

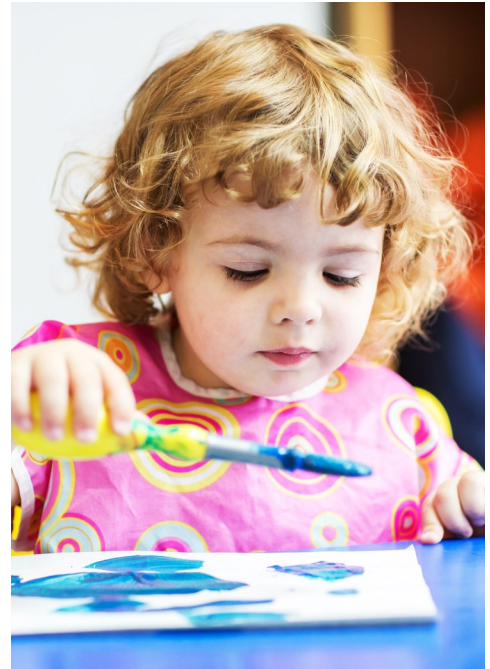
We're still here for you

Our YMCA EarlyON Child and Family Centres are currently closed in alignment with provincial legislation and efforts to promote public safety and support physical distancing in response to the COVID 19 pandemic.

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 virtual Zoom sessions, 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.

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

Adult Workshops

Adult workshop	Date and Time	Location	Description
Super Dads Super Kids—Discipline and Setting Limits	Thursday April 8 1pm	Zoom	Calling all dads! This workshop is for you! Super Kids... they come from Super Dads, who put in a lot of sweat and effort in the hopes to help their children grow into mature adults who contribute to the world and who are nurtured by caring, involved and responsible parents. Join us as we discuss discipline & setting limits and how it specifically relates to your role as a father.
Helping Children Cope with Grief	Tuesday April 20 1pm	Zoom	Learn how to have an open, honest and caring conversation with your child about this sensitive subject.
Importance of Attachment	Thursday April 29 1pm	Zoom	Attachment provides your children the 'secure base' necessary to explore, learn, adapt, regulate and love. Join in the conversation about the importance of those early experiences with your little ones.

Resource Consultant

Sarah Riganelli, RECE-RC, from Community Living, is always here to answer any questions you may have about child development and support that may be available! She may be reached at 905-688-5222 ext. 279 or sriganelli@clst.catharines.ca

Sarah Riganelli RECE,RC
St. Catharines Preschool Services
28 Prima Street
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www.clstcatharines.ca

Children's Workshops

Activity	Date and Time	Location	Description
Movement Activity Easter Eggs-ercise!	Thursday April 1 10am	Zoom	Join in some Easter Eggs-ercises this morning! It's a fun way to celebrate the holiday while getting your little ones up and moving! Please have plastic Easter eggs or construction paper in the following colours; yellow, orange, blue, green, purple and pink.
Suncatcher	Monday April 5 10am	Zoom	Let's try and catch the sun! There is just something special about the combination of art and sunshine! Pure magic! Materials: old cds, glitter, glitter stones or gems, glue, string, hole punch pliers (optional)
The Very Hungry Caterpillar	Wednesday April 7 10am	Zoom	Let's read "The Very Hungry Caterpillar" by Eric Carle and create a story sequencing stick that will help to re-tell the story. Materials: Paint stick, green paint or markers, scissors, glue, 12 wooded clothespins, template (to be emailed)
Paper Plate Fish Bowl	Saturday April 10 11am	Zoom	Join in today and make a cute paper plate craft, resembling your own little fish bowl. Materials: 2 paper plates, glue, blue paint, construction paper, glitter if available, sea shells or tiny pebbles if you have them!
The Napping House Story and a Fun STEM Challenge	Monday April 12 10am	Zoom	How many can you get in your bed before it falls down? Materials will be supplied and available for pickup at the Grantham EarlyON Centre on Friday April 9 between 12:30-1:30pm or email earlyon.grantham@niagara.ymca.ca to make alternate arrangements. Ages 3 and up!

Children's Workshops Continued

Activity	Date and Time	Location	Description
Sensory Playdough	Tuesday April 13 11am	Zoom	Join in the discussion today about the many benefits of playdough, why it's important for children to play with it and the many learning opportunities that happen along the way! Materials: mixing bowl, spoon, 1 and 1/2 cups flour, 1/2 cup salt, 1 tbsp vegetable oil, 1 tbsp cream of tartar, 1 cup water, 2-3 drops food colouring, tea bags or your favorite essential oil
String Pull Painting	Wednesday April 14 10am	Zoom	String paint art is so beautiful and is simple to create! This is a fun and easy art technique, and a great art project for children of all skill levels. *You may get messy! Materials: black construction paper (or heavy paper), acrylic paint (assorted colours), yarn or string, paper plate, wooden stir stick or popsicle stick
Grass Heads	Thursday April 15 1pm	Zoom	This STEAM education activity combines science, art and math to create a unique craft that should last all summer long. Materials: a knee-high stocking, planting soil (spoon), grass seed (about 3 tablespoons), a jar (or container of some sort), elastic bands, scissors, hot glue (with adult supervision of course), wiggle eyes and whatever other loose parts your children want to use to decorate, water
Monster Bookmarks	Friday April 16 10am	Zoom	This activity is great for our older friends age 4 and up who love to read and be creative! Materials will be supplied and available for pickup at the Grantham EarlyON centre on Friday, April 9th from 12:30-1:30pm or email earlyon.thorold@niagara.ymca.ca to make alternate arrangements.

Children's Workshops Continued

Activity	Date and Time	Location	Description
Painting With Broccoli	Saturday April 17 11am	Zoom	Broccoli is not only good for us, it works as a fantastic and unique painting tool! Materials: paper tree template (will be emailed) or draw your own!, paint, raw chunks of broccoli
Hot Chocolate and Marshmallow Science Experiment	Monday April 19 10am	Zoom	What is more fun than drinking hot chocolate with marshmallows? Adding milk and creating a science experiment of course! Join me today as we make our predictions and watch what happens to those marshmallows! Materials: Mugs, hot chocolate mix, milk, spoon, timer, thermometer
Earth Day Bee Presentation	Thursday April 22 10am	Zoom	Kaleb Schriefer owner/operator of Obeewan Kenobee Beehives & Beekeeping Services will present a virtual presentation this Earth Day all about why bees are so important to the environment and why we need to protect them. *Everyone who attends will receive a FREE book!
Rain, Rain Go Away Bubble Wrap Craft	Saturday April 24 10am	Zoom	April showers bring May flowers! Let's keep the real rain outside and make a cute rainy-day craft in the comfort of our home this morning. Materials: white paper, bubble wrap, blue paint, 2 different colours construction paper, small glass for tracing, glue, scissors
Coffee Filter Butterflies	Monday April 26 10am	Zoom	Children will enjoy watching the colours spread through the coffee filters and make patterned 'wings' of their butterfly. Materials: coffee filters (as many as you would like to make), pipe cleaners, washable markers, water in a spray bottle or small cup, newspaper or plastic cloth to protect work surface

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	EVERY Friday at 11am EVERY Tuesday at 9am	Zoom	To register, please email earlyon.admin@niagara.ymca.ca You will be sent a Zoom link to access the circle time you have registered for. If your child has any song requests, please include those choices in your email.



**Good Night Friends has changed to an Evening
Circle Time!**

Bedtime Stories, Songs and Activities on Zoom

Join an EarlyON Educator for live Zoom Bedtime Stories time every week

Our Wednesday evening programming has changed!

Now at 6:30pm!

We are adding songs and activities to our evening stories!

**We look forward to having you join us for this NEW Wednesday evening
Circle Time!**

Activity	Date and Time	Location	Description
Evening Circle Time	EVERY Wednesday at 6:30pm	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.

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/>