

EARLYON IN-PERSON AND VIRTUAL PROGRAMS & SUPPORTS

Adventure Playground

Children will use their imaginations and ingenuity to build and shape the environment according to their own creative vision using natural materials during Adventure Playground! **Age 2-6**

Art in the Park

We can't wait to join you and your little artists outdoors! Educators will have a different art activity ready for you each week so let's get creative and have some fun! **Ages 2+**

Baby Play and Chat

Do you have a little one under 16 months? Wondering how to keep them engaged and learning? Join us as you and your baby connect through play as our Educators support and answer your questions around your child's growth and development. **Birth - 16 months**

Bedtime Stories

Grab your bedtime stuffy or blanket, get your pyjamas on, and join Miss Colleen on Tuesday evenings for bedtime stories and lullabies for your little ones via Zoom. If you fall asleep, that's okay, there will be plenty more next week! **All Ages.**

Bienvenue Les Amis

Bonjour! Join us each week for songs and stories en Français! Whether you speak fluent French or just learning, we will ensure that your experiences with the French language is encouraging and FUN! **Ages 2+**

Crafty Story Time

Come and join the fun as we connect through stories, crafts and songs! We will read a new story each week while creating an art activity to go with it. Come for the story or the craft, or stay for both! **18 months+**

Cantamos Juntos

Join us Tuesday afternoon for our favourite circle time songs in Spanish! Whether you are fluent in the Spanish language, learning, or just curious, these songs will get you moving and dancing. Once we have gotten all of our energy out, we will share some of our favourite books with you during our story time. You won't want to miss all this fun! **Ages 2+**

Curbside Craft Pick-Up

Join us on Friday mornings and pick up a weekend craft at our Burloak ROCKhub! This activity is at no cost, but we do ask that you send in a photo of your finished craft, and we will share on our EarlyON ROCKstars post! Just send your photo to earlyon@rockonline.ca! **Ages 2+**

Dad's Connect & Play

Please join us every 2nd Saturday morning of the month at our Cumberland location as we connect and play together! This is an opportunity to meet and engage with other dads, granddads, uncles and male caregivers in a safe, inclusive and interactive environment.

Family Fun Night

Looking for fun activities you can do as a family? Join us each week for family friendly games and activities that are enjoyable for all ages! **All Ages**

Infant Massage

This 5-week program gives parent/caregivers the opportunity to learn the benefits and techniques of infant massage while promoting the bond between infant-parent/caregiver. Please note attendance 5-week attendance is mandatory. **Birth - 8 months**

Les Petits Artistes

Bienvenue! Welcome! Join us Monday afternoon and get creative! Whether you are fluent in the French language, learning, or just curious, these crafts and materials will surely get us chatting! Each week will focus on a different set of materials relating to vocabulary words we get to learn together in French! Come prepared to get messy! Chaque enfant est un artiste! **All Ages.**

Little Messy Makers

Join us for a NEW one-hour program Little Messy Makers for children under 24 months. Activities that engage different senses will be suggested that will encourage child led exploration while in the comfort of your own home. Watch for the post on social media letting you know what materials you will need! The learning that will happen is well worth the “Little Mess”! **Birth - 24 months**

Mother Goose

Come and join us for virtual Mother Goose as we sing nursery rhymes, play simple singing games, and enjoy a fun and interactive time with your infants while chatting with each other in a relaxed and fun atmosphere. **Birth - 12 months**

Nature Bingo

For this fun outdoor Bingo program, we will collect items from nature on our walk and then play Bingo! Don't forget to wear your weather appropriate clothes and join us for this fun and interactive program! **Ages 3+**

Nature Numeracy

This program will introduce and reinforce numeracy concepts in an outdoor space using natural materials. Concepts include patterning, counting, number recognition, and shapes. This will be achieved through an open exploration of the materials, allowing the children to learn through play. **Ages 2.5+**

Outdoor Classroom

Join us as we explore a local forest in all seasons. This program is guided by the children and their interests and our Forest School Educator and RECE are on hand to support the children and their caregivers in their play and inquiry. There is no such thing as bad weather, so please dress accordingly. **Ages 2+**

Parent Cafe

Come join in for a fun, collaborative, learning experience where you can share your ideas and thoughts in an open forum on topics such as: Self-Regulation, behavioural concerns, and other areas that are of interest to you. Please join us and our Community Partners as we offer support and provide resources on a variety of topics.

REACHout to our Parent Educator

Our parent-educator, Lindsay is available for parents seeking support for children 0-6 years old. Register for a 15-minute time-slot where you can privately ask questions about child development, challenging behaviours and other services that are available through ROCK and other community agencies.

School of ROCK

Do you have a child who will be starting Kindergarten in September? If so, join us every Wednesday morning at the School of Rock! There will be fun-tastic learning opportunities through songs, stories and a variety of activities each week to prepare you and your preschooler for JK. **Ages 3.5+**

Sing-Along Circle Time

Do you miss circle time? Do your kids want to sing and dance to live music? Please join us for this fun and interactive circle so we can do all of that and more! **All Ages**

Stepping Stones

Does your child thrive in an environment where there is less stimulation? Join us for this sensory- controlled registered play group and learn about community supports while connecting with other families and playing in a fun safe space. **Birth+**

Song and Story Time

Join us for some of our favourite circle time songs that will get you up moving and dancing. Once we have gotten all of our energy out, we will share some of our favourite books with you during our story time. You won't want to miss all this fun! **Ages 2+**

Stay & Play Registered Drop-In

Come 'Stay and Play' with us! This open-ended play program gives you and your child a chance to enjoy our spacious play space, fun activities, and engage with other families at a safe physical distance! **This program is for children of all ages.**

Teddy Bear Picnic

Bring your Teddy Bear and blanket and join us for some songs, stories, rhymes and activities in the park. You won't want to miss all this fun! **Ages: 2+**



Program Registration Update!

All our virtual and in-person programs are by registration through ROCKevents!

Please ensure that you are registering a ticket per child (Infants to six years old) and per adult.

Please go to <https://rockevents.ca/event/earlyon/> to register for our **FREE** fun and interactive programs.

To secure your spot please register before 8am the day of the program.

Early Years Parent Groups In-Person on Wednesday Afternoons!

Masks required upon entry into the building and COVID-19 screening will be done prior to the start of group

Unfortunately, there is no child-minding available at this time during these groups.

Creating Routines While Supporting Transitions

When: Wednesday September 8, 2021

Time: 1:00-2:30pm

Where: ROCK EarlyON - St. Mark Catholic School - 2145 Upper Middle Rd, Burlington, ON

When routines are taught, modeled and established in the children's environments, they learn what's expected of them, and it creates safety. This workshop provides examples of various routines to support smooth transitions.

Risky Play

When: Wednesday September 15, 2021

Time: 1:00-2:30pm

Where: ROCK EarlyON - St. Mark Catholic School - 2145 Upper Middle Rd, Burlington, ON

Valuable learning happens in the face of uncertainty, where trial and error is required, and an element of risk is involved. Risk taking in play situations encourages children to challenge and test their competence levels and display their skills as they explore boundaries.

Impact of Stress on Infants

When: Wednesday September 22, 2021

Time: 1:00-2:30pm

Where: ROCK EarlyON - St. Mark Catholic School - 2145 Upper Middle Rd, Burlington, ON

In this workshop our Early Years Mental Health Workers will share the impacts of stress and how a secure-based relationship between infant and caregiver can help reduce stressors.

Social Skills

When: Wednesday September 29, 2021

Time: 1:00-2:30pm

Where: ROCK EarlyON - St. Mark Catholic School - 2145 Upper Middle Rd, Burlington, ON

Social skills are the ways people control their words and actions to get along better with others. This workshop will explore how children's communication skills, help them navigate building relationships with peers through engagement of play interactions and learn to express their emotions.





As we resume in-person programs, please read and follow our PPE and screening procedures located on www.rockevents.ca for the safety of your family and our EarlyON Team.

Only registered families will be able to participate in our program so please ensure you are registering all adults and children attending.

All programs that are located off-site will have the address in the confirmation email. See you soon!

Contact Us



905-638-4973



Monday-Friday, 9am-12pm



earlyon@rockonline.ca

Follow us on Social Media!



Instagram: [ROCKEarlyONBurlington](https://www.instagram.com/rockearlyonburlington)
[@rockearlyonburlington](https://www.instagram.com/rockearlyonburlington)



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SEPTEMBER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cumberland	<p>9:00-11:30am Infant Massage</p> <p>1:00-3:30pm Les Petits Artistes Registered Drop-In</p>	<p>9:00-11:30am Stay & Play Registered Drop-In</p> <p>1:30-3:00pm Mother Goose</p>	<p>9:00-11:30am Baby Play & Chat</p>	<p>9:00-11:30am Little Messy Makers</p> <p>1:00-3:30pm Stay & Play Registered Drop-In</p>	<p>9:00-11:30am Baby Play & Chat</p> <p>1:00-3:30pm Stay & Play Registered Drop-In</p>	<p>9:30-11:30am Dads Connect & Play (2nd Saturday of month)</p>
St. Mark's	<p>9:00-11:30am Stay & Play Registered Drop-In</p> <p>1:00-3:30pm Craft Story Time</p>	<p>9:00-11:30am Stay & Play Registered Drop-In</p>	<p>9:00-11:30am Stepping Stones Registered Drop-In</p>	<p>9:00-11:30am Mother Goose</p> <p>1:00-3:30pm Stay & Play Registered Drop-In</p>	<p>9:00-11:30am Teddy Bear Picnic</p> <p>1:00-3:30pm Stay & Play Registered Drop-In</p>	<p>9:30-11:30am Stay & Play Registered Drop-In (4th Saturday of month)</p>
ROCK Hub - Warwick	<p>9:00-11:30am Stay & Play Registered Drop-In</p>	<p>9:00-11:30am Stay & Play Registered Drop-In</p>	<p>9:00-11:30am Stay & Play Registered Drop-In</p>	<p>9:00-11:30am Stay & Play Registered Drop-In</p>	<p>9:00-11:30am Stay & Play Registered Drop-In</p>	
ROCK Hub - Burloak	<p>9:30-11:30am Nature Bingo</p>	<p>9:30-11:30am Outdoor Classroom</p>		<p>9:30-11:30am Nature Numeracy</p>	<p>9:00-11:00am Curbside Pickup</p>	
Outreach Programs			<p>9:30-11:30am Adventure Playground</p>	<p>1:30-2:30pm Art in the Park</p>		
Virtual Programs AM	<p>9:30-10:15am Sing Along Circle Time</p>	<p>9:30-10:15am Song and Story Time</p>	<p>9:30-10:15am Sing Along Circle Time</p>	<p>9:30-10:15am Song and Story Time</p>	<p>9:30-10:15am Sing Along Circle Time</p>	<p>9:30-10:15am Sing Along Circle Time (1st and 3rd Saturday of month)</p>
Virtual Programs PM	<p>1:30-2:30pm Mother Goose</p> <p>3:00-3:45pm Song & Story</p>	<p>1:30-2:15pm Cantamos Juntos</p> <p>2:30-3:30pm School of ROCK</p> <p>6:00-6:30pm Bedtime Stories</p>	<p>1:30-2:15pm Sing Along Circle Time</p>	<p>6:00-6:45pm Family Fun Night</p>	<p>11:30-12:00pm Bienvenue Les Amis</p>	
Virtual Parent Education	<p>2:00-3:00pm REACHout to your Parent Educator</p>		<p>1:00-2:30pm Parent Group Workshop</p>	<p>11:00-12:00pm REACHout to your Parent Educator</p>	<p>10:00-11:00am Parent Cafe</p>	