



# EarlyON | Roger Street September 2018

## Drop In, Stay, Play and Explore with us!

We are located at 161 Roger Street in Waterloo and can be reached by calling 519-741-8585.

Our drop in learning environment is open any time our centre is open. We provide a variety of developmentally appropriate fun, and interactive learning opportunities for you and your child to explore together. Build connections with others while exploring play based learning with your child and other families. Have a question? Looking for a resource? Ask an EarlyON facilitator for support, information or resources. Come visit us today!

**Please Note:** We will be closed September 1<sup>st</sup> and 3<sup>rd</sup> for Labour Day.

Monday 9:00-4:00pm	Tuesday 9:00-7:00pm	Wednesday 9:00-4:00pm	Thursday 9:00-7:00pm	Friday 9:00-4:00pm	Saturday 9:00-12:00pm	
10:00 Ready Set Move	10:00 Music & Movement	10:00 Music & Movement	10:00 Baby & Me	10:00 Music & Movement	9:30 Music & Movement	
10:00-11:00 Breastfeeding Buddies Drop In	11:00 Ready Set Move	11:00 Ready Set Move	11:00 Music & Movement	11:00 Baby & Me Discovery	10:30 Ready Set Move	
11:30 Baby & Me	1:30 Explore With Us!	1:00 Baby & Me Discovery	1:30 Explore With Us!	1:30 Ready Set Move		
1:30 Music & Movement	3:00 Music & Movement	3:00 Baby & Me	3:00 Music & Movement			
	5:30 Explore With Us!		5:30 Ready Set Move			
<b>Explore</b>	<b>Innovate</b>	<b>Play</b>	<b>Investigate</b>	<b>Connect</b>	<b>Learn</b>	<b>Discover</b>

### During Your Pregnancy

**Me Breastfeed** Thursday October 11<sup>th</sup> 6:15 – 8:30pm  
Register by calling 519-741-8585

**Preparing for Parenthood** Thursdays 6:30-8:00pm (Sept 6<sup>th</sup> -Oct.11<sup>th</sup>)  
Register at [www.earlyyearsinfo.ca](http://www.earlyyearsinfo.ca). Registration is ongoing.

### Together With Your Baby

**Sleep and Your New Baby** Wednesdays 1:00-2:30pm  
Register at [www.earlyyearsinfo.ca](http://www.earlyyearsinfo.ca)

**Infant Massage** Mondays 2:00-3:00pm (Sept. 10<sup>th</sup>-Oct. 1<sup>st</sup>)  
Register by calling 519-741-8585.



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 Centres 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. For information on onsite community supports EarlyON sites in Waterloo Region, visit [www.earlyyearsinfo.ca](http://www.earlyyearsinfo.ca)

Community Partner	EarlyON   Roger Street (161 Roger Street)
<b>Breastfeeding Buddies</b> Breastfeeding Support	Drop In Mondays 10:00 – 11:00
<b>Family Outreach</b> House of Friendship	Monday September 24 <sup>th</sup> 9:00-11:30am Call 519-497-0832 to make an appointment.
<b>Waterloo Region Family Network</b> Family Resource Coach	Call 519-886-9150 for support.
<b>YMCA Community Connector</b> Learn About Resources in our Region	Call 519-741-8585 ext. 3008 for support.
<b>YMCA Settlement Services</b> For Families Who Are New to Canada	Call 519-579-9622 for support
<b>Kids Ability Speech and Language</b> Speech and Language Pathologist	Wednesday September 26 <sup>th</sup> 9:30-1:15
<b>Eye Exams</b> University of Waterloo School of Optometry	Thursday September 6 <sup>th</sup> 9:30-4:00pm
<b>Zero2Six</b> Behavioural Consultation	Wednesday September 11 <sup>th</sup> 9:30-1:15
<b>Unless otherwise listed, to make an appointment call:</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 sites will be closed September 1<sup>st</sup> and September 3<sup>rd</sup> for Labour Day.

### Unplanned Closures

Please check our Facebook (@EarlyONWR) and twitter accounts (@EarlyONWR) and 570 news for unplanned closures.

### Health and Wellness

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.

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.

### 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, share your experiences and receive up to date information about programs and resources for your family. @EarlyONWR

