



September 2020

Virtual Services

Supporting Families

Though our YMCA EarlyON Child and Family Centres are currently closed, EarlyON Program Facilitators continue to provide services for children, parents and caregivers virtually. We are able to support you, answer questions and provide resources by telephone, email and through our social media posts on Facebook and Twitter.

Interactive sessions for parents, caregivers and children are also provided via Zoom.

Don't forget to follow us on Facebook for tips, resources and fun activities for you and your family.

Registration Information

To register for any of our online workshops, circles or storytimes please email

earlyon.admin@niagara.ymca.ca

Spaces are limited so please register early. When you email to register, please mention your name, and your child's name and age.

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EarlyON Re-opening Update

The YMCA supports the Minister of Education's recent announcement regarding the re-opening of EarlyON Child and Family Centres in the fall.

We are awaiting further information and direction from Niagara Region Children's Services in regard to the local plan and requirements for centres which will ensure the health and safety of our Early Years professionals, children and families.

We remain committed to keeping you informed and will provide updates regarding our re-opening approach as soon as possible. Thank you for your patience.

Do you have questions?
Are you looking for
resources or strategies to
support your child's devel-
opment?

Reach us by telephone
Monday to Friday.

EarlyON Bunting:
289-686-5543


EarlyON Grantham:
289-686-4255

EarlyON Thorold:
289-241-0372

EarlyON Walker:
905-650-7019

Circle Time on Zoom

Join an EarlyON Educator for live Zoom Circle time every week

Activity	Date and Time	Location	Description
Circle Time Includes songs, stories and activities	<p>EVERY Friday at 11am</p> <p>EVERY Tuesday at 9am</p> 	Zoom	<p>To register, please email earlyon.admin@niagara.ymca.ca</p> <p>You will be sent a Zoom link to access the circle time you have registered for.</p> <p>If your child has any song requests, please include those choices in your email.</p>

Adult Workshops

Adult Workshop	Date and Time	Location	Description
Say Goodbye To Picky Eating	Tuesday September 22 1pm	Zoom	We all know that eating fruits and vegetables is important. But how do you get your little ones to eat more of these foods? Join Caroline in a conversation about ways to help your child develop better eating habits.
Self Care—DIY Body Scrub	Thursday September 24 1pm	Zoom	Join our zoom session today for tips on self care and a DIY body scrub. Give yourself some self-love. You deserve it!!!
Adjusting To Motherhood	Monday September 28 10am	Zoom	Have you recently had a baby? Is it different than you expected? Join Kristin in an open conversation about the signs, symptoms and emotions that can happen during pregnancy and after baby is born.

Good Night Friends

Bedtime Stories on Zoom

Join an EarlyON Educator for live Zoom Bedtime Stories every week

Activity	Date and Time	Location	Description
Bedtime Stories	EVERY Wednesday at 7:30pm	Zoom	To register, please email earlyon.admin@niagara.ymca.ca You will be sent a Zoom link to access the bedtime story session you have registered for.

Children's Workshops

Children's Activity	Date and Time	Location	Description
Teddy Bear Day	Wednesday September 9, 2020 10am	Zoom	A Teddy Bear is a classic symbol of childhood. Join in on the fun and celebrate our special cuddly friends with your child in honor of National Teddy Bear Day!
Wiggle and Jiggle Dance Party	Monday September 14 10am	Zoom	Join us and wiggle your jiggles out to favourite tunes like "The Freeze Dance", "The Hokey Pokey" and more. Please bring bubbles with you to this activity!!
There Was An Old Lady Who Swallowed Some Books - A literacy activity	Monday September 21 9am	Zoom	Join Old Lady Kristin as she reads this fun story and take part in a fun activity after the story. Have fun while building literacy skills!

**Don't forget to follow us on Facebook for tips, resources and
fun activities for you and your family.**

**Did you know, that you can also access all of our posted
resources and videos right on our website?**

<https://ymcaofniagara.org/programs/community-initiatives/earlyon-centres/>

EARLYON CHILD AND FAMILY CENTRES:

- Are places where parents, caregivers and children build strong relationships with each other and connect with other families and EarlyON professionals
- Offer a variety of programs and services that meet the unique needs of children and families in an inclusive environment
- Provide resources and workshops with up-to-date information for all stages of your family life, from preconception and prenatal care, to nutrition, toilet training, toddler curiosity, and early school experiences
- Are funded by the Ontario Ministry of Education through Niagara Region Children Services



Do you have questions about your child's health or growth and development?

Now you can:

- Call @ 905-684-7555 or 1-888-505-6074 ext.7555
 - [Email](#)
 - [Live Chat](#) (auto-translated in 90 different languages)
 - [Facebook messenger](#)
- With a public health nurse at [Niagara Parents](#).

Nurses are happy to provide reliable advice about; pregnancy, newborn care, feeding your baby, behavioural issues, child or parental mental health concerns, and community supports. A public health nurse is available to answer your questions Monday – Friday 8:30 a.m. – 4:00 p.m. You are also able to register for many of our clinics and classes at [niagararegion.ca/parents](#). We're with your every step of the way

Visit any one of these sites to find more about EarlyON virtual services, resources and contact information.



YMCA Twitter: @YMCANiagara



Facebook: YMCA of Niagara



www.youtube.com

YMCA of Niagara Website: <https://ymcaofniagara.org/programs/community-initiatives/earlyon-centres/>