



# EarlyON

Child and Family Centre

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

April 2024

## 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.

All Centres closed Monday April 1 for Easter Monday

All Centres closed Monday April 8

### EarlyON YMCA of Niagara Centre *Hours of Operation*

#### Fairview Mall Centre

285 Geneva Street, St. Catharines  
Opening 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-12:30pm  
Friday 9am-noon  
Friday 9:30-11am Thorold Public Library

#### St. Anthony Centre

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



### 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   |
|---------------------------------------|-------------------------------|--------------------|---|
| Painting with toothbrushes            | Tuesday April 2               | Grantham EarlyON   | Toothbrush painting is a fun twist on traditional painting and is a great way to teach toddlers and preschoolers about the importance of dental health.   |
| Little Chef<br>Rainbow bread painting | Tuesday April 9<br>930-1030am | Thorold EarlyON    | It's find a rainbow day. Today we will do an art and cooking activity that involves painting white bread slices with food colouring mixed in milk (cow). Let's toast it up and see all our rainbows.          |
| Treasure box decorating               | Thursday April 18             | St Anthony EarlyON | Create your own treasure chest to fill with all your special gems while supplies last! This is a really fun way to practice cutting and sticking and your finished treasure chest will look great on display! |

## Children and Parent Interactive Programs Continued

(Registration not required unless otherwise noted)

| Activity   | Date and Time                 | Location           | Description  |
|--|-------------------------------|--------------------|--|
| Cherry Blossom Tree Craft                        | Friday April 19               | Grantham EarlyON   | The seasons are changing and spring is in the air! Join us today as we explore with paint and bubble wrap to create a cherry blossom tree that your child will love!   |
| We Love the Earth—creative experience            | Monday April 22               | St Anthony EarlyON | Let's show our love for Mother Earth by using recycled materials in a creative way!  |
| Physical Well Being Zumbini                      | Thursday April 25<br>915-10am | Thorold EarlyON    | Join Allison, our trained Zumbini instructor this morning . The Zumbini program combines music, dance and educational tools for 45 minutes of can't stop, won't stop bonding, learning and fun for ages 0-4 years. |
| April showers bring May flowers springtime craft | Tuesday April 30              | Grantham EarlyON   | Raindrops, flowers and sunny days. Let's create an art activity celebrating spring.  |

As a parent of two children the Early On centres have been an invaluable resource for me to connect with other parents. To be able to share in the joys and challenges of raising a young family. They have also provided an environment for my children to grow and thrive. To be able to make new friendships and learn vital social skills of cooperation and getting along with others. The staff at Early On are friendly, engaging, compassionate and their passion and love of children is evident from their extraordinary work.

Aaron



**FREE**

**dental checkup & fluoride varnish coming!**

To learn more, call the Dental Program at 905-688-8248 ext. 7399 or live chat with us.



Niagara Region Public Health will be offering FREE dental checkups and fluoride varnish for children. Walk-ins welcome.

**FREE Dental Clinic**

**Grantham EarlyON**

**Tuesday April 2nd 9am**

**Infant Interactive Programs**

**(one infant program per family please)**

**Registration required by emailing [earlyon.admin@niagara.ymca.ca](mailto:earlyon.admin@niagara.ymca.ca)**

| Activity       | Date and Time                              | Location            | Description   |
|----------------|--|---------------------|---|
| Sing and Sign  | Thursday<br>April 4, 11<br>and 18<br>1-2pm | Thorold<br>EarlyON  | In addition to verbal language, introduction to simple sign language can encourage babies to communicate and may improve a parent/ caregivers ability to understand what baby is saying<br><br>This 3 week program is ideal for infants 4-10 months.<br><br><b>Please note the centre is open this afternoon only for this registered program</b> |
| Infant Massage | Tuesday<br>April 9, 16<br>and 23<br>10am   | Grantham<br>EarlyON | Parents/caregivers, join us for this 3-week program designed for you and your infant (birth to pre-crawling) that encourages and promotes bonding, growth and much more!  |



## Positive Parenting Seminar



Parenting can get a little tricky at times.

Do you have questions about how to help your child manage their emotions?

### Join Niagara Parents for a Triple P Positive Parenting Seminar

**The Power of Positive Parenting** will focus on:

- The hopes and dreams of becoming a parent
- The realities of parenting
- Challenges with your child's behaviours
- Five key principles or ideas that support the positive parenting approach

Register by email to [earlyon.admin@niagara.ymca.ca](mailto:earlyon.admin@niagara.ymca.ca) OR with the staff in the centre.

St Anthony EarlyON Child and Family Centre April 17th 1030am-noon

Thorold EarlyON Child and Family Centre May 6th 1030am-noon

## Outdoor programs (no registration required)

| Activity                            | Date and Time                          | Location                                     | Description  |
|-------------------------------------|--|--|--|
| EarlyON—Thorold Library partnership | Friday April 5, 12, 19, 26<br>930-11am | Thorold Library                              | Join an EarlyON educator first for outdoor program then we will go inside for activities/storytime by the librarian.   |
| Art in the Park                     | Wednesday April 3<br>10-11am           | Grantham EarlyON<br>(park beside the centre) | Please join us for some painting fun at the park as your child nurtures the little artist within! Learn how this fun art activity fosters growth in the various domains of development.              |
| Outdoor Fun StoryWalk and Activity  | Monday April 15<br>10am                | Thorold EarlyON                              | Join us for a fun morning with the "If you plant a Seed storywalk. This activity will take place outside in the schoolyard and children will have the opportunity to plant a seed of their very own. |
| Earth Day inspired outdoor play     | Tuesday April 23<br>10am-noon          | St Anthony EarlyON                           | Enjoy some outdoor fun with Rachelle with earth day inspired activities  |



## Adult Programs

(registration NOT required unless noted)

| Activity  | Date and Time                      | Location              | Description  |
|---|------------------------------------|-----------------------|--|
| Parent Education<br>The Benefits of Playdough     | Friday April 5<br>All morning      | Grantham<br>EarlyON   | We all know that play dough is fun and popular with young children, but apart from making a mess what is it really good for? Join us and discuss the benefits of allowing kids to play with playdough and the many learning opportunities that happen along the way!   |
| Let's talk about Emotional Literacy (interactive) | Monday April 29                    | St Anthony<br>EarlyON | With some information and activities, we will be highlighting the importance of helping children develop emotional literacy.   |
| Triple P<br>Raising Resilient Children            | Wednesday April 17<br>1030-noon    | St Anthony<br>EarlyON | This seminar – Raising Resilient Children - focuses on strategies to: <ul style="list-style-type: none"> <li>• Help build positive feelings in your child</li> <li>• Help your child recognize and accept feelings</li> <li>• Help your child cope with stressful life events</li> </ul> <b>REGISTRATION REQUIRED—LIMITED CHILD CARE AVAILABLE</b> |
| Parent Education<br>Scissor skill development     | Friday April 26<br><br>All morning | Thorold<br>EarlyON    | Learning to cut with scissors is a necessary developmental pre-writing skill. Join us this morning to learn the benefits of cutting with scissors and see some activities you and your preschooler can work on at home.  |

### 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.



**coming soon**

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.



**STRONGER  
TOGETHER**



We are delighted to announce that our EarlyON centres are participating in the YMCA of Niagara's Stronger Together Child Care Campaign this April. This initiative is vital in nurturing a healthy, inclusive environment where children and families can flourish. Alongside our 47 Child Care centres across Niagara, our collective goal is \$25,000 to enrich children's lives with incredible programs like Youth Action and YMCA Day Camps

Keep an eye out for fun (and tasty) events at our Centres in the coming weeks! Your contributions matter—no amount is too small to make a positive impact. To join this cause and donate, please visit our campaign page at: <https://www.canadahelps.org/en/dn/98035>

Your support is instrumental in creating a brighter future for Niagara's children.

## Stronger Together Special Events

| Activity                            | Date and Time         | Location               | Description   |
|-------------------------------------|-----------------------|------------------------|---|
| Stronger Together Pancake Breakfast | Wednesday<br>April 10 | St. Anthony<br>EarlyON | Join us at each of our EarlyON Centres for a delicious pancake breakfasts. Donations appreciated.                   |
| 930-11am                            | Tuesday April<br>16   | Thorold<br>EarlyON     | AND Pajama Day!!<br><br>Wear your favourite jammies.  |
| Pancakes and Pajamas                | Monday April 29       | Grantham<br>EarlyON    | 100% of the donations will go directly to our Stronger Together Campaign.<br><br>Together we CAN make a difference. |

## 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](http://www.facebook.com/earlyonvirtual)  
[www.instagram.com/earlyonvirtual](http://www.instagram.com/earlyonvirtual)

[www.facebook.com/earlyonsbyportcares](http://www.facebook.com/earlyonsbyportcares)  
[www.instagram.com/earlyonsbyportcares](http://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](http://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](#) EarlyON



[www.youtube.com](http://www.youtube.com)



[earlyonatymcaniagara](#)

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



# APRIL 2024

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday |
|---|---|--|--|--|----------|
| 1<br>All centres CLOSED<br>Easter Monday<br> | 2<br>Dental Clinic 9am<br>Toothbrush Painting                                   | 3<br>Outdoor - Art in the Park 10-11am<br>Gym CLOSED   | 4<br>Baby & Me: Singing & Signing Together 1-2pm                             | 5<br>Adult - Benefits of Playdough<br>Thorold Library 930-11am   | 6        |
| 8<br>All centres CLOSED<br>Solar Eclipse<br> | 9<br>Infant Massage 10-11am<br>Little Chefs - Rainbow Toast Painting 930-1030am | 10<br>Stronger Together Pancakes & Pajamas<br>Gym CLOSED   | 11<br>Baby & Me: Singing & Signing Together 1-2pm                            | 12<br>Thorold Library 930-11am   | 13       |
| 15<br>StoryWalk - If You Plant a Seed 10am  | 16<br>Infant Massage 10-11am<br>Stronger Together Pancakes & Pajamas            | 17<br>Triple P 10:30am - noon<br>Gym CLOSED  | 18<br>Treasure Box Decorating<br>Baby & Me: Singing & Signing Together 1-2pm | 19<br>Cherry Blossom Art<br>Thorold Library 930-11am   | 20       |
| 22<br>We ♥ the Earth craft<br>Earth Day      | 23<br>Infant Massage 10-11am<br>Outdoor 10am - noon                             | 24<br>Gym CLOSED   | 25<br>Zumbini 9:15 - 10am  | 26<br>Scissor Skill Development<br>Thorold Library 930-11am  | 27       |
| 29<br>Adult - Let's Talk About Emotional Literacy<br>Stronger Together Pancakes & Pajamas                                     | 30<br>April Showers Bring May Flowers craft                                     | <div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block;"> <p>Grantham - Blue<br/>St. Anthony - Red<br/>Thorold - Green<br/>Fairview - Purple</p> </div> |  | <div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block;"> <p>Please read through the newsletter for more info regarding activities listed.</p> </div> |          |

**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



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](mailto:earlyon.admin@niagara.ymca.ca)

**EarlyON Grantham:** 905-937-7007 [earlyon.grantham@niagara.ymca.ca](mailto:earlyon.grantham@niagara.ymca.ca)

**EarlyON St. Anthony:** 905-650-7019 [earlyon.stanthony@niagara.ymca.ca](mailto:earlyon.stanthony@niagara.ymca.ca)

**EarlyON Thorold:** 905-658-6907 [earlyon.thorold@niagara.ymca.ca](mailto:earlyon.thorold@niagara.ymca.ca)