



EarlyON

Child and Family Centre

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

January 2025

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.

St Anthony reopens January 6

St Anthony PA day January 17

Grantham closed January 20-24



EarlyON YMCA of Niagara Centre *Hours of Operation*

Fairview Mall Centre

285 Geneva Street, St. Catharines
Monday through Thursday 9am-4pm
Friday 9am-noon
Saturday 9am-1pm

Grantham Centre

469 Grantham Avenue, St. Catharines
Monday through Thursday 9am-1pm
Friday 9am-noon

Thorold Centre

25 Whyte Avenue N, Thorold
Monday through Thursday 9am-12:30pm
Friday 9am-noon
Friday 930-11am Thorold Public Library

St. Anthony Centre

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

Capacity Limitations

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
Popsicle stick snowflakes	Saturday January 4	Fairview EarlyON	These popsicle stick snowflakes are one of those age-old ideas that never go out of fashion. So easy to make and children absolutely love them!
Playdough Extravaganza	Monday January 6 10am	Grantham EarlyON	There are so many benefits to playing with playdough. The possibilities are endless! Join us today to create, play and learn with playdough!
Salt painted snowflakes	Tuesday January 7 9:45-10:15am	Thorold EarlyON	Join us for a fun art activity that explores the senses and leaves you with a colourful display of snowflakes to brighten up those dull winter days!

Children and Parent Interactive Programs Continued

(Registration not required unless other wise noted)

Activity	Date and Time	Location	Description
Cotton ball snowmen	Wednesday January 8	Grantham EarlyON	Do you want to build a snowman? Join us today as we create a snowman from recycled materials. We will count buttons and cotton balls and use fine motor skills by gluing and cutting.
Little Lost Owl Story and Craft	Thursday January 9 1030am	St Anthony EarlyON	Join us for the story of how Little Owl finds his Mommy and then make your own Little Owl.
Melted snowmen	Friday January 10	Fairview EarlyON	The perfect craft for chilly days. And the great thing about this craft is the messier it gets, the more adorable the final product!
Hot Cocoa mug craft	Saturday January 11	Fairview EarlyON	Take the chill out of winter and join us to make a hot cocoa mug craft with all the fixings.
Animal Tracks Winter Interactive Activity	Monday January 13	St Anthony EarlyON	Learn about winter animals and how to identify the tracks they leave behind in the snow. This interactive winter science activity will teach you all about winter ecosystems.
Snowflake Art	Monday January 13	Fairview EarlyON	We'll use recycled materials to create a snowy winter scene. Just like real snowflakes, no 2 pieces of this artwork are the same.
Igloo stamping art	Wednesday January 15	Grantham EarlyON	Come and join us this morning to create a fun and simple igloo masterpiece using paint, blocks and cotton balls!
Bead and Pinecone mobiles	Thursday January 16	St Anthony EarlyON	Join us for this fun fine motor activity of making a mobile with beads and bringing in some Pinecones!
Little Scientist—Puffy Snowman	Saturday January 18	Fairview EarlyON	Join us to make puffy paint, then use it to create a wintery snowman.
Mix it Up! Story and Creative	Tuesday January 21	St Anthony EarlyON	Join us for a fun colour mixing day at St. Anthony! Make your mark with some fun colour mixing painting (come ready to get messy!)

Children and Parent Interactive Programs Continued

(Registration not required unless otherwise noted)

Activity	Date and Time	Location	Description
Loose Parts winter activity	Saturday January 25	Fariview EarlyON	Loose parts have many benefits for developing math skills and concepts. Join us to sort and categorize loose parts then create a winter wonderland scene.
Chinese New Year activity	Monday January 27	St Anthony EarlyON	Celebrate the year of the snake at St Anthony's. Enjoy some Chinese New Year Themed activities throughout the morning.
Little Scientists Lemon and Watercolour	Wednesday January 29	Thorold EarlyON	It's a dazzling sensory activity that you can never get enough of. It smells good. It's fun to look at. New colours blend right before your eyes. It's messy and unpredictable. Let's get creative and have some fun.

Outdoor programs (no registration required)

Activity	Date and Time	Location	Description
Outdoor games and activities	Every Wednesday and Thursday. 9:15-10:15am	Thorold EarlyON	Join us on our playground for gross motor fun. Unstructured physical activity and being outdoors are both so good for physical and mental well being. Combine both and join us outside every week.
EarlyON—Thorold Library partnership	Friday January 10, 17, 24, 31 9:30-11am	Thorold Library	Join an EarlyON educator first for outdoor program then we will go inside for activities/story time by the librarian.

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.



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	Thursday January 9, 16, 23 and 30 1-2pm	Thorold EarlyON	Parents/caregivers, join us for this 4 week program designed for you and your infant (birth – pre-crawling) that encourages and promotes bonding, growth and so much more! Please bring a blanket with you. Registration required
Baby and Me– singing and signing together	Tuesday, January 14, 21 and 28 9:30am	Fairview 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 This 3 week program is ideal for infants 4-10 months. Registration required
Infant Sensory bottle make and take	Tuesday January 14 5-6pm	Fairview EarlyON	Sensory bottles excite your baby’s senses and help make connections in their brain. Sensory bottles are so much more than a toy—they are an experience that fosters growth, exploration and relaxation. Join us to make your own sensory bottle for your baby (birth –12 months) to enjoy! Please note the centre is only open for this registered program during this time Registration required
Infant Picasso - Walking in a Winter Wonderland	Monday January 20, 1-3pm (Come any- time between these hours) OR Thursday January 30 5-6pm	Fairview EarlyON	This winter craft is for our littlest friends, birth – 12 months with their parent/caregiver. Turn those adorable feet into unique winter scene. Please choose one of the dates. Please note, for January 30, the centre is ONLY open for this registered program. Registration required

Adult Programs

(registration NOT required unless noted)

Activity	Date and Time	Location	Description
All about Schemas	Friday January 17	Thorold EarlyON	Schemas are nine repeated patterns of behaviour that children will go through in order to explore their environment. It's incredibly satisfying to identify the schema your child is interested in. Join us to see what you can offer in regards to toys and activities that help them get the most from their investigations.
Loose Parts winter activity	Saturday January 25	Fairview EarlyON	Loose parts have many benefits for developing math skills and concepts. Today your little one can have fun sorting and categorizing loose parts to create a winter wonderland scene, while parents and caregivers learn all about why and how to incorporate loose parts into their child's play.
What Counts as a Word? Early Speech and Language for Babies and Toddlers	Monday January 27	Grantham EarlyON	Hearing your baby's first word is an exciting moment, but what exactly counts as a word? Come out to the centre to get some information on what counts as a word and the milestones that lead up to their first words. Because you play a key role in helping your child learn to talk, you'll also learn what you can do to encourage your baby's language skills during this period of rapid brain growth that they're in.
Love Builds Brains Adult information	Wednesday January 29	St Anthony EarlyON	Using Dr. Jean Clinton's book as a reference, we will highlight the importance of the early years' experiences of attachment, connection, resilience and self-regulation, and how this contributes to a child's learning and development .

Literacy Day—Friday January 30—all morning
Fairview EarlyON

We'll have winter themed literacy-based crafts and activities for you and your little one to enjoy together.
Each child will be able to take a **FREE** book home



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/>

The YMCA of Niagara is offering both a Standard First Aid course as well as an Emergency First Aid Course.

Please scan the QR code for more information or to register.



Skills that Save Lives

Standard First Aid Course

Take your knowledge further with the Standard First Aid course – a comprehensive training covering all aspects of first aid and CPR.

Equip yourself with the skills and confidence to handle emergencies at home, in the community, or with your family.

-  February 2 & 9 (2 Day Course)
-  9:00am - 5:30pm
-  \$130 + HST
-  YMCA Community Hub
Fairview Mall, St. Catharines

Sign up online today



Be Ready for Anything

Emergency First Aid Course

Be prepared for life's unexpected moments. This one-day Emergency First Aid course equips you with the essential skills to respond confidently in emergency situations.

Perfect for everyone—from caring grandparents to active community members—this course is your chance to build life-saving skills that make a difference.


-  Sunday, January 12
-  9:00am - 5:30pm
-  \$70 + HST
-  YMCA Community Hub
Fairview Mall, St. Catharines

Sign up online today



Did you know? The St Catharines Public Library has so much more for you to borrow than just books (but we recommend you borrow those too!)

St. Catharines Public Library's
Pop-Up Library
at Fairview EarlyON
Saturday, January 11
10am - 12pm



Sign up for a library card!

Explore borrowable items for early literacy



Together in Harmony: Multilingual songs and stories for little ones presented by Niagara Folk Arts

Enjoy songs and stories, similar to traditional English circle time, in a new language each month

- January will be in Mandarin
- Wednesdays at 130pm at Fairview EarlyON

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: 905-646-4988 earlyon.fairview@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

January 2025 *at a glance*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>For more details about activities listed, including if registration is required, please read through our monthly newsletter.</p>						
5	6	7	8	9	10	11	1
Playdough Extravaganza! 10am Snowflake Art Animal Tracks Winter Interactive 10am	Baby & Me: Singing & Signing Together 9:30am Infant - Sensory Bottle Make & Take 5-6pm	Baby & Me: Singing & Signing Together 9:30am Mix It Up! Story & Creative 10:30am	Cotton Ball Snowmen Igloo Stamping	Infant Massage 1-2pm Bead & Pinecone Mobiles	Little Owl Lost Story & Craft Melted Snowman Thorold Library 930-11am	Hot Cocoa Mug Craft Little Scientist- Purfy Snowman	ALL CENTRES CLOSED St. Anthony - CLOSED St. Anthony - CLOSED Popsicle Stick Snowflake
12	13	14	15	16	17	18	2
Infant - Walking in a Winter Wonderland 1-3pm Grantham - CLOSED	Baby & Me: Singing & Signing Together 9:30am Infant - Sensory Bottle Make & Take 5-6pm	Baby & Me: Singing & Signing Together 9:30am Mix It Up! Story & Creative 10:30am	Infant Massage 1-2pm Bead & Pinecone Mobiles	Adult - Info on Schemas St. Anthony - CLOSED Thorold Library 930-11am	Adult - Info on Schemas St. Anthony - CLOSED Thorold Library 930-11am	Little Scientist- Purfy Snowman	St. Anthony - CLOSED St. Anthony - CLOSED Popsicle Stick Snowflake
19	20	21	22	23	24	25	3
Infant - Walking in a Winter Wonderland 1-3pm Grantham - CLOSED	Baby & Me: Singing & Signing Together 9:30am Mix It Up! Story & Creative 10:30am	Baby & Me: Singing & Signing Together 9:30am Mix It Up! Story & Creative 10:30am	Infant Massage 1-2pm Bead & Pinecone Mobiles	Infant Massage 1-2pm Bead & Pinecone Mobiles	Thorold Library 930-11am Literacy Day! Thorold Library 930-11am	Adult/Child- Loose Parts Winter Activity	St. Anthony - CLOSED St. Anthony - CLOSED Popsicle Stick Snowflake
26	27	28	29	30	31		4
Adult - Early Speech & Language for Babies & Toddlers Chinese New Year	Baby & Me: Singing & Signing Together 9:30am Baby & Me: Singing & Signing Together 9:30am	Baby & Me: Singing & Signing Together 9:30am Baby & Me: Singing & Signing Together 9:30am	Little Scientist - Lemon & Watercolour Adult - Love Builds Brains	Infant Massage 1-2pm Infant - Walking in a Winter Wonderland 5-6pm	Literacy Day! Thorold Library 930-11am	Adult/Child- Loose Parts Winter Activity	St. Anthony - CLOSED St. Anthony - CLOSED Popsicle Stick Snowflake

Grantham
Mon. - Thurs. - 9am-1pm
Friday - 9am - noon

Fairview
Mon. - Thurs. - 9am - 4pm
Friday - 9am - noon
Saturday - 9am - 1pm

St. Anthony
Mon. - Thurs. - 9am - 1pm
Friday - 9am - noon

Thorold
Mon. - Thurs. - 9am-12:30pm
Friday - 9am - noon

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