

# February 2018 Programs & Services



## 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 February 17<sup>th</sup> and 19<sup>th</sup> for Family Day Weekend.

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>161 Roger Street</b> 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 – 11:30 Make the Connection <i>Jan. 23 - Mar. 6</i>	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	10:00 Music & Movement	11:00 Ready, Set, Move	10:00 Baby & Me	11:00 Baby & Me Discovery	
	10:00 – 11:00 Breastfeeding Buddies Drop In	11:00 Explore with Us!	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	1:00 – 1:45 Baby Connections <i>Feb. 2 - Feb. 23</i>	
	1:30 Music & Movement	6:00 Explore with Us!		6:00 Dad & Me		
		6:30 – 8:30 Me Breastfeed <i>Feb. 20</i>				
		6:30 – 8:00 Preparing for Parenthood				
<b>719 Erbsville Road</b> 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	
<b>Elmira Family Centre</b> 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		
		1:30 – 2:30 Infant Massage <i>Feb. 6 - Feb. 20</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](http://www.earlyyearsinfo.ca)

Community Partner	Roger Street Centre (161 Roger Street)	Erbsville Centre (719 Erbville Road)	Elmira Family Centre (250 William Street)
<b>Breastfeeding Buddies</b> Breastfeeding Support	Mondays 10:00 – 11:00 <i>Not Offered February 19</i>	Call 519-772-1016 for support	Call 519-772-1016 for support
<b>Family Outreach</b> House of Friendship	Call 519-742-8327 x250	Call 519-742-8327 x250	Call 519-742-8327 x250
<b>Waterloo Region Family Network</b> Family Resource Coach	Fridays 10:00 – 11:00 February 9	Fridays 11:00 – 12:00 March 7	Tuesdays 2:00 – 3:00 February 20
<b>YMCA Community Connector</b> Learn About Resources in our Region	Call 519-741-8585 for support	Call 519-741-8585 for support	Call 519-741-8585 for support
<b>YMCA Settlement Services</b> For Families Who Are New to Canada	Call 519-579-9622 for support	Tuesdays 9:00 – 12:00	Call 519-579-9622 for support
<b>Kids Ability Speech and Language</b> Speech and Language Pathologist	Wednesday 9:30-1:15 February 7 & February 21	Call 519-886-8886 for support	Wednesday 1:00 – 4:00 February 28
<b>Vision Screening</b> University of Waterloo School of Optometry	Visit: <a href="https://www.optom.on.ca">https://www.optom.on.ca</a>	Visit: <a href="https://www.optom.on.ca">https://www.optom.on.ca</a>	Visit: <a href="https://www.optom.on.ca">https://www.optom.on.ca</a>
<b>Zero2Six</b> Behavioural Consultation	Wednesdays 9:30 – 1:15 February 7	Wednesdays 9:00 – 12:00 February 21	To be determined
<b>To Make An Appointment Call:</b>	<b>519-741-8585</b>	<b>519-885-0552</b>	<b>519-741-8585</b>

### Program Registration

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

### Planned Closures

All EarlyON sites will be closed February 17<sup>th</sup> & 19<sup>th</sup> for Family Day.

### 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