



EarlyON

Child and Family Centre

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

June 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.

Friday June 6 St Anthony Closed PA Day



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)

(Activities available all morning as supplies last unless otherwise noted)

Activity	Date and Time	Location	Description
Butterfly art	Tuesday June 3	Grantham EarlyON	Children love to ooze and squish things so this type of painting is perfect for them, no matter what their age. It teaches them about basic symmetry and colour, while encouraging them to look at their paintings in detail.
Rainbow Toast	Thursday, June 5 10:30am	Fairview EarlyON	Cow's milk, bread, food colouring and creativity are all your children need to create an edible masterpiece – Rainbow Toast with Edible Paint – for a fun, colourful snack.
Donut Day!	Saturday, June 7	Fairview EarlyON	Make a paper plate donut craft, complete with colourful icing and sprinkles on top in celebration of National Donut Day!
Ice cream Name Art	Wednesday June 11	Grantham EarlyON	This fun, colourful and creative craft will help your child learn to recognize letters and spell their name. Join us this morning to make

Children and Parent Interactive Programs Continued

(Registration not required unless other wise noted)

(Activities available all morning as supplies last unless otherwise noted)

Activity	Date and Time	Location	Description
Handprint Art for Father's Day	Saturday, June 14	Fairview EarlyON	All morning while supplies last A cute Father's Day craft for dad featuring your child's handprint. This one might get messy!
Kids in the Kitchen: Tropical Sunshine Smoothie	Wednesday, June 19 10:30am	Fairview EarlyON	Let's welcome summer by making this yummy and amazingly refreshing smoothie! The bright colour will bring sunshine to your morning. All ingredients will be provided. Registration required
First day of summer story and craft	Friday June 20	St Anthony EarlyON	Join us as we welcome the sunshine with a special first day of summer story and craft. We will start with a summery read-aloud followed by a hands on craft perfect for the little makers.
Tissue Paper Popsicle	Saturday, June 28	Fairview EarlyON	The end of the school year is here, and you know what that means – SUMMER! What's more summery than bright colours and popsicles? Come make this classic summer craft that's sure to brighten your day.
Little Scientist - Fireworks in a Jar	Monday June 30th 945-1015am	Thorold EarlyON	Come celebrate Canada Day with Science and create safe, colourful and quiet fireworks in a jar!



St. John Ambulance

SAVING LIVES
at work, home and play

St. John Ambulance will be offering both a Babysitting Basics Training Course as well as a Home Alone Training Course in our Fairview.

For more information, including dates and times, please click on the link below.

<https://sja.ca/en>

Homemade Bubble Solution



Ingredients

- 2 TBSP sugar
- 1/2 cup warm water
- 1 cup room temperature water
- 1/2 cup liquid dish soap

Directions

- Into a large container with a lid, add the sugar and warm water and stir. Be sure that all of the sugar is completely dissolved.
- Add the room temperature water and dish soap to your simple syrup.
- Stir everything well, being careful not to make any suds.
- Enjoy!



INTRODUCING SOLIDS



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
Fairview Mall
285 Geneva St., St. Catharines
June 12th from 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
905.646.4988

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

Thursday June 12, 10-1130am

Registration is required by emailing earlyon.admin@niagara.ymca.ca
Or by calling the centre directly at 289.241.0372

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!

EarlyON Child and Family Centre
469 Grantham Ave., St. Catharine
June 26, 2025
Book a 1 hour appointment
between 9am-11am



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



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

Join us at our Grantham EarlyON Centre

Thursday June 26

Registration is required to receive your individual appointment time.

Please email earlyon.admin@niagara.ymca.ca

Or call 289.241.0372



YMCA Summer Day Camp

PLAY. GROW. THRIVE.



PLAY. GROW. THRIVE

Summer Day Camp is a chance for children ages 5 to 12 with select camps for 13-14 year olds to create endless summer memories. With a fresh selection of traditional and speciality camps there is something for everyone! We look forward to helping campers learn and grow as they unplug from screen time to develop new skills, create friendships, and explore personal interests and more.

At the YMCA Day Camp, the core values are the cornerstones of character development. Campers are encouraged to treat one another with dignity and we strive to celebrate positive actions by learning about growth through caring, respect, honesty, responsibility, inclusiveness, health and advocacy.

At the YMCA we believe in the limitless potential of every young person. As a leader in child development, the YMCA understands the impact recreational and social experiences, physical activity, and positive environments can have on the growth and development of children.

At YMCA Day Camp, we are committed to providing all children with the opportunity to:

- Participate in a variety of fun, engaging and age-appropriate activities
- Thrive in a safe and supportive environment
- Experience personal growth
- Develop and enhance their skills
- Be active and outdoors
- Engage with staff and volunteers who are role models

Form new friendships and make lasting memories

For more information or to register please
email ymcadaycamps@niagara.ymca.ca
or call 905.934.9755 X280
<https://ymcaofniagara.org/>

Infant Interactive Programs

(one infant program per family please)

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

Activity	Date and Time	Location	Description
Love My Baby	Monday June 9, 16 and 23 2pm	St Anthony 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 at this special time only for this program.
Baby and Me: Singing & Signing Together	Tuesday, June 10, 17 & 24 2pm	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 of age. Registration required
Infant Picasso – You Are My Sunshine (Footprint Art)	Wednesday, June 11 9am – 11am	Fairview EarlyON	Parents/caregivers with infants birth – 12 months, come make a “sunny” keepsake craft commemorating your child’s adorable feet! Makes a perfect Father’s Day gift. Registration required. Registered families can drop-in anytime between the time listed.

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 and Field Trips

(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 May 6,13,20,and 27 930-11am	Thorold Library	Join an EarlyON educator first for outdoor program then we will go inside for activities/story time by the librarian.
Outdoor Art Attack!	Monday June 16 930-1030am	Thorold EarlyON	Join us this morning outside (weather permitting) for some creative fun in the sun. Help decorate some items for the classrooms.
Last Day! Outdoor fun	Friday June 27 9-1130am	St Anthony EarlyON	Let's celebrate another wonderful year at St. Anthony OUTSIDE, before we say bye for now until September. Weather permitting
Visit to the Fire Station #6 (Scott Street)	Monday June 30 10:00am	Grantham EarlyON	Join us this morning for a trip to 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! Meet us at the centre and we will walk there together. Registration required

Literacy Day!

Nursery Rhymes

Where: St Anthony EarlyON Centre
When: Tuesday June 10 all morning
One FREE book per family (while supplies last)



Adult Programs

(registration NOT required unless noted)

Activity	Date and Time	Location	Description
The Highly Sensitive Child— Adult Information	Thursday June 5	St Anthony EarlyON	Join us in the Centre for some information sharing on how to understand, support and encourage our little ones who feel things very deeply and experience the world in “high definition”
Car seat Safety Information available- will not be checking seats this day	Monday June 9	Grantham EarlyON	Proper use of carseats helps keep children safe. But, because so many different seats are on the market, many parents find this overwhelming. Come to the <i>centre and get resources on how to find and install the right car seat for your child.</i>
Introducing Solids	Thursday June 12 10-1130am	Fairview 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
Kids and screen time- Adult information	Tuesday June 17	Grantham EarlyON	Tablets. Phones. Computers. TVs. Both adults' and kids' Screen Time is on the rise. While it's OK to take some time for self-care or lounging, it's also important to remember that too much screen time can have significant negative effects on our health and overall well-being, especially when it comes to our kids. Join us today to learn the effects of screen time and ways to limit screen time for children.
Helping children with anxiety through play- Adult Information	Thursday June 19	Thorold EarlyON	Parents and caregivers can help tremendously by recognizing what anxiety looks like and providing activities and opportunities for play for anxious children. Stop in for some ideas to try at home.
Risky Play- Adult Information	Tuesday June 24 915-1015am	Thorold EarlyON	Learn what risky play is and why it is important for you and your child. Come see some examples setup on our playground of simple risky play activities to try this summer.
Summer Safety Tips - Adult Information	Wednesday, June 25	Fairview EarlyON	As temperatures rise, it's important to stay safe while enjoying the season. Visit the centre to pick up some sun safety information and tips.
Lactation and Infant Feeding Support	Thursday June 26 9-11am	Grantham 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

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 you 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](#)

June 2025 *at a glance*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 	4	5 Adult Info - The Highly Sensitive Child Rainbow Toast 10:30am	6 St. Anthony - CLOSED Thorold Library 930-11am	7 
8 Adult Info - Car Seat Safety Love My Baby 2pm (Registration required)	9 Literacy Day - Nursery Rhymes Baby & Me Singing & Signing Together 2pm (Registration required)	10 Infant - You Are My Sunshine 9am - 11am (Registration required) Ice Cream Cone Name Art	11 Introducing Solids (Niagara Falls CHC 10am - 11:30am) (Registration required)	12 Thorold Library 930-11am	13 Handprint Art for Father's Day!	14
15 HAPPY FATHERS DAY Outdoor - Art Attack! 9:30am - 10:30am Love My Baby 2pm (Registration required)	16 Adult Info - Kids & Baby & Me Singing & Signing Together 2pm (Registration required)	17 Kids in the Kitchen - Tropical Sunshine Smoothie 10:30am (Registration required)	18 Adult Info - How to Help Children Cope with Anxiety Through Play	19 First Day of Summer! Story & Craft 10:30am	20 SCPL Pop-Up 10am - noon	21
22 Love My Baby 2pm (Registration required)	23 Adult/Outdoor - Risky Play 9:15 - 10:15 Baby & Me Singing & Signing Together 2pm (Registration required)	24 Adult Info - Summer Sensory Fun!	25 Breastfeeding Support Clinic (Niagara Falls CHC 9am - NOON) (Appointment required)	26 Outdoor - Summer Celebration! 9am - noon Thorold Library 930-11am	27 Tissue Paper Popsicles	28
29 Field Trip - Fire Station (Registration required)	30 Little Scientists - Fireworks in a Jar 9:45 - 10:15am	<div> <div>July 1</div> <div>All centres CLOSED Canada Day!</div> </div>				

For more details about activities listed, including if registration is required, please read through our monthly newsletter.

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