



EarlyON

Child and Family Centre

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

March 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 not available 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.

St. Anthony and Thorold EarlyON will closed March 11-15 for March Break.

Grantham EarlyON will be closed March 25-29

All EarlyON Centres will be closed March 29 for Good Friday

CLOSED

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
Literacy Event	Friday March 1	Thorold EarlyON	Celebrate International Pig Day with stories and literacy activities involving pigs.
NameArt	Tuesday March 5	Thorold EarlyON	It's like magic, combine name recognition and art with this fun painting activity.
Ten Lucky Leprechauns Story and craft	Wednesday March 13	Grantham EarlyON	We invite you and your little one to read the story "Ten Lucky Leprechauns" followed by a fun and colourful craft based on the book.
Sink or float Science fun	Thursday March 14 930am	Grantham EarlyON	Calling all scientists! Let's hypothesize which items will sink and which will float. What's your prediction? We will record our results.

Children and Parent Interactive Programs Continued

(Registration not required unless other wise noted)

Activity	Date and Time	Location	Description
Rain Sticks	Monday March 18	Grantham EarlyON	This morning the children will have the opportunity to turn a paper towel roll into a rain stick. Your children will love the realistic rain sounds made by these simple to make rain sticks.
Movement Stations	Tuesday March 19	Thorold EarlyON	Let's get active and exercise by exploring different ways to move our body. Each station has a fun, new movement challenge for you and your child to try.
Zumbini	Thursday March 21 9-945am	Thorold EarlyON	Join our trained Zumbini instructor for a fun combination of music, dance and educational tools. Can't stop won't stop bonding, learning and FUN for children 0-4.
Recycled bird feeders	Friday March 22	St Anthony EarlyON	Using all recyclable materials we will create a birdfeeder to help feed our feathered friends.

Infant Programs

(one infant program per family please)

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

Activity	Date and Time	Location	Description
Love my Baby	Thursday March 7, 21 and 28 10am	St Anthony EarlyON	Join us for a 3 week interactive program for you and your baby (age 0-12months). Through songs, activities and parent discussion, Love My Baby explores the themes of making the connection with love, language and learning. Come prepared to sing, and engage in thoughtful conversation.
Easter footprint keepsake	Friday March 8 9-11am	Grantham EarlyON	This adorable keepsake, featuring your child's feet, is sure to be a cute addition to your Easter décor. Come dressed for a mess. Once you are registered, you can drop in any time between 9 and 11am.

RESOURCE CONSULTANTS

Resource Consultants from the Niagara Children's Centre are in our EarlyON Centres to answer any questions you might have about your child's development.

Ask the educators in the centre for more information.



Outdoor programs (no registration required)

Activity	Date and Time	Location	Description
EarlyON—Thorold Library partnership	Friday March 1, 8, 22 930-11am	Thorold Library	Join an EarlyON educator first for outdoor program then we will go inside for activities/storytime by the librarian.
Forever Friends Storywalk	Friday March 8 930-1130am	St Anthony EarlyON	Join us in our outdoor space for a little walk through the pages of Forever Friends, a story about true friendship.

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!



Adult Programs

(registration NOT required unless noted)

Activity	Date and Time	Location	Description
The wonder of loose parts	Tuesday March 5	Grantham EarlyON	What are loose parts? Are you nervous to let your child play with loose parts? We invite you to come learn how you and your child can engage, take safe risks and mess-about with loose parts. Drop in, all morning.
Fingerplay fun- Make and Take	Thursday March 7 10am	Thorold EarlyON	In this interactive workshop we will talk about the benefits of using fingerplays and songs with your child. We will also make a simple fingerplay for you to take home to play with your little one.
Little Kids, Big Emotions	Wednesday March 20	Grantham EarlyON	We invite you to stop by the centre anytime this morning to talk about and learn strategies on how to guide your children through any big emotional experiences they may have.
Get out and Play!	Tuesday March 26	St Anthony EarlyON	Let's explore the benefits of outdoor play INSIDE! Make your own little explorers kit and gain some simple strategies so you are prepared to enjoy the outdoors this spring.
Print Awareness	Tuesday March 26 Resources and activity ideas available throughout the morning.	Thorold EarlyON	Print awareness is a stepping stone to reading and letter recognition. Join us to see some fun ideas you can do with your children at home or when you are out and about.

Renovations are almost complete and we will soon be setting up our Fairview EarlyON Centre to welcome families.

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/>

MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 Literacy Day - International Pig Day! Thorold Library 930-11am	2	Grantham Monday - Thursday 9am-1pm Friday 9am - noon
4	5 Name Art Adult - The Wonder of Loose Party	6 Gym CLOSED	7 Adult - Finger Play Make & Take 10am Love My Baby	8 Infant - Easter Footprint Keepsake Outdoor - Story Walk 9:30 - 11:30am Thorold Library 930-11am	9	St. Anthony Monday-Thursday 9am-1pm Friday 9am - noon
11 Thorold - closed St. Anthony - closed	12 Thorold - closed St. Anthony - closed	13 10 Lucky Leprechauns Story & Craft Thorold - closed St. Anthony - closed	14 Sink or Float Experiment 9:30am Thorold - closed St. Anthony - closed	15 Thorold - closed St. Anthony - closed	16	Thorold Monday-Thursday 9am-12:30pm Friday 9am - noon
18 Rain Sticks	19 Gym - Movement Stations 9:15 - 10am First Day of Spring	20 Adult - Little Kids Big Emotions Gym CLOSED	21 Zumbini 9:00 - 9:45am Love My Baby	22 Recycled Bird Feeder Thorold Library 930-11am	23	Fairview Coming soon! Check our social media channels for updates
25 Grantham - closed	26 Adult - Print Awareness Adult - Get Out & Play Grantham - closed	27 Grantham - closed	28 Love My Baby Grantham - closed	29 All centres CLOSED - Good Friday 	30	Grantham - Blue St. Anthony - Red Thorold - Green Fairview - Purple Ontario 

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