|
| 161 Roger Street 519-741-8585 | Drop-In 9:00 – 4:00 | Drop-In 9:00 – 7:00 | Drop-In 9:00 – 4:00 | Drop-In 9:00 – 7:00 | Drop-In 9:00 – 2:00 | Drop-In 9:00 – 12:00 |
| | 10:00 Ready, Set, Move | 10:00 Music & Movement | 10:00 Music & Movement | 9:30 – 11:00 Stork Secrets | 10:00 Music & Movement | 10:00 Ready, Set, Move |
| | 10:00 – 11:30 Sleep & Your New Baby | 11:00 Explore with Us! | 11:00 Ready, Set, Move | 10:00 Baby & Me | 11:00 Baby & Me Discovery | |
| | 10:00 – 11:00 Breastfeeding Buddies Drop In | 1:00-2:00 Infant Massage <i>Mar. 20 - Apr. 3</i> | 1:00 Baby & Me Discovery | 11:00 Music & Movement | 11:00 Explore with Us! | |
| | 11:30 Baby & Me | 1:30 Ready, Set, Move | 1:30 Explore with Us! | 1:30 Music & Movement | | |
| | 1:30 Music & Movement | 6:00 Explore with Us! | 2:00-2:45 Baby Connections (6-12 months) <i>Apr. 4 – Apr. 25</i> | 1:30 – 3:00 Make The Connection 0-1 <i>Apr. 26 – June 7</i> | | |
| | | 6:30 – 8:00 Preparing for Parenthood <i>Apr. 3 – May 8</i> | | 6:00 Dad & Me | | |
| | 6:30 – 8:30 Me Breastfeed <i>April 10</i> | | | | | |
| 719 Erbsville Road 519-885-0552 | Drop-In 9:00 – 12:00 | Drop-In 9:00 – 12:00 | Drop-In 9:00 – 12:00 | Drop-In 9:00 – 12:00 | Drop-In 9:00 – 12:00 | Drop-In 9:00 – 12:00 |
| | 10:00 Baby & Me Discovery | 9:30 Music & Movement | 9:30 Ready, Set, Move | 9:30 Music & Movement | 10:00 Baby & Me | 10:30 Music & Movement |
| | 11:00 Music & Movement | 10:30 Baby & Me | 11:00 Music & Movement | 10:30 Ready, Set, Move | 11:00 Music & Movement | |
| Elmira Family Centre 250 William Street 519-741-8585 | Drop-In 1:00 – 4:00 | Drop-In 1:00 – 4:00 | Drop-In 1:00 – 4:00 | Drop-In 1:00 – 4:00 | | |
| | 2:00 Ready, Set, Move | 2:00 Music & Movement | 2:00 Music & Movement | 2:00 Baby & Me | | |
| | | 1:00 – 2:00 Infant Massage <i>Apr. 9 – Apr. 23</i> | | | | |
| Explore | Innovate | Play | Investigate | Connect | Learn | Discover |



Child and Family Centre

Connections and Referrals

Knowing where and how to access services for your family can be a challenge. EarlyON Child and Family Centre's are a one stop hub of information and resources where you can meet with community professionals to get answers

to questions about your family's well-being. We understand the challenges families are facing today, and are here to help. To access dates for on-site community supports at other EarlyON sites in Waterloo Region, visit

www.earlyyearsinfo.ca

| Community Partner | Roger Street Centre (161 Roger Street) | Erbsville Centre (719 Erbville Road) | Elmira Family Centre (250 William Street) |
|--|---|---|---|
| Breastfeeding Buddies Breastfeeding Support | Mondays 10:00 – 11:00 | Call 519-772-1016 for support | Call 519-772-1016 for support |
| Family Outreach House of Friendship | Call 519-742-8327 x250 | Call 519-742-8327 x243 | Call 519-742-8327 x250 |
| Waterloo Region Family Network Family Resource Coach | Fridays 10:00 – 11:00 April 6 & May 4 | Wednesdays 11:00 – 12:00 April 4 | Mondays 3:00-4:00 April 9 |
| YMCA Community Connector Learn About Resources in our Region | Call 519-741-8585 for support | Call 519-741-8585 for support | Call 519-741-8585 for support |
| YMCA Settlement Services For Families Who Are New to Canada | Call 519-579-9622 for support | Fridays 9:00 – 12:00 | Call 519-579-9622 for support |
| Kids Ability Speech and Language Speech and Language Pathologist | Wednesday 9:30-1:15 April 4 & 18 | Wednesday 9:30-11:30 May 30th | Call 519-886-8886 for support. |
| Vision Screening University of Waterloo School of Optometry | Visit: https://www.optom.on.ca | Visit: https://www.optom.on.ca | Visit: https://www.optom.on.ca |
| Zero2Six Behavioural Consultation | Wednesdays 9:30 – 1:15 April 4 | Wednesdays 9:00 – 12:00 April 18 | To be determined |
| To Make An Appointment Call: | 519-741-8585 | 519-885-0552 | 519-741-8585 |

Program Registration

Program names that are in colour require pre-registration. Please speak to an EarlyON team member to learn more.

Planned Closures

All sites will be closed March 30th, 31st and April 2nd.

Inclement Weather

Please check our Facebook (@YMCA Early Years) and twitter accounts (@OEYCinfo) and 570 news for unplanned closures caused by winter weather.

Health and Wellness

We try to minimize illness by practicing good hygiene and disinfecting toys regularly. Children who are too ill to play, to attend childcare, or to attend school are too ill to come to the EarlyON Child and Family Centres. We follow Public Health guidelines and ask that you return to the centre after he/she is free of diarrhea and/or vomiting for 24 hours. Many babies and very young children attend the EarlyON Child and Family Centres and these children play and learn by mouthing objects. If you or your child shows signs of high fever, vomiting, diarrhea or other contagious illness you will be asked to leave the centre until you are well.

Whether you are looking to stay for the day or just a couple of hours, your family is welcome to bring a meal or snack and eat together with other families in our kitchen. We are not an allergy free site. Please notify our team if you or your child has severe allergies so we can notify the families on site during the day of your visit.

Social Media

We would love to connect with you and your family on social media! If you take a picture of your family enjoying our sites, please share the picture with us on-line. Ask questions, learn up to date information and learn about programs and resources for your family.

@OEYCinfo

@YMCA Early Years