

Program Schedule - July 2 - August 24, 2019

Location	Aldershot 645 Plains Rd E 905-632-4011	Cumberland 710 Cumberland 905-632-9377	Community Sites Drop-in	Community Sites Mother Goose & Baby and Me	Outdoor Programs
Mondays	9:15 - 4:00 Drop-in	9:15 - 12:00 Drop-in 1:00 - 2:15 Breastfeeding Clinic (closed Jun 24 - Jul 5) 1:30 - 3:30 Play, Learn and Grow (0-16 mos)	Village of Tansley 2:00 - 3:00 Singing Together (0 - 24 mos)		Orchard Woodlot 9:30 Outdoor Classroom (2-6 yrs)
Tuesdays	9:15 - 12:00 Drop-in	Join us on Facebook Live for Camilla's Parenting Chat 9:30 (closed Jun 25 & Jul 2)	Central Library 1:30 Parenting Workshop (infants 0-12 mos) (closed April 16)	Aldershot Library 1:30 - 2:30 Mother Goose (0 - 12 mos)	Sherwood Forest Park Playtime at the Park 9:30 - 11:30
Wednesdays	9:15 - 12:00 Drop-in	9:30 - 11:15 Breastfeeding Clinic (closed Jun 24 - Jul 5) 10:30 - 11:30 Stepping Stones (children of differing abilities) 1:30 - 3:30 (1st & 3rd Wed) Breastfeeding Meet-up (closed July 3) 1:00 - 3:00 (2nd & 4th Wed) Adjustment to Parenthood Group		Alton Library 1:30 - 2:30 Mother Goose (0-12 mos) Alton Library 2:30 - 3:30 Baby and Me (0-16 mos)	Central Park Playtime at the Park 9:30 - 11:30
Thursdays	9:30 - 11:30 Creative Movement and Art (2 - 4 yrs)	8:30 am - 7:00 pm Drop-in	St. Mark School 9:30 Jump into JK (starting JK in Sept)	Appleby Library 1:30 - 2:30 Mother Goose (0-12 mos) Appleby Library 2:30 - 3:30 Baby and Me (0- 16 mos)	Tansley Woods Park 9:30 Outdoor classroom (2-6 yrs)
Fridays	1:30 - 3:30 Drop-in				
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.

Playtime at the Park (up to 6 yrs) - seasonal outdoor programs for parents and children at local parks. Closed in case of rain or heat alert (heat and humidity greater than 33°) or smog alert (air quality index of 50 or more).

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.

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.

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.

Jump into JK (starting JK in the fall)

Do you have a child starting Junior Kindergarten in the fall? Together, you and your child will discover what it will be like to go to school and talk about what to expect.

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. Camilla's Parenting Chat page - Tuesdays starting at 9:30 a.m.

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
Web: 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
Central Park - 2299 New Street - at the Bandshell
Haber Community Centre - 3040 Tim Dobbie Drive
Orchard Woodlot Central - 5390 Duchess Court - meet at the top of the bridge
Sherwood Forest Park - 5270 Fairview Street
St. Mark School - 2145 Upper Middle Road
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.

