

## Program Descriptions

<b>Artastic</b>	2-6 Years	A program for children and their parents/caregivers. This program is an introduction to different art mediums, fine motor skill development, and provides an opportunity for children and adults to have time together. We will be experiencing the process of art rather than the finished product. <b>Please register!</b>
<b>Baby &amp; Me</b>	0-12 Months	Come and connect with other parents, share stories, listen to occasional guest speakers and learn new songs, and rhymes to enjoy with your new little one. No registration is required.
<b>Baby Sign</b>	0-12 Months	Using infant sign can help reduce frustration for infants and caregivers, while helping babies communicate before they can speak. We will enjoy a song, and learn signs based on ASL.. No registration is required for this drop in program.
<b>Bonjour Mes Amis</b>	2-6 Years	Come and explore the exciting world of French with your little reader! This program is designed to promote and encourage the love of language in the early years. We will explore letters, numbers, shapes and colours through songs, art and other activities. No registration is required.
<b>Drop-In</b>	0-6 Years	Come visit our EarlyON Child & Family Centre and explore, create, choose and grow through purposeful play in a positive learning environment. Enjoy crafts, fun activities, sensory play and our reading centre. This is an open and interactive drop-in time, no registration is required!
<b>Infant Massage</b>	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. <b>New session starts in March</b>
<b>Journey to Kindergarten</b>	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! <b>Please register</b>
<b>Little Scientists</b>	2.5-6 Years	Come and enjoy the world of Science with fun and interactive experiments, exploration and more! <b>Please register</b>
<b>Mother Goose</b>	0-18 Months	This very popular 6 week program is designed to foster relationships between parents and their children through songs, stories and rhymes. <b><u>In Fergus, we offer two separate sessions, (A) &amp; (B) each week- Please Register for one session at a time.</u></b>
<b>Playgroups</b>	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!
<b>Toddler Time</b>	12-30 Months	Each week toddlers will have the opportunities to develop independent and social skills while participating in fun activities including crafts, sensory, dramatic play and an interactive circle time. No registration is required.

### 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.**



**EarlyON**  
Child and Family Centre

COMMUNITY RESOURCE CENTRE  
of north and centre wellington

February 2019



### Join us for our 22nd annual CRC Fundraiser, **CHILIFEST!** Friday, February 8th

Don't forget, we offer take out & delivery meals through out North & Centre Wellington! For more Chilifest information, please visit our website or contact: [chilifest@communityresourcecentre.org](mailto:chilifest@communityresourcecentre.org)



### New Drop-in Hours

We have new drop-in hours at our **Mt Forest EarlyON Site**. In an effort to accommodate different schedules, Wednesday evening we will be open from 5:30-7:00pm. On Saturday mornings, there is a drop-in program from 9:30-11:00am. We look forward to seeing you during these new hours!

## List of our EarlyON Child & Family Centre locations!

<b>Alma Bible Church</b> 59 Peel Street E Alma, ON	<b>Harriston Train Station</b> 83 Arthur Street, W Harriston, ON
<b>Belwood Lions Hall</b> 36 Queen Street Belwood, ON	<b>Melville United Church</b> 300 St Andrew Street, W Fergus, ON
<b>Drayton Comm. Fellowship</b> 109 Wellington Street S Drayton, ON	<b>Moorefield Optimist Hall</b> 14 Ball Avenue Moorefield, ON
<b>Elora Community Centre</b> 29 David Street, W Elora, ON	<b>Mount Forest EarlyON Site</b> 311 Foster Street Mount Forest, ON
<b>Fergus Sportsplex</b> 550 Belsyde Ave, E Fergus, ON	<b>Palmerston Comm. Centre</b> 520 Cavan Street Palmerston, ON

Special events & workshops this month!



### Bounce Back and Thrive!

Bounce Back & Thrive! (BBT) is a 10-session evolving evidence-based resiliency skills training program for parents with children under the age of 8 years. BBT helps parents build skills that increase their capacity to role model resilience in their daily interactions with their children. Childcare available. Space is limited please register



### Breastfeeding Clinic

Terri Ney from the Upper Grand Family Health Team will offering support to you on your breastfeeding journey at the Melville Site on Fridays. This drop-in group is for pregnant and nursing moms seeking information, assessment and general support.

### Visit with Dietitian

We are excited to have Paula Ditner from the Minto-Mapleton Family Health Team visiting us in Drayton on February 21st. For a casual morning at Playgroup to answer questions and give nutrition tips and tricks to our families!



### Make Your Own Baby Food










We are offering this Nutrition Workshop in collaboration with Terri Ney from the Upper Grand Family Health Team at our Melville Site. There are two separate workshops in the month of February (26 or 28) please register, as space is limited.



### First Aid Training

This structured workshop is designed to teach essential emergency skills to new parents and relatives/caregivers. There is a focus on skills to assist during choking and CPR techniques for infants and young children. We also will go over breathing emergencies, poison prevention and care for poisons as well as water safety skills and prevention. This will be a relaxed workshop with hands on skills and practise with mannequins.

**There is a fee of \$35. Please register.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<h1>February 2019</h1>  		<p><b>1</b> Harriston Site: Playgroup 9:30-11:00 Moorefield Site: Playgroup 9:30-11:00 Fergus Sportsplex: Playgroup 9:00-11:00</p> <p>Melville Site: Breastfeeding Café 2:30-3:30</p> <p>Mt Forest Site: Drop In 1:30-3:00</p>	<p><b>2</b> MtForest Site: Drop In 9:30-11:00</p> <p><b>NEW</b></p>
<p><b>4</b> <b>NO ALMA TODAY</b> Fergus Sportsplex: Playgroup 9:00-11:00</p> <p>Melville Site: Journey to K.. 9:30-11:00 <b>NEW</b> Bounce Back &amp; Thrive! 1:30-3:30</p> <p><b>MT FOREST SITE CLOSED TODAY</b></p>	<p><b>5</b> Palmerston Site: Playgroup 9:30-11:00 Elora Site: Playgroup 9:00-11:00</p> <p>Melville Site: Mother Goose (A)1:30-2:30</p> <p>Mt Forest Site: Playgroup 9:30-11:00 Little Scientists1:30-3:00</p>	<p><b>6</b> Belwood Site: Playgroup 9:00-11:00</p> <p>Melville Site: Baby &amp; Me 9:30-11:00 <b>NO DROP IN</b></p> <p>Mt Forest Site: <b>NEW</b> Drop In 9:30-11:00 Drop In 5:30-7:00</p>	<p><b>7</b> Elora Site: Playgroup 9:00-11:00 Drayton Site: Playgroup 9:30-11:00 Arthur Site: Playgroup 9:30-11:00</p> <p>Melville Site: Toddler Time 9:30-11:00 Mother Goose (B) 1:30-2:30</p> <p>Mt Forest Site: Bonjour Mes Amis 1:30-3:00</p>	<p><b>8</b> <b>NO EARLYON PROGRAMS TODAY</b></p> <p><b>Join us for CHILIFEST in Fergus!</b></p>  <p>Melville Site: Breastfeeding Café 2:30-3:30</p>	<p><b>9</b> Mt Forest Site: Drop In 9:30-11:00</p>
<p><b>11</b> Alma Site: Playgroup 9:30-11:00 Fergus Sportsplex: Playgroup 9:00-11:00</p> <p>Melville Site: Journey to K.. 9:30-11:00 Bounce Back &amp; Thrive! 1:30-3:30</p> <p>Mt Forest Site: Baby Picasso 1:30-3:00</p>	<p><b>12</b> Palmerston Site: Playgroup 9:30-11:00 Elora Site: Playgroup 9:00-11:00</p> <p>Melville Site: Mother Goose (A)1:30-2:30</p> <p>Mt Forest Site: Playgroup 9:30-11:00 Little Scientists1:30-3:00</p>	<p><b>13</b> Belwood Site: Playgroup 9:00-11:00</p> <p>Melville Site: <b>NO BABY &amp; ME</b>  First Aid 9:30-11:00 Drop In 1:30-3:00</p> <p>Mt Forest Site: Drop In 9:30-11:00 Drop In 5:30-7:00</p>	<p><b>14</b> Elora Site: Playgroup 9:00-11:00 Drayton Site: Playgroup 9:30-11:00 Arthur Site: Playgroup 9:30-11:00</p> <p>Melville Site: Toddler Time 9:30-11:00 Mother Goose (B) 1:30-2:30</p> <p>Mt Forest Site: Bonjour Mes Amis 1:30-3:00</p>	<p><b>15</b> Harriston Site: Playgroup 9:30-11:00 Moorefield Site: Playgroup 9:30-11:00 Fergus Sportsplex: Playgroup 9:00-11:00</p> <p>Melville Site: Artastic 9:30-11:00 Infant Massage 1:30-2:30 Breastfeeding Café 2:30-3:30</p> <p>Mt Forest Site: Drop In 1:30-3:00</p>	<p><b>16</b> Mt Forest Site: Drop In 9:30-11:00</p>
<p><b>18</b> <b>HAPPY FAMILY DAY</b></p> <p><b>NO PROGRAMS TODAY</b></p> 	<p><b>19</b> Palmerston Site: Playgroup 9:30-11:00 Elora Site: Playgroup 9:00-11:00</p> <p>Melville Site: Mother Goose (A)1:30-2:30</p> <p>Mt Forest Site: Playgroup 9:30-11:00 Little Scientists1:30-3:00</p>	<p><b>20</b> Belwood Site: Playgroup 9:00-11:00</p> <p>Melville Site: Baby &amp; Me 9:30-11:00 Drop In 1:30-3:00</p> <p>Mt Forest Site: Drop In 9:30-11:00 Drop In 5:30-7:00</p>	<p><b>21</b> Elora Site: Playgroup 9:00-11:00 Drayton Site: Playgroup 9:30-11:00 Arthur Site: Playgroup 9:30-11:00</p> <p>Melville Site: Toddler Time 9:30-11:00 Mother Goose (B) 1:30-2:30</p> <p>Mt Forest Site: Bonjour Mes Amis 1:30-3:00</p>	<p><b>22</b> Harriston Site: Playgroup 9:30-11:00 Moorefield Site: Playgroup 9:30-11:00 Fergus Sportsplex: Playgroup 9:00-11:00</p> <p>Melville Site: Artastic 9:30-11:00 Baby Sign 1:30-2:30 Breastfeeding Café 2:30-3:30</p> <p>Mt Forest Site: Drop In 1:30-3:00</p>	<p><b>23</b> Mt Forest Site: Drop In 9:30-11:00</p>
<p><b>25</b> Alma Site: Playgroup 9:30-11:00 Fergus Sportsplex: Playgroup 9:00-11:00</p> <p>Melville Site: Journey to K.. 9:30-11:00 Bounce Back &amp; Thrive! 1:30-3:30</p> <p>Mt Forest Site: Baby Picasso 1:30-3:00</p>	<p><b>26</b> Palmerston Site: Playgroup 9:30-11:00 Elora Site: Playgroup 9:00-11:00</p> <p>Melville Site: <b>NO MOTHER GOOSE (A)</b>  Make Your Own Baby Food 1:00-2:30</p> <p>Mt Forest Site: Playgroup 9:30-11:00 Little Scientists1:30-3:00</p>	<p><b>27</b> Belwood Site: Playgroup 9:00-11:00</p> <p>Melville Site: Baby &amp; Me 9:30-11:00 Drop In 1:30-3:00</p> <p>Mt Forest Site: Drop In 9:30-11:00 Drop In 5:30-7:00</p>	<p><b>28</b> Elora Site: Playgroup 9:00-11:00 Drayton Site: Playgroup 9:30-11:00 Arthur Site: Playgroup 9:30-11:00</p> <p>Melville Site: Toddler Time 9:30-11:00 <b>NO MOTHER GOOSE (B)</b>  Make Your Own Baby Food 1:30-3:00</p> <p>Mt Forest Site: Bonjour Mes Amis 1:30-3:00</p>	<p><b>PLEASE REMEMBER:</b> <b>ALL EarlyON programs are</b> <b>PEANUT FREE!</b></p> 	

**To Register for North Wellington Programs**  
CALL 519-509-2726 or EMAIL [kzimmermann@communityresourcecentre.org](mailto:kzimmermann@communityresourcecentre.org)

**To Register for Centre Wellington Programs**  
CALL 519-843-7000 press 3 then 1 or EMAIL [cwoeyc@communityresourcecentre.org](mailto:cwoeyc@communityresourcecentre.org)