



EarlyON

Child and Family Centre

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

March 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 closed March 10-14 for March Break

The Grantham Gym is closed on Wednesdays



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 enjoy our centre another day if you are not feeling yourself. Help keep our friends and staff healthy.

If your older siblings are home from school feeling sick. Please be kind and do not attend that day.



Children and Parent Interactive Programs (Registration not required unless noted)

Activity	Date and Time	Location	Description
Dr. Seuss' Birthday Craft	Monday March 3	Fairview EarlyON	Happy birthday, Dr. Seuss! We'll celebrate this famous children's author by making Dr. Seuss inspired crafts.
International Day of Awesomeness!	Monday March 10	Fairview EarlyON	It's International Day of Awesomeness – A day where anybody, no matter who they are, may celebrate their awesomeness. We all possess qualities that make us awesome in some way! Come make a special craft that celebrates your unique awesomeness!
Rainbow Shamrock Suncatcher	Thursday March 13	Grantham EarlyON	Come make a rainbow shamrock suncatcher and add some colour to your window.
Fingerprint Rainbow Art	Saturday March 15	Fairview EarlyON	One of the best parts of a rainy day is the rainbow afterwards, and one of the best ways to paint is with your fingers; put those two together and you have the best craft!

Children and Parent Interactive Programs Continued

(Registration not required unless other wise noted)

Activity	Date and Time	Location	Description
Lucky Literacy Day	Monday March 17 1030am	St Anthony EarlyON	Calling all Leprechauns! Come dressed in green to celebrate all things St. Patrick's Day through storytelling, crafts and engaging literacy-based activities.
First Signs of Spring interactive Activity	Tuesday March 18 1030am	St Anthony EarlyON	Winter is coming to a close and it's time to enjoy the joy of Spring! Come participate in an indigenous themed activity about the indicators of Spring!
Little Scientist Grasshead People	Tuesday March 18 930-1015am	Thorold EarlyON	An ongoing experiment that allows for open conversations with you and your child about how things grow. They will get to create and take home their own grasshead person to cut and style their "hair" for weeks to come. For ages 2 and up. REGISTRATION REQUIRED
First Day of Spring Flower Stamping Craft	Thursday March 20	Grantham EarlyON	Today marks the first day of spring! Join us today to make some beautiful flower stamps to celebrate the changing of the season!
Coffee Filter Butterflies	Monday, March 24	Fairview EarlyON	This is a classic springtime craft that uses washable markers and water. The bright colours will have us thinking about SPRING and warmer days to come!
Little Artist - Windchimes	Tuesday March 25	Thorold EarlyON	Drop in to decorate your own windchime and ring in Spring.
Little Chefs Snack and Story	Tuesday March 27 1030am	St Anthony EarlyON 1030am	Join us this morning for an enjoyable story time, followed by a chance to make your own snack using safe, child friendly tools.
Paper Bag Windsock	Saturday March 29	Fairview EarlyON	Children will have so much fun decorating their own windsock. Hang in your window on a windy day to watch it blow in the breeze.
Movement and Affirmations	Monday March 31 1030am	St Anthony EarlyON	Learn about the body's energy centres through a fun movement activity for children and adults. Its a great way to ground yourself while having fun!

Together in Harmony: Multilingual songs and stories for little ones presented by Bridges Niagara Immigrant and Refugee Services (formerly Niagara Folk Arts)

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

- The first and last Wednesday of each month at 2pm at Fairview EarlyON
- The language for March will be Ukrainian

Outdoor programs (no registration required)

Activity	Date and Time	Location	Description
Outdoor games and activities	Every Wednesday and Thursday. 915-1015am	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 March 7, 21, 28 930-11am	Thorold Library	Join an EarlyON educator first for outdoor program then we will go inside for activities/story time by the librarian. No Library program on March Break

The Dental Team from Niagara Region Public Health will be visiting our Thorold EarlyON centre on Tuesday March 11 starting at 9 a.m. They will be offering FREE dental screenings and fluoride varnish for children.

Dental screenings are a quick look in the child's mouth using a sterilized dental mirror to identify any urgent dental issues. [Fluoride varnish](#) is a safe protective coating that is painted onto the teeth with a tiny brush.

A public health dental professional can help link eligible children to a free dental program through [Healthy Smiles Ontario](#).

Walk-ins are welcome! Parent/guardian consent is required for dental screening.

For more information, please [contact the Dental Team](#).

FREE Dental Event

Thorold EarlyON
Tuesday March 11
9-11am



Did you know...

Fluoride varnish can be used on infants from the time they get their first tooth.

niagararegion.ca/health
search "dental"

Niagara Region

Infant Interactive Programs

(one infant program per family please)

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

Activity	Date and Time	Location	Description
Cutest Clover in the Patch	Tuesday March 4 11am-1230pm	Thorold EarlyON	Parents/Caregivers with infants birth– 12 months, join us and help your little one create a unique craft to celebrate their first St. Patrick's day. Registration required
Infant – St. Patrick's Day Footprint Craft	Wednesday March 12 1 – 3pm	Fairview EarlyON	The perfect DIY craft to commemorate St. Patrick's Day. For parents/caregivers with infants' birth – 12 months. Drop-in anytime during the time listed. Registration required
Infant Massage	Monday March 17, 24 and 31 10:00am	Grantham 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! Registration required
Love My Baby	Thursday March 20, 27 and April 3 530pm	Fairview EarlyON	Through singing, parent conversations and interactive activities we will cover the importance of making the connection through love, language and learning. Registration required The centre is open for this registered program only
Musical Babies	Friday March 21, 28 and April 4 930am	Fairview EarlyON	Please join us for this 3 week session, which will incorporate songs, rhymes, fingerplays, bouncing, movement and an interactive story. (3 months-Pre-Walking) Registration required

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.



Adult Programs

(registration NOT required unless noted)

Activity	Date and Time	Location	Description
Adult – Rhythm, Rhyme & Repetition: The Keys to Early Literacy	Thursday, March 6	Fairview EarlyON	Check out this interactive display to learn how nursery rhymes can help your child develop early literacy skills.
Adult Information - Foundations of Literacy in Early Childhood	Thursday March 20	Thorold EarlyON	Today is World Story Telling Day. Let's explore why Early Literacy is important and what you can do to help build on emergent literacy skills for your little one.
Positive Parenting Adult Information	Tuesday March 25	St Anthony EarlyON	Come learn some tips and tricks to help encourage desirable behaviour with children, while continuing to build strong, healthy relationships.
Adult Information - Importance of Bedtime Routines	Wednesday March 26	Thorold EarlyON	Learn what the benefits are of establishing a consistent bedtime routine for you and your child.
Adjusting to Motherhood- Thursday March 27 at 10:00am	Thursday March 27 10:00am	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. Registration required



As the wet snowy weather approaches, please remember to bring a change of indoor shoes/hard soled slippers to wear while enjoying our EarlyON Centres.

For safety reasons, bare feet are not permitted.

Ontario 

Together in Harmony: Multilingual songs and stories for little ones presented by Bridges Niagara Immigrant and Refugee Services (formerly Niagara Folk Arts)

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

- The first and last Wednesday of each month at 2pm at Fairview EarlyON
- The language for March will be Ukrainian

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

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

Visit any one of these sites to find more about EarlyON virtual services, resources and contact information.



Facebook: YMCA of [Niagara](#) EarlyON



www.youtube.com



[earlyonatymcaniagara](#)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Dr. Seuss Birthday Craft Mobile Dental Bus 9:30am - 3pm	4 Infant - Cutest Clover in the Patch 11am - 12:30pm	5 Gym CLOSED	6 Adult - Rhythm, Rhyme & Repetition	7 Thorold Library 930-11am	8
9 March Break ➡	10 International Day of Awesomeness! St. Anthony CLOSED	11 Dental Clinic 9 - 11am St. Anthony CLOSED	12 Infant - St. Patrick's Day Footprint 1 - 3pm St. Anthony CLOSED	13 Rainbow Shamrock Suncatcher St. Anthony CLOSED	14 St. Anthony CLOSED	15 Fingerprint Rainbow Art
16	17 Lucky Literacy Day Infant Massage 10am	18 Little Scientist - Grass Heads (ages 2+) First Signs of Spring 10:30am	19 Gym CLOSED	20 Adult - Foundations of Literacy in Early Childhood Celebrate Spring!	21 Musical Babies 9:30am Thorold Library 930-11am	22
23	24 Coffee Filter Butterflies Infant Massage 10am	25 Adult - Positive Parenting Little Artists - Wind Chimes	26 Adult - Importance of Bedtime Routines Gym CLOSED	27 Little Chefs Snack & Story 10:30am Adult - Adjusting to Motherhood 10am	28 Musical Babies 9:30am Thorold Library 930-11am	29 Paper Bag Windsock
30	31 Adult & Child - Affirmations Yoga 10:30am Infant Massage 10am			Love My Baby March 20, 27 and April 3 530pm		

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-12:30

Friday - 9am - noon

Grantham - Blue

Fairview - Purple

St. Anthony - Red

Thorold - Green

or