

# Program Schedule - January 14 - March 9, 2019

Location	<b>Aldershot</b> 645 Plains Rd E 905-632-4011	<b>Cumberland</b> 710 Cumberland (905) 632-9377	<b>Community Sites Drop-in</b>	<b>Community Sites Mother Goose and Baby &amp; Me</b>	<b>Outdoor Programs</b>
Mondays	9:15 - 4:00 Drop-in	9:15 - 12:00 Drop-in  1:00 - 2:15 Breastfeeding Clinic  1:30 - 3:30 Play, Learn and Grow (0-16 mos)	Brant Hills Community Centre 9:30 - 11:30 Fit as a Fiddle (16 mos and up)  Village of Tansley 2:00 - 3:00 Singing Together (0 - 24 mos)		
Tuesdays	9:15 - 12:00 Drop-in	Join us on Facebook Live for Camilla's Parenting Chat 9:30	Haber Community Centre 9:00 - 1:00 Drop-in  Burlington East Presbyterian Church 9:30 - 11:30 Drop-in  Central Library 1:30 Parenting Workshop (infants 0-12 mos)	Aldershot Library 1:30 - 2:30 Mother Goose (0 - 12 mos)	
Wednesdays	9:15 - 12:00 Drop-in	9:30 - 11:15 Breastfeeding Clinic  10:30 - 11:30 Stepping Stones (children of differing abilities)  1:30 - 3:30 (1st & 3rd Wed) Breastfeeding Meet-up  1:00 - 3:00 (2nd & 4th Wed) Adjustment to Parenthood Group	Centennial Pool 10:30 - 12:00 Inspiring Play (18 mos and up)	Alton Library 10:00 - 11:00 Mother Goose (0-12 mos)  Alton Library 11:00 - 12:00 Baby and Me (0-16 mos)	
Thursdays		8:00 am - 7:00 pm Drop-in	Haber Community Centre 9:00 - 1:00 Drop-in  Burlington East Presbyterian Church 9:30 - 11:30 Drop-in	Appleby Library 1:30 - 2:30 Mother Goose (0-12 mos)  Appleby Library 2:30 - 3:30 Baby and Me (0-16 mos)	
Fridays	9:30 - 11:30 Creative Movement and Art (2 - 4 yrs)  1:00 - 3:30 Drop-in	9:15 - 12:00 Drop-in	Village of Tansley Playing Together 1:30 - 3:00 (0 - 24 mos)	Brant Hills Library 10:00 - 11:00 Mother Goose (0-12 mos)  Brant Hills Library 11:00 - 12:00 Baby and Me (0-16 mos)	Tansley Woods Park 9:30 Outdoor classroom (2-6 yrs)
Saturdays		9:30 - 11:30 Dad's Program  12:30 - 3:00 Drop-in			



## EarlyON Child and Family Centre

Drop in to our play-based learning environments where you and your child (0-6 years) can enjoy playing and learning together, connect with other children and their families, get answers to questions, and find support. Early learning professionals are available to provide support and information about early learning topics, community resources, programs and referrals.

**Drop-in (newborn to 6 yrs)** - Parents/caregivers and their children attend informal "drop-ins". Available activities include circle times, creative art and sensory activities, a large variety of toys, and free play.

**Mother Goose (newborn to 12 mos)** - Parents learn nursery rhymes and songs while enjoying time with their babies. In partnership with the Burlington Public Library.

**Baby and Me Drop-in (newborn to 16 mos)** - A drop-in for parents/caregivers and their babies.

**Play, Learn and Grow Drop-in (newborn to 16 mos)** - babies explore as they grow and develop. Activities include music, rhymes, sensory and art.

**Singing Together (newborn to 24 mos)** - Come dance and sing along with the Seniors at this live music program. No need to register. Drop-in and enjoy.

**Playing Together (newborn to 2 yrs)** - Join us and the Seniors at the Village of Tansley as we come together to sing, dance and play.

**Dad's Program (newborn to 6 yrs)** - Dads and their children have the chance to talk with other dads and learn games and songs and play with their children.

**Fit as a Fiddle (16 mos and up)** - Join us for this active movement drop-in program that includes creative movement circle times and lots of great activities to keep you and your kids moving. Younger siblings are welcome to attend.

**Inspiring Play (18 mos and up)** - Encourage your child's imagination, creativity and curiosity at our new loose parts play drop-in. Playing with loose parts promotes development and encourages children to engage and experiment, design and build, and create and imagine.

**Creative Movement and Art (2 to 6 yrs)** - preschool program in which parents and children explore a wide variety of art, music, movement and creative activities.

**Outdoor Classroom (2 to 6 yrs)** - all weather outdoor program that encourages children age 2 and up, to play, explore, and connect with the natural world. This program will be closed if there is a cold alert (colder than -18°)

**Stepping Stones (children with differing abilities newborn to 6 yrs)** - An interactive play-group for parents whose children have varying abilities and special needs.

**Parenting Workshops (0 - 12 mos)** - weekly workshops to support parents. Different topics each week. Babies attend with their parents.

**Adjustment to Parenting Group** - For moms who are experiencing a perinatal mood disorder (anxiety, depression, OCD). In partnership with Public Health.

**Breastfeeding Clinic** - the only mental health collaborative breastfeeding drop-in clinic in the region. Clinic supports women struggling with breastfeeding after the 6-week postpartum period. Supported by Halton Community Investment Fund.

**Breastfeeding Meet-up** - support for breastfeeding mothers. Supported by Halton Community Investment Fund.

**Facebook Live Parenting for Parents of Toddlers and Preschoolers**

Join our Facebook Group and tune in as our Parent Educator and guest speakers provide up-to-date information, tips and discussion. Reach Out Centre for Kids/Early Years Programs - Tuesdays starting at 9:30 a.m.

**Parent Educator Visits**

Our Parent Educator will be available at the following drop-in programs to answer any parenting questions or concerns.

Haber Site : Feb 7 and March 7

Aldershot Site: Feb 25

Cumberland Site: Feb 14

Brant Hills Library Mother Goose: Feb 22

**ALL EarlyON PROGRAMS CLOSED DECEMBER 24 - JANUARY 4**

**Aldershot CLOSED for renovations December 21 - January 14**

**Cumberland CLOSED for renovations December 24 - January 11**

## ROCK EarlyON Sites

### Rock EarlyON Main Location - Cumberland

710 Cumberland Ave., Burlington, ON  
Office hours: Monday - Friday 9:00 - 4:00  
Phone: 905-632-9377  
Email: [oeychelp@rockonline.ca](mailto:oeychelp@rockonline.ca)  
Web: [www.rockonline.ca](http://www.rockonline.ca)

### EarlyON Satellite Sites

Aldershot - 645 Plains Road East,

### EarlyON Mobile Services Sites

Aldershot Public Library - 550 Plains Road East  
Alton Public Library - 3040 Tim Dobbie Drive  
Appleby Public Library - 676 Appleby Line  
Brant Hills Community Centre - 2255 Brant Street  
Brant Hills Library - 2255 Brant Street  
Burlington East Presbyterian Church - 505 Walkers Line  
Centennial Pool Program Room - 5151 New Street  
Central Library - 2331 New St - Children's Program Room, 2nd Floor  
Haber Community Centre - 3040 Tim Dobbie Dr,  
Tansley Woods Park - meet behind Tansley Woods community centre  
Village of Tansley - Village of Tansley LTC Town Hall, 4100 Upper Middle Road

### Please note:

- ▶ If you see a "full sign" on the door, it means our program is at capacity. Please do not enter the building.. Unfortunately we can not allow anyone to wait inside the lobby if the full sign is posted.
- ▶ We are a nut free facility. Please ensure that any snacks you bring do not contain nuts.
- ▶ Shoes or non-slip slippers must be worn at all times in our programs.
- ▶ In case of heat or cold alert outdoor programs will not run. Please visit our Facebook page for closures before heading out.

