



EarlyON

Child and Family Centre

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

May 2025

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

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.

All Centres closed Monday May 19

No gym at Grantham May 29 and 30



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 children 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
Paper Bag Cactus Puppet	Monday May 5	Thorold EarlyON	Cacti are plentiful in Mexico, so this fun cactus puppet is a wonderful craft to celebrate Cinco de Mayo.
Mom is a Rainbow	Tuesday May 6	Grantham EarlyON	Here is a fun way to show MOM how colourful and special she is to you. We will be making a resist paint art project using a little help from one of our favourite story books, Mouse Paint.
Little Scientists-Bug Hotels	Thursday May 8 10-11am	Thorold EarlyON	Start fostering your child's appreciation for nature early. This hands on, take home experience teaches about different insects and their importance and sparks curious conversations. Registration required

Children and Parent Interactive Programs Continued

(Registration not required unless other wise noted)

Activity	Date and Time	Location	Description
Muffins with Mom	Friday May 9	St. Anthony EarlyON	"If you give a Mom a muffin, she'll probably have too many things to do before she can eat it!" In honour of Mother's Day, we want our Moms and Mom figures to sit and enjoy a muffin served by their little one.
DIY Mother's Day frames	Saturday May 10	Fairview EarlyON	Decorate a paper frame for that special person in your life. Great gift for a loved one this Mother's Day.
Hello Sun Family Yoga	Thursday May 15	St Anthony EarlyON	Come enjoy some yoga with Rachelle where the focus will be connection and movement for all ages.
Fireworks Craft	Friday May 16	Grantham EarlyON	Fireworks can be a fun and exciting way to celebrate holidays. Join us today to make your own fireworks craft to bring in the May long weekend.
Paper towel fireworks	Saturday May 17	Fairview EarlyON	Victoria Day is coming up and it's a long weekend. Let's celebrate by using paper towels as our paintbrush to create colourful "fireworks".
Bubble wrap beehives	Wednesday May 21	Fairview EarlyON	Did you know that May 20th is World Bee Day? A day celebrated annually around the world to spread awareness about the importance of bees and other pollinators. Come celebrate the bees and make a cool bubble wrap beehive.
The Tiny Seed	Tuesday May 27	St Anthony EarlyON	Our little artists will explore the wonders and colours of nature inspired by Eric Carle's The Tiny Seed

Homemade Playdough Recipe



Ingredients

2 cups boiling water
2 cups flour
1/2 cup salt
2 tbsp. vegetable oil
2 tbsp. cream of tartar
Food colouring or kool-aid
(optional)

Mixing bowl

Spoon

Cookie cutters

Your imagination

Directions

Combine flour, salt, oil and cream of Tartar. Mix while water boils.

Add boiling water (parent/caregiver only)

Mix with a spoon until cool enough for a

Child to touch.



Talk about the smell and feel of the playdough with your child.

Get creative with different ways to use different scents (coffee, a drop of essential oil etc)

Send us pictures of you and your child making and playing with the play dough and we may share it on social media.

earlyon.admin@niagara.ymca.ca

Free Lactation & Infant Feeding Support

Our Certified Lactation Educator (CLE) is visiting to offer you free support and guidance for all your infant feeding needs.

Receive one-on-one support for:

- Informed Decision Making
- Milk Supply Concerns and Expectations
- Latching and Breastfeeding Positions
- Pain and Discomfort
- Parental Nutrition
- & much more!

Fairview Mall , St. Catharines
EarlyON Child and Family Centre
May 14, 2025
Book a 1 hour appointment
between 9am-11am



To register contact: 905.646.4988
earlyon.admin@niagara.ymca.ca



Are you looking for one on one support from a certified lactation educator?

Join us at our Fairview EarlyON

Registration is required to receive your individual appointment time.

Please email
earlyon.admin@niagara.ymca.ca

Or call 289.241.0372



INTRODUCING SOLIDS



Join a registered dietician at our Grantham EarlyON Centre to answer all your questions about introducing solids to your baby.

May 28 10-1130am

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

Or by calling the centre directly at
905.937.7007

Is your baby around 6 months old?

Join the Niagara Falls Community Health Centre's Registered Dietitian to assist your child in establishing a positive connection with food, lower the risk of food allergies & improve motor skills.

EarlyON Child and Family Centre
469 Grantham Ave., St. Catharines
May 28th 10-11:30am

Learn about

- when to start
- important foods to offer
- balancing solids and milk to help baby get what they need



To register contact: earlyon.admin@niagara.ymca.ca
905.937.7007

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 May 8, 15 and 22 2pm	Fairview EarlyON	Parents/caregivers, join us for this 3-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. Registration required!
Sing and Sign	Tuesday May 6, 13 and 20 1130am-1230pm	Thorold 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 of age. Registration required
Mother's Day keepsake Infant butterfly footprints	Friday May 23 Between 9-11am	Fairview EarlyON	Once registered, drop in between 9-11am to create this meaningful keepsake. Turn those tootsies into beautiful butterflies! Parents/caregivers with infants' birth – 12 months, join us to turn your child's footprint into a work of spring art. 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.



Outdoor programs (no registration required)

Activity	Date and Time	Location	Description
Outdoor games and activities (playground closed May 14)	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 May 2,9,16,23 and 30 930-11am	Thorold Library	Join an EarlyON educator first for outdoor program then we will go inside for activities/story time by the librarian.
Outdoor Fun! Pearson Park	Saturday May 31 930-1130 am	Pearson Park	Meet us at Pearson Park for a morning of outdoor fun! Don't forget your bathing suit and towel for the splash pad.

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.

- Wednesday May 7 and 28 at 1030am

The language for May will be Arabic.

Literacy Day!

**Join us Thursday May 1st for
Mother Goose Literacy Day!**

Where: Thorold EarlyON
When: May 1st all morning
One FREE book per family (while supplies last)



Adult Programs

(registration NOT required unless noted)

Activity	Date and Time	Location	Description
Adult Information-Why Emotional Development Matters	Wednesday May 7	Grantham EarlyON	Emotional growth is an important part of everyday life. Supporting your child's emotional development helps them grow into confident, caring individuals as well as begin to understand feelings. Come speak with an EarlyON Educator and learn some strategies to help your little one with emotions.
Adult Information-Kindergarten Readiness	Monday May 12	Thorold EarlyON	Join us today for information and activities you can do at home to help prepare your little one for entering Kindergarten.
Lactation and Infant Feeding Support	Wednesday May 14 9-11am	Fairview EarlyON	A Certified Lactation Educator (CLE) from the Niagara Falls Community Health Centre will be at the centre this morning offering free guidance and support for all your infant feeding needs. Email for a personal appointment time. earlyon.admin@niagara.ymca.ca Registration required
Adult Information-Self-Regulation at a glance	Wednesday May 14	St Anthony EarlyON	Join us in the centre for some information about the importance and benefits of children developing the skills and strategies necessary to self regulate.
Adult Information-Risky Play in Early Childhood	Tuesday May 20	St Anthony EarlyON	Come learn about the benefits of allowing children to take risks. Whether it be through playing in natural spaces, using tools for creative projects or rough and tumble play, these kinds of activities have lasting positive effects on child development.
Adult information Mud Kitchens: Outdoor Learning and Play	Thursday May 22 at 10:00-11:00am	Grantham EarlyON	Learning through play doesn't get much more hands-on than with a mud kitchen, which offers many benefits to a child's physical and personal development. Join us and see how easy it is to make a mud kitchen of your own. We will be outside. Interactive activity outside in the park.
Adult Information-What counts as a word?	Monday May 26	Fairview EarlyON	Parents often wonder what counts as a word. Hearing your baby's first word is an exciting moment, but what sounds and noises count as a word? Parents/caregivers, come check out the information and resources we have regarding children's speech development and communication.
Introducing Solids	Wednesday May 28	Grantham EarlyON	Join the Niagara Falls Community Health Centre's registered dietician to assist your child in establishing a positive connection with food, lower the risk of food allergies and improve motor skills. Registration required

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](#)

May 2025

at a glance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For more details about activities offered, including if registration is required, please read through our monthly newsletter.						
4	5	6	7	1	2	3
						
Paper Bag Cactus Puppets	Mom is a Rainbow	Circle Time in Arabic with Bridges Niagara 10:30am	Infant Massage 2pm (Registration required)	Thorold Library 930-11am	Muffins with Mom	DIY Mother's Day Frame
11	12	13	14	15	16	17
	Adult - Kindergarten Readiness Information	Baby & Me: Singing & Signing Together 11:30am - 12:30pm (Registration required)	Adult - Self-Regulation Breastfeeding Support Clinic (Niagara Falls CHC 9am - NOON (Appointment required)	Infant Massage 2pm (Registration required)	Fireworks Craft	Paper Towel Fireworks
18	19	20	21	22	23	24
	Early Childhood	Baby & Me: Singing & Signing Together 11:30am - 12:30pm (Registration required)	Bubble Wrap Beehive	Infant Massage 2pm (Registration required)	Infant - Butterfly Footprints 9am - 11am (Registration required)	
25	26	27	28	29	30	31
Adult - What Counts as a Word?		Eric Carle "The Tiny Seed" Interactive Activity	Circle Time in Arabic with Bridges Niagara 10:30am Introducing Solids (Niagara Falls CHC 10am (Registration required)	Gym CLOSED	Gym CLOSED	Outdoor - Pearson Park 9:30am-11:30am

Grantham

Mon. - Thurs. - 9am-1p
Friday - 9am - noon

Fairview

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

St. Anthony

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

Thorold

Mon. -Thurs. - 9am-12:
Friday - 9am - noon

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

or