



EarlyON

Child and Family Centre

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

May 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.

May 20—all sites closed.

Happy Victoria Day!

CLOSED

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
Shaving cream art	Thursday May 2	St Anthony EarlyON	Shaving cream plus paint equals a really cool, swirly piece of art that can be used as a card, a beautiful print or whatever else your creative mind comes up with.
Mother's Day Fingerprint Art	Thursday May 9	Grantham EarlyON	Children of any age can use their fingerprints, finger paints and cardstock to create this Mothers Day art.
Flower Planting Fun	Monday May 13 930-1030am (while supplies last)	Thorold EarlyON	Join us for a fun morning of flower planting and have your child decorate their own planter pot. Help say goodbye to April showers and hello May flowers!

Children and Parent Interactive Programs Continued

(Registration not required unless otherwise noted)

Activity	Date and Time	Location	Description
Paper tube fireworks painting	Friday May 17	Grantham EarlyON	This easy firework craft is the perfect activity to help celebrate Victoria Day. Come and create some fireworks of your own.
World Turtle Day	Thursday May 23	Thorold EarlyON	Let's celebrate and get creative by making your own turtle to take home.
Chicka Chicka Boom Boom Day	Wednesday May 29	St Anthony EarlyON	A told B and B told C we'll meet you at St Anthony! Join us for a fun morning of Chicka Chicka Boom Boom inspired activities.
Literacy Event	Thursday May 30	Grantham EarlyON	Join us for numeracy/literacy activities, a red fish blue fish craft, gross motor activities in the gym and more.

Field Trips

(Registration required)

Activity	Date and Time	Location	Description
Fire Station #6 Scott Street (Registered families will meet at the EarlyON Centre)	Thursday May 23 10am	Grantham EarlyON	Join us this morning at the Scott Street Fire station. Children will have an opportunity to see and learn about the different trucks and what firefighters wear when they go into a fire. Be sure to bring your camera! Registered required

The Gym at our Grantham Centre will be unavailable on Thursday May 23 and Friday May 24.
 The playroom will be open regular hours.

Infant Interactive Programs
 (one infant program per family please)
 Registration required by emailing earlyon.admin@niagara.ymca.ca

Activity	Date and Time	Location	Description
Infant Massage	Tuesday May 7, 14, 21 and 28 1-2pm	Thorold EarlyON	Parents/caregivers, join us for this 4 week program designed for you and your infant (birth-precrawling) that encourages and promotes bonding, growth and so much more! Please note the centre is open this afternoon only for this registered program.
Love My Baby	Thursday May 9, 16 and 23 2pm	St Anthony EarlyON	Join Kristin for our 3 week interactive program for you and your baby (ages 0-12 months). Through songs, activities and parent discussions, Love My Baby explores the themes of making the connection with love, language and learning. Come prepared to sing and engage in thoughtful conversation. Please note the centre is open this afternoon only for this registered program.

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.





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 OR with the staff in the centre.

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 May 3, 10, 17, 24 and 31 930-11am	Thorold Library	Join an EarlyON educator first for outdoor program then we will go inside for activities/storytime by the librarian.
Outdoor Play Day	Friday May 17 930-11am	St Anthony EarlyON	Come dressed for whatever Mother Nature has in store for us and we’ll share some time together in our outdoor play area.
Outdoor Art in the Park	Friday May 24 10-11am	Grantham EarlyON (in the park beside the EarlyON)	Please join us for some painting fun at as your child nurtures the little artist within! Learn how this fun art activity fosters growth in the various domains of development.
Outdoor Fun—Scavenger Hunt	Monday May 27 945-1030am	Thorold EarlyON	Join us outside in the back school yard. Let’s see if you can find all the hidden objects on your list that are around the yard.

Adult Programs

(registration NOT required unless noted)

Activity	Date and Time	Location	Description
The benefits of rhymes and fingerplays for your little one	Wednesday May 1 All morning	Thorold EarlyON	Rhymes and fingerplays offer a great multisensory approach to learning while engaging multiple senses. Join us to find some new rhymes to add throughout your day.
Triple P - The Power of Positive Parenting	Monday May 6 1030am—noon	Thorold EarlyON	Join Niagara Parents for a Triple P Positive Parenting Seminar Registration required Limited child care available
Mindful self care for Mommas	Wednesday May 8 10am	St Anthony EarlyON	Take in the beauty of the outdoors with this special Mindful Self-Care session just for Mommas! Engage in self-care practices designed to help you slow down and smell the flowers. Come dressed for light yoga/meditation. Registration required Limited child care available
The benefits of Sensory Play	Wednesday May 22 All morning	Grantham EarlyON	From the moment they're born, children use their senses to discover the world around them. Find out how to use sensory play to enhance their development and play with different sensory items that could be found within your 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.



Literacy Day

One Fish, Two Fish, Red Fish, Blue Fish



Where?

Join us at our Grantham EarlyON Centre for a morning of fun! We'll have games, activities and a whole lot of literacy!



When?

Thursday May 30
All morning



Activities

Numeracy/literacy activities, a Red Fish, Blue Fish craft, gross motor activities in the gym, and more.



Each child will leave with a brand new, free book for their personal library.
(while supplies last)

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 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



[earlyonatymcaniagara](#)

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

MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Benefits of Rhymes - Mother Goose Day	2 Shaving Cream Art	3 Thorold Library 930-11am	4
6 Triple P Seminar 10:30 - noon	7 Infant Massage 1 -2 pm	8 Adult - Mindful Self- Care for Mommas! 10am	9 Mother's Day Fingerprint Art Love My Baby 2pm	10 Thorold Library 930-11am	11
13 Flower Planting Fun 9:30 - 10:30am	14 Infant Massage 1 -2 pm	15	16 Love My Baby 2pm	17 Outdoor - Play Day! 9:30 - 11:30am Fireworks Craft Thorold Library 930-11am	18
20 All centres closed Victoria Day 	21 Infant Massage 1 -2 pm	22 Adult - Benefits of Sensory Play	23 Turtle Creative - World Turtle Day Trip- Fire Station 10am Love My Baby 2pm Gym CLOSED	24 Outdoor - Art in the Park 10am Gym CLOSED Thorold Library 930-11am	25
27 Outdoor - Scavenger Hunt 9:45am	28 Infant Massage 1 -2 pm	29 Chicka Chicka Boom Boom Day Story & Activities	30 Literacy Event - One Fish, Two Fish, Red Fish, Blue Fish	31	

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

Grantham - Blue
St. Anthony - Red
Thorold - Green
Fairview - Purple



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