



EarlyON

Child and Family Centre

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

February 2026

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.

February 13—St Anthony closed
PD Day



February 16—all centres closed
for Family Day.

Grantham gym closed on Wednesdays

EarlyON YMCA of Niagara Centre *Hours of Operation*

Fairview Mall Centre

285 Geneva Street, St. Catharines
Monday, Wednesday 9am-4pm
Tuesday, Thursday 9am-7pm
Friday 9am-noon
Saturday 9am-1pm
Sunday 10am-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, Wednesday 9am-4pm
Tuesday, Thursday 9am-1pm
Friday 9am-noon

Niagara West

325 Main St E, Grimsby
Monday, Tuesday, Wednesday 4pm-6pm
Saturday and Sunday 830-11am



We are pleased to announce our Grimsby Centre in our Niagara West YMCA will continue to run for the 2026 calendar year.

If registration is required, please email earlyon.admin@niagara.ymca.ca

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

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
Groundhog toothbrush painting	Monday February 2	Niagara West EarlyON	Kids will use a toothbrush to give their groundhog a <i>fur-tastic</i> makeover! The bristly texture adds a fun sensory twist and encourages creative, flexible thinking as children explore new ways to paint.
Groundhog day puppets	Monday February 2	Grantham EarlyON	Join us to create a groundhog stick puppet for Groundhog Day! Kids will love popping the groundhog in and out of his cozy burrow—and discovering whether or not he sees his shadow.
PJ's and Storytime	Thursday February 5 6pm	Fairview EarlyON	Slip into your coziest pajamas and join us for a magical PJ & Storytime filled with fun, imagination, and cozy vibes.
Love Monster	Friday February 6	St Anthony EarlyON	Join us for a reading of "The Love Monster" at 10:30 a.m., accompanied by a simple, open-ended creative activity making your very own love monster!
Groundhog hats	Saturday February 7	Fairview EarlyON	Children and families are invited to make their very own groundhog hats while enjoying time together through hands-on crafting. It's a great way to celebrate the season and spark imagination.

Children and Parent Interactive Programs Continued

(Registration not required unless otherwise noted)

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

Activity	Date and Time	Location	Description
Smooshy Heart Painting	Sunday February 8	Fairview EarlyON	The smooshy heart painting activity is a fun, hands-on experience that encourages creativity, sensory exploration, and self-expression. Children will create colourful heart designs by folding paper and smooching paint together to reveal a beautiful, one-of-a-kind heart.
Mardi Gras Masks	Monday February 9	Grantham EarlyON	Children will have fun creating their own Mardi Gras masks using simple materials, encouraging creativity, fine motor skills, and festive fun.
Winter Olympics Creative	Monday February 9	St Anthony EarlyON	Celebrate the beginning of the Winter Olympics with a creative art activity inspired by the Olympic rings. We are so excited to see Canada's amazing athletes perform this season!
Be Kind Creative Rocks	Wednesday February 11	Niagara West EarlyON	Being kind helps children build empathy, respect and positive relationships. Kindness and creativity support social-emotional growth and help children feel safe to explore, imagine and learn in meaningful ways. Join us as we use various mediums to create a kindness rock.
Valentines	Saturday February 14	Niagara West EarlyON	Join us for fun Valentine activities including number matching, letter recognition, and creating your own valentines!
Family Handprint	Sunday February 15	Niagara West EarlyON	Families will create a special keepsake to cherish forever by making a thumbprint family art activity.

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 Continued

(Registration not required unless otherwise noted)

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

Activity	Date and Time	Location	Description
Lunar New Year Creative	Thursday February 19	Thorold EarlyON	We are welcoming the Year of the Horse! Horses are gentle, strong, and love to explore. Today, let's explore together using colours, shapes, and our creative hands through fun, open-ended activities.
Science— Snowstorm in a jar	Saturday February 21	Niagara West EarlyON	This simple, engaging science activity introduces cause and effect while encouraging children to ask questions and make predictions, helping them connect with winter and seasonal changes.
Tape resist collaborative painting	Sunday February 22	Fairview EarlyON	This fun and engaging art activity brings parents and children together to create a large, collaborative masterpiece. It encourages connection, communication, and shared creativity as families explore colours, textures, and artistic expression side by side.
Story and Science Polar Bear Day	Thursday February 26 945-1015am	Thorold EarlyON	Join us for a hands-on science experiment and a fun story all about a polar bear and the mystery of his fur colour!
Dino-Mite Dinosaurs	Friday February 27	Fairview EarlyON	Stomp, roar, and explore with us! Children and families are invited to enjoy dinosaur-inspired crafts and hands-on activities that spark imagination and play. It's sure to be a <i>rawr-some</i> time for everyone!
Science— building bubble towers	Saturday February 28	Fairview EarlyON	Bubble Towers are a simple, exciting activity that turns everyday items into magical fun! Using just a cup, a little dish soap, water and a straw, children can create tall, wobbly towers of bubbles while exploring science through play.

Outdoor programs and Field Trips

(no registration required unless noted)

Activity	Date and Time	Location	Description
EarlyON—Thorold Library partnership	Friday February 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.
Field Trip - Dr Huq Public Libray	Thursday February 26 10am	Grantham EarlyON	Join us for a tour of the library, where we will explore the space and enjoy a special story time session. ⁴ Registered families, please meet us at the Library.

Join our friends from Bridges as they come to our centres to share “Around the World Circle”

Around the World Circle invites little ones and their caregivers to explore different cultures through a variety of fun, interactive cultural experiences. Each week may look a little different—featuring stories, movement, music, or hands-on activities—and highlights a new country/culture. Led by **Bridges Niagara**, this welcoming program offers an opportunity to celebrate diversity, inclusion, and curiosity in a joyful way.



Around the World Circle



Explore cultures through stories, music & activities!

Join us for a new adventure each week!

February

-  Thorold - Wednesday the 11th in Mandarin
-  Grantham - Tuesday the 17th in Spanish
-  St. Anthony - Wednesday the 25th in Spanish

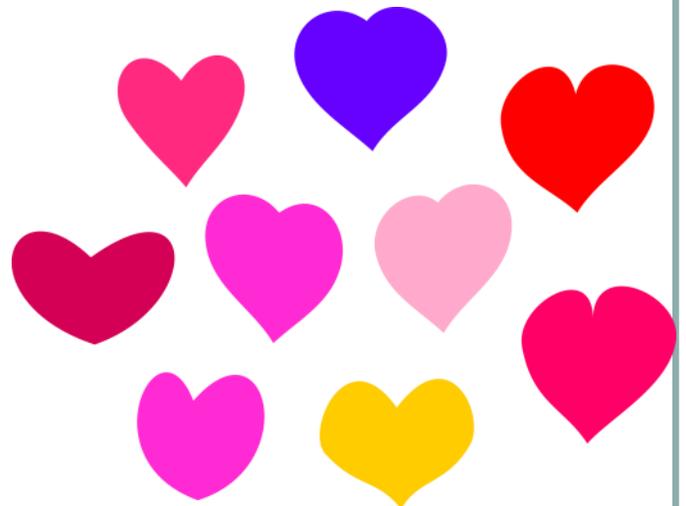
— Led by Bridges Niagara —

Celebrate diversity, inclusion & curiosity in joyful way!

Valentines Literacy Day

Join us at our Fairview EarlyON for a Valentine’s Day–themed Literacy Day filled with love, learning, and fun! Children and families will enjoy Valentine-inspired crafts and literacy activities, and each child will have the opportunity to take home a **FREE** book to enjoy together.

Fairview EarlyON
Saturday February 14
(while supplies last)



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	Thursday February 5, 12 and 19 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
Infant Massage	Tuesday February 10, 17 and 24 2pm	Fairview 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
Infant Valentine Footprint Art “I Love You from the Tips of My Toes to the Bottom of My Heart”	Friday February 13 9-11am	Fairview EarlyON	Families with infants are invited to celebrate your little one’s first Valentine’s Day with us! Join us for a sweet footprint craft that captures tiny toes and big love - perfect for a keepsake you’ll treasure. Once registered, you can come any time between 9-11am



Fluoride varnish is a protective coating painted on a child’s teeth that can help protect against cavities.

niagararegion.ca/health
search “dental”



**Public Health will be offering
FREE dental screenings and
fluoride varnish at our **Thorold
EarlyON Centre** on**

**Tuesday, February 10th starting
at 9am**

Adult Programs

(registration NOT required unless noted)

Activity	Date and Time	Location	Description
Adult information— toilet learning	Tuesday February 3	Grantham EarlyON	Toilet training is an important developmental milestone for children, typically occurring between the ages of two and four, though every child progresses at their own pace. Patience, consistency, and positive encouragement play a key role in helping children feel confident and successful during this process. Join us this morning to learn helpful tips and tricks on how to successfully toilet train your child.
Adult information - Loose Parts Play	Wednesday February 4	Fairview EarlyON	Parents/caregivers come pick up handouts that explain the importance of loose parts play in early development and how simple, open-ended materials support children's learning. These resources share how loose parts play builds creativity, problem-solving skills, and independence in young children.
Adult Information- Teething troubles and solutions	Thursday February 12	Thorold EarlyON	Visit the centre to learn about common challenges parents may face during teething and gain practical strategies and solutions to try at home.
Adult Information What is heavy movement and why is it important for children	Wednesday February 18	Grantham EarlyON	Heavy movement activities help children feel calm, regulated, and ready to learn. Through pushing, pulling, carrying, and climbing, children build strength, coordination, and body awareness. Visit the centre to discover easy, playful activities you can do at home to support your child's development.
Adult information- How we think children learn vs how they actually learn	Monday February 23	Thorold EarlyON	Do children learn best by being directly taught, or by exploring, playing, connecting, and experimenting in emotionally safe relationships? Come visit our centre to discover how children truly learn and grow!
Adult information- Outdoor winter fun activities.	Monday February 23	Niagara West EarlyON	Outdoor winter fun offers rich learning and wellness benefits for children while making the most of the season. Information and fun activity ideas will be available to take home.
Adult Information- Positive Childhood Experiences	Tuesday February 24	St Anthony EarlyON	Positive childhood experiences act as protectors against stressful situations that can be encountered in childhood. Learn about what these experiences are, and how they play a crucial role in developing resilience later in life.

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.



Do you have questions about your child's health or growth and development?

Call @ 905-684-7555 or 1-888-505-6074 ext.7555

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

EarlyON Grimsby: 905-359-3049 earlyon.grimsby@niagara.ymca.ca

Visit any one of these sites to find more about resources and contact information.

 Facebook: YMCA of [Niagara](#) EarlyON

 www.youtube.com

 [earlyonatymcaniagara](https://www.instagram.com/earlyonatymcaniagara)

February 2026 *at a glance*

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Toothbrush Groundhog Painting Groundhog Day Pop-Up 	2 Mardi Gras Masks Winter Olympics Creative	3 Adult - Toilet Learning	4 Adult - Loose Parts Play Gym CLOSED	5 PJ's & Storytime 6pm Love My Baby 2pm (Registration required)	6 Love Monster Story & Creative 10:30am Thorold Library 930-11am	7 Groundhog Hats
8 hooshy Heart Painting	9 Mardi Gras Masks Winter Olympics Creative	10 Dental Visit Public Health 9 - 11am Infant Massage 2pm (Registration required)	11 Circle Time in Mandarin with Bridges Niagara 10:30am Be Kind Creative Gym CLOSED	12 Adult - Teething Troubles & Solutions Love My Baby 2pm (Registration required)	13 Valentine's Footprint Art (Registration required) St. Anthony CLOSED Thorold Library 930-11am	14 Valentine's Literacy Day Valentine's!
15 My Thumbprint Keepsake	16 All Centres CLOSED Family Day!	17 Circle Time in Spanish with Bridges Niagara 10:30am Infant Massage 2pm (Registration required)	18 Adult - What is heavy movement & why it's important for children Gym CLOSED	19 Lunar New Year Creative Love My Baby 2pm (Registration required)	20 Thorold Library 930-11am	21 Science - Snowstorm in a Jar 10am
22 Fape Resist collaborative Painting	23 Adult - Outdoor Winter Fun Activities Adult - How we think children learn vs. how they learn	24 Adult - Positive Childhood Experiences Infant Massage 2pm (Registration required)	25 Circle Time in Spanish with Bridges Niagara 10:30am Pink Shirt Day Gym CLOSED	26 Story & Science - Polar Bear Day 9:45-10:15am Field Trip - St. Catharines Public Library (Dr. Hug) 10am (Registration required)	27 Dino-Mite Dinosaurs Thorold Library 930-11am	28 Science - Building Bubble Towers 10:30am

Fairview

Mon, Wed - 9am - 4pm
Tues, Thurs - 9am - 7pm
Friday - 9am - noon
Saturday - 9am - 1pm
Sunday - 10am - 1pm

Grantham

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

Niagara West YMCA

Mon - Wed - 4pm - 6pm
Sat & Sun - 8:30am - 11am

St. Anthony

Mon, Wed - 9am - 4pm
Tues., Thurs. - 9am - 1pm
Friday - 9am - noon

Thorold

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

or