



EarlyON

Child and Family Centre

Free, high-quality drop-in programs, educational workshops and resources for children 0-6 years and their caregivers.

January 2024

EarlyON YMCA of Niagara Centre *Hours of Operation*

Fairview Mall Centre

285 Geneva Street, St. Catharines
COMING SOON

Grantham Centre

469 Grantham Avenue, St. Catharines
Monday through Thursday 9am-1pm (Gym opens at 11am on Wednesdays)
Friday 9am-noon

Thorold Centre

25 Whyte Avenue N, Thorold
Monday through Thursday 9am-1230pm
Friday 9am-noon
Friday 930-11am Thorold Public Library

St. Anthony Centre

81 Rykert Street, St. Catharines
Monday –Thursday 9am-1pm
Friday 9am-noon

EarlyON Child and Family Centres

Our EarlyON programs and services are in alignment with provincial guidelines and local directives to promote positive, meaningful, fun and safe indoor and outdoor experiences for our families and our team.

- **Fun, free interactive programs** for parents/guardians and their children (ages 0-6 years)
- **Pre-registration is not required for our drop in programs:** registration is required for our adult workshops to ensure we have the appropriate amount of materials and resources available.
- **Self screening** in advance of attending the program is required of all staff and participants. Anyone who is unwell should remain home.
- **Masking** is encouraged for participants in grade 1 and older but not required.

CLOSED

**St. Anthony EarlyON will closed
January 1-5, and January 19 PD Day**

**Grantham EarlyON gym unavailable
on Wednesdays beginning January 24**

Capacity Limitations

While we are back to pre covid capacity, it is possible that our centres might be full upon occasion. To help avoid disappointment, we will have a large coloured circle placed in a visible area/window as you pull into each centre. If the circle is green, you are welcome to come in and join us. If the circle is red, we have reached capacity and encourage you to visit another time or choose to visit another one of our 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



Please remember to bring indoor shoes/hard soled slippers to wear while enjoying our centres. For Safety reasons bare feet are not permitted.

Children and Parent Interactive Programs

(Registration not required unless noted)

(Activities available all morning as supplies last unless otherwise noted)

Activity	Date and Time	Location	Description
New Year's wishing wands	Tuesday January 2	Grantham EarlyON	Do you make New Year resolutions with your child? This craft encourages children to think about their hopes and dreams for the year ahead. Make a New Year wishing wand and find out what they wish for!
Snowy Science circle time	Thursday January 4 1030am	Grantham EarlyON	Join us for a wintery themed Circle Time with a special snowy science experiment at the end.
Penguin wax experiment	Tuesday January 9	Thorold	Learn how penguins stay warm in cold weather with this interactive experiment that actively engages children in a winter learning experience.

Children and Parent Interactive Programs Continued

(Registration not required unless other wise noted)

Activity	Date and Time	Location	Description
"If snow came down in colours" poem and creative activity	Monday January 22	Thorold EarlyON	Let's get creative and make some colourful snowmen.
Arctic animal ice exploration	Wednesday January 24	St Anthony EarlyON	Join us for a wintry, fun science exploration as we free some arctic animals from a deep, winter frost!
Family Zumbini	Thursday January 25 930-1015am	Thorold EarlyON	Join Allison ,our trained Zumbini instructor for a fun 45 minutes which combines music, dance and educational tools. Can't stop, won't stop bonding, learning and fun for children ages 0-4
Bookmark making	Friday January 26	St Anthony EarlyON	In honour of Family Literacy Day (Jan 27th), we will work together to make a keepsake bookmark. Every family will also take home a book!
Melted snowman craft	Monday January 29	Grantham EarlyON	The messier this craft is, the more adorable the final product. Children have the freedom to paint any way they want, making this the perfect project for your young artists. This might get messy!

A gentle reminder during this cold and flu season - for the health and safety of everyone in our EarlyON centres, if you or your little one are not well, please join us another time.

Thank you for your understanding and cooperation!



EarlyON

Ontario

Outdoor programs

(no registration required)

Activity	Date and Time	Location	Description
EarlyON—Thorold Library partnership	Friday November 3,10,17,24 930-11am	Thorold Library	Join an EarlyON educator first for outdoor program then we will go inside for activities/storytime by the librarian.

Adult Programs

**Registration required by emailing
earlyon.admin@niagara.ymca.ca**

Activity	Date and Time	Location	Description
Toddler math (interactive)	Thursday January 11	Thorold EarlyON	Introducing math to your child doesn't have to be difficult. Without even noticing it, we use mathematical language all the time. Come and find some simple activities you can use at home to enhance math skills with your little one.
Adjusting to motherhood	Wednesday January 17 930am	Grantham EarlyON	Adjusting to motherhood is a difficult transition to make. Our bodies change, our brains forget things and we are constantly adjusting to our babies changing needs. Join us this morning as we talk about the good (and sometimes not so good) challenges of becoming a parent.
Calm down kits	Thursday January 18 930-1030am	Thorold EarlyON	A wonderful resource to use to help your child identify their emotions and provide tools they can use to self regulate. This workshop is intended for parents/caregivers with a child who is 3-6 years old.
Recycled book snowman	Thursday January 25 10am	Grantham EarlyON	Want to build a snowman without having to go outside? Let's make a cute little snowman craft from recycled books that you can then add to your winter décor.

Infant Programs

(one infant program per family please)

Registration required by emailing earlyon.admin@niagara.ymca.ca

Activity	Date and Time	Location	Description
Infant Winter Art	Wednesday January 10 10am	St Anthony EarlyON	Prepare to make a no mess wintery snowman scene to enjoy as a keepsake for years to come. Ideal for babies 6 to 12 months .
Love My Baby	Tuesday January 16,23 and 30 10am	St Anthony EarlyON	Please join this 3 week interactive program with your baby (up to 12 months) where the focus is making the connection through love, language and learning. Come ready to sing, engage in fun activities, and discuss the importance of your baby's secure attachment.

Friday, January 26

Visit any one of our YMCA of Niagara EarlyON Centres this morning where every child will have the opportunity to take home a FREE book in celebration of Family Literacy Day tomorrow. (while supplies last)



coming soon

We are looking forward to welcoming you to visit our soon to open EarlyON Child and Family Centre located in the Fairview Mall at 258 Geneva Street, St. Catharines.

Watch our social media channels for more details.

Virtual Programs

For those families interested in virtual programs, Port Cares EarlyON Centres will continue to offer these programs to serve families in the Niagara Region.

www.facebook.com/earlyonvirtual
www.instagram.com/earlyonvirtual

www.facebook.com/earlyonsbyportcares
www.instagram.com/earlyonsbyportcares



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 you 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](#) EarlyON



www.youtube.com



[earlyonatymcaniagara](#)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 All centres CLOSED	2 New Year's Wishing Wands St. Anthony CLOSED	3 St. Anthony CLOSED	4 Snowy Science Circle Time 10:30am St. Anthony CLOSED	5 St. Anthony CLOSED Thorold Library 930-11am	6
8	9 Science - Penguin Wax Experiment 10am	10 Infant winter art 10am Gym opens at 11am	11 Adult - Toddler Math	12 Thorold Library 930-11am	13
15	16 Love My Baby 10am	17 Adult - Adjusting to Motherhood 9:30am Gym opens at 11am	18 Adult - Calm Down Kits 9:30am - 10:30am	19 St. Anthony CLOSED Thorold Library 930-11am	20
22 If Snow Came Down in Colours	23 Love My Baby 10am	24 Artic animal ice exploitation 10am Gym CLOSED	25 Zumbini 9:30 - 10:15am Adult - Recycled Book Snowman 10am	26 Book Mark Making for Family Literacy Day Thorold Library 930-11am	27 Family Literacy Day!
29 Melted Snowman Craft	30 Love My Baby 10am	31 Gym CLOSED	<p>Grantham - Blue St. Anthony - Red Thorold - Green Fairview - Purple</p> <p>Please read through our monthly newsletter for more details regarding activities listed</p>		

Grantham
Monday - Thursday
9am-1pm
Friday
9am - noon

St. Anthony
Monday-Thursday
9am-1pm
Friday
9am - noon

Thorold
Monday-Thursday
9am-12:30pm
Friday
9am - noon

Fairview
Coming soon!
Check our social media channels for updates



ASK A NURSE

A Niagara Region Public Health Nurse from the Family Health division will be on-site in some locations to answer questions you might have about different topics such as your pregnancy, adjusting to parenthood, your well being as a parent, parenting tips, your child's growth and development and more! They can also link you to services and programs available in the Niagara Region. No registration required.

Ask the educators in the centre for more information.

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

Reach us by telephone or by email

EarlyON Fairview Mall: 289-241-0372 earlyon.admin@niagara.ymca.ca

EarlyON Grantham: 905-937-7007 earlyon.grantham@niagara.ymca.ca

EarlyON St. Anthony: 905-650-7019 earlyon.stanthony@niagara.ymca.ca

EarlyON Thorold: 905-658-6907 earlyon.thorold@niagara.ymca.ca