

EarlyON

Child and Family Centre

Centre Wellington

Main Site -Melville United Church
300 St. Andrew St. W, Fergus



January 2019

Family Literacy Day January 27th



Reading and Writing go Hand in Hand

Encourage your child to draw and write by allowing access to pencils, crayons, markers, chalk and a variety of paper. Activities to develop the muscle strength needed to be able to write successfully include: sticking stickers, drawing with stencils, tearing and folding paper, scooping and pouring, using blocks, etc.

Starting Solids With Your Infant

We are offering this Nutrition Workshop in collaboration with Terri Ney from the Upper Grand Family Health Team Melville EarlyON CFC. To register for this free casual dietitian facilitated workshop please email

cwoeyc@communityresourcecentre.org

(registration begins Dec 17th)

Space is limited, please register for

January 21th or January 24nd



Cant find us?

Visit us at:

www.communityresourcecentre.org

Like us on Facebook:

Community Resource Centre of North & Centre Wellington



Follow us on Twitter:

@OurCRC



Follow us on Instagram:

Community_resourcecentre



Ask to be on our email distribution list:

lcowan@communityresourcecentre.org

Annual CHILIFEST!

Friday, February 8th

for our annual Fundraiser
at the Fergus Legion












More information to come.







Breastfeeding Clinic

Terri Ney from the **Upper Grand Family Health Team** will be here **Fridays 2:30-3:30 pm** to support you on your breastfeeding journey. This drop-in group is for pregnant and nursing moms seeking information, assessment and general support as they navigate feeding their child from the decision on how to feed their baby to weaning.



Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>CLOSED</p>	<p>3</p> <p><u>Melville Site:</u> Drop-In 9:30-11:00 Mother Goose (B) 1:30-2:30</p>	<p>4</p> <p><u>Melville Site:</u> Drop-In 9:30-11:00 Infant Massage 1:30-2:30 Breastfeeding Café 2:30-3:30 </p>
<p>7</p> <p>Fergus Playgroup 9:00-11:00 Alma Playgroup 9:30-11:00 <u>Melville Site:</u> Journey to Kindergarten 9:30-11:00 Drop-In 1:30-3:00</p> 	<p>8</p> <p>Elora Playgroup 9:00-11:00 <u>Melville Site:</u> Mother Goose (A) 1:30-2:30</p> 	<p>9</p> <p>Belwood Playgroup 9:00-11:00 <u>Melville Site:</u> Baby & Me 9:30-11:00 Drop-In 1:30-3:00</p>	<p>10</p> <p>Elora Playgroup 9:00-11:00 <u>Melville Site:</u> Toddler Time 9:30-11:00 Mother Goose (B) 1:30-2:30</p>	<p>11</p> <p>Fergus Playgroup 9:00-11:00 <u>Melville Site:</u> Artastic 9:30-11:00 Infant Massage 1:30-2:30 Breastfeeding Café 2:30-3:30 </p>
<p>14</p> <p>Fergus Playgroup 9:00-11:00 Alma Playgroup 9:30-11:00 <u>Melville Site:</u> Journey to Kindergarten 9:30-11:00 Drop-In 1:30-3:00</p>	<p>15</p> <p>Elora Playgroup 9:00-11:00 <u>Melville Site:</u> Mother Goose (A) 1:30-2:30</p>	<p>16</p> <p>Belwood Playgroup 9:00-11:00 <u>Melville Site:</u> Baby & Me 9:30-11:00 Drop-In 1:30-3:00</p>	<p>17</p> <p>Elora Playgroup 9:00-11:00 <u>Melville Site:</u> Toddler Time 9:30-11:00 Mother Goose (B) 1:30-2:30</p>	<p>18</p> <p>Fergus Playgroup 9:00-11:00 <u>Melville Site:</u> Artastic 9:30-11:00 Infant Massage 1:30-2:30 Breastfeeding Café 2:30-3:30 </p>
<p>21</p> <p>Fergus Playgroup 9:00-11:00 Alma Playgroup 9:30-11:00 <u>Melville Site:</u> Journey to Kindergarten 9:30-11:00 Starting Solids 1:00-2:30</p> 	<p>22</p> <p>Elora Playgroup 9:00-11:00 <u>Melville Site:</u> Mother Goose (A) 1:30-2:30</p>	<p>23</p> <p>Belwood Playgroup 9:00-11:00 <u>Melville Site:</u> <i>No Baby & Me today</i> Drop-In 1:30-3:00</p> 	<p>24</p> <p>Elora Playgroup 9:00-11:00 <u>Melville Site:</u> Starting Solids 1:30-3:00 <i>No Mother Goose today</i></p> 	<p>25</p> <p>Fergus Playgroup 9:00-11:00 <u>Melville Site:</u> Breastfeeding Café 2:30-3:30 </p>
<p>28</p> <p>Fergus Playgroup 9:00-11:00 Alma Playgroup 9:30-11:00 <u>Melville Site:</u> <i>No Journey to Kindergarten today</i> Drop-In</p> 	<p>29</p> <p>Elora Playgroup 9:00-11:00 <u>Melville Site:</u> Mother Goose (A) 1:30-2:30</p>	<p>30</p> <p>Belwood Playgroup 9:00-11:00 <u>Melville Site:</u> <i>No Baby & Me today</i> Drop-In 1:30-3:00</p>  	<p>31</p> <p>Elora Playgroup 9:00-11:00 Mother Goose (B) 1:30-2:30</p>	<div style="border: 2px solid green; border-radius: 20px; padding: 10px; background-color: #008080; color: white; text-align: center;"> <p>January Birthday? Let our Staff know & receive your Birthday Book!</p> </div>

Program Descriptions

Infant Massage 	0-12 months	Infant Massage promotes nurturing touch and provides many benefits for your infant from birth to one year. Classes are taught by a facilitator trained by the International Association of Infant Massage. <i>Please register</i>
Baby & Me	0-12 months	Come and connect with other parents, share stories, listen to occasional guest speakers and learn new songs, rhymes and baby sign. No registration is required.
Mother Goose 	0-18 months	This very popular 6 week program is designed to foster relationships between parents and their children through songs, stories and rhymes. <u>We have two separate sessions.</u> <i>Please Register for either Tuesdays (A) or Thursdays (B)</i>
Toddler Time	12-30 months	Your toddler(s) will be kept busy with creative activities as well as a music and movement circle time. No registration is required
Artastic 	2-6 years	This program is an introduction to different art mediums, fine motor skill development, and provides an opportunity for children to express themselves in creative ways! <i>Please register</i>
Journey to Kindergarten 	3-6 years	We will focus on socialization, communication, literacy, numeracy and problem-solving skills in a play-based learning environment. Parents & Caregivers will be given resources and ideas to continue the learning at home! <i>Please register</i>
Drop-In	0-6 years	Come visit our EarlyON Child & Family Centre and explore, create, and grow through purposeful play in a positive learning environment. This is an open and interactive drop-in time, no registration is required!
Off-Site Playgroups	0-6 years	Playgroups give children and their caregivers the opportunity to enjoy learning together through play, meet new friends in the community and build new relationships! No registration is required, come and check out all of our amazing playgroups! Note: all off-site locations are listed on the back page.

PLEASE REMEMBER:
ALL EarlyON
programs are
PEANUT FREE!



Registration for January Programs begins December 17th

To register for Centre Wellington programs contact: cwoeyc@communityresourcecentre.org or call: 519-843-7000, press 3, then press 1

Inclement Weather Policy

When school buses are cancelled due to inclement weather, all of our EarlyON CFC off-site playgroups and programs are also cancelled. Please listen to the local radio station or go to your school board's website for the list of school bus cancellations. You can also check our Facebook page for any program updates. If our Staff are able to make it to the Mount Forest Site safely, we will offer Drop In programs in lieu of any scheduled registered programs those days! Because Alma is so close to both borders, we will **cancel Alma Playgroup if EITHER North or Centre Wellington buses are cancelled.**



1 844 4 KIDS 11
(454-3711)

Call to access
Support and Services for
Children & Families
Guelph-Wellington-Dufferin

We Can Help

Have questions on how your child is speaking, moving, sleeping, learning, developing, and playing? Curious about supports in the community? Talk to one of our trained EarlyON Program Facilitators!

MONDAYS	Fergus: 9:00-11:00 a.m. at Fergus Sportsplex
	Alma: 9:30-11:00 a.m. at Alma Bible Church
TUESDAYS	Elora: 9:00-11:00 a.m. at Elora Community Centre
	Mt Forest: 9:30-11:00 a.m. at 311 Foster Street (EarlyON CFC Site)
	Palmerston: 9:30-11:00 a.m. at Palmerston Community Centre
WEDNESDAYS	Belwood: 9:00-11:00 a.m. at Belwood Lions Hall
THURSDAYS	Elora: 9:00-11:00 a.m. at Elora Community Centre
	Drayton: 9:30-11:00 a.m. at Drayton Mennonite Community Fellowship Church
	Arthur: 9:30-11:00 a.m. at Arthur Pentecostal Church
FRIDAYS	Fergus: 9:00-11:00 a.m. at Fergus Sportsplex
	Moorefield: 9:30-11:00 a.m. at Moorefield Optimist Building
	Harriston: 9:30-11:00 a.m. at Harriston Train Station

