








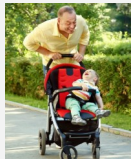
## Check us out!

-  Community Resource Centre
-  [www.communityresourcecentre.org](http://www.communityresourcecentre.org)
-  @OurCRC
-  Community Resource Centre
-  **Ask to be on our email list:**  
[lcowan@communityresourcecentre.org](mailto:lcowan@communityresourcecentre.org)

## Rockwood Stroller Hike

Starting May 1, 2019 at 10 am.

Welcome families with babies birth – 12 month. All children attending the hike must be in a stroller or carrier for the duration of the hike. Show up, sign in and warm up for a challenging hike! Start your morning with a great stroll through the beautiful **Rockwood Conservation Area** with your sweet babies. The fresh air and exercise is a great way to start your day. All participants who come for the "Stroller Hike" must stay with the group. Right after the hike we join under a big shade tree and sing to our little ones. If you would like to bring your lunch and enjoy the park a little longer, Ranger David welcomes you. **\*\*PLEASE NOTE\*\*** We kindly ask, no dogs. Bring your water and a blanket to sit on for circle time.



Please check Meet Up at 9 am if the weather is questionable. If needed, we will relocate to the United Church Hall in Rockwood.



## Ontario's Preschool Speech and Language Program

Ontario's Preschool Speech and Language Program provides services to children from birth to when they start school. Assessment and a range of treatment services are provided to children and their families across the province in many different communities, as close to home as possible.

If you have concerns about your baby's speech and language skills you can get help from the Preschool Speech and Language Program. Program staff can teach you how to help your child's communication skills develop, to give him or her the best opportunity for healthy development.

Ontario's Preschool Speech and Language Program provides its services at no cost to you and does not require a doctor's referral. It's never too early to help.

**For more information contact your [local Preschool Speech and Language Program](#), or call the Government of Ontario INFOLine number given below.**

**For more information, contact:**




ServiceOntario  
1-866-821-7770  
TTY 1-800-387-5559  
[www.ontario.ca/children](http://www.ontario.ca/children)



**1 844 4 KIDS 11**  
(454-3711)

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

# Minto, Mapleton & Wellington North EarlyON Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Infant Massage 1:30-3:00 Drop In 5:30-7:00	<b>2</b> NO DRAYTON <u>Arthur Site:</u> Playgroup 9:30-11:00  <u>Mt Forest Site:</u> Drop In 1:30-3:00	<b>3</b> <u>Harriston Site:</u> Playgroup 9:30-11:00  NO MOOREFIELD  <u>Mt Forest Site:</u> Drop In 1:30-3:00	<b>4</b> <u>Mt Forest Site:</u> Drop In 9:30-11:00
<b>6</b> NO ALMA NO MOUNT FOREST	<b>7</b> NO PALMERSTON  <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Drop In 1:30-3:00	<b>8</b> <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Infant Massage 1:30-3:00 Drop In 5:30-7:00	<b>9</b> <u>Drayton Site:</u> Playgroup 9:30-11:00  <u>Arthur Site:</u> Playgroup 9:30-11:00  <u>Mt Forest Site:</u> Drop In 1:30-3:00	<b>10</b> <u>Harriston Site:</u> Playgroup 9:30-11:00  NO MOOREFIELD  <u>Mt Forest Site:</u> Drop In 1:30-3:00	<b>11</b> <u>Mt Forest Site:</u> Drop In 9:30-11:00
<b>13</b> NO ALMA NO MT MOUNT FOREST	<b>14</b> <u>Palmerston Site:</u> Playgroup 9:30-11:00  <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Drop In 1:30-3:00	<b>15</b> <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Infant Massage 1:30-3:00 Drop In 5:30-7:00	<b>16</b> <u>Drayton Site:</u> Playgroup 9:30-11:00  <u>Arthur Site:</u> Playgroup 9:30-11:00  <u>Mt Forest Site:</u> Drop In 1:30-3:00	<b>17</b> <u>Harriston Site:</u> Playgroup 9:30-11:00  <u>Moorefield Site:</u> Playgroup 9:30-11:00  <u>Mt Forest Site:</u> Drop In 1:30-3:00	<b>18</b> <u>Mt Forest Site:</u> Drop In 9:30-11:00
<b>20</b> 	<b>21</b> <u>Palmerston Site:</u> Playgroup 9:30-11:00  <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Drop in 1:30-3:00	<b>22</b> <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Infant Massage 1:30-3:00 Drop In 5:30-7:00	<b>23</b> <u>Drayton Site:</u> Playgroup 9:30-11:00  <u>Arthur Site:</u> Playgroup 9:30-11:00  <u>Mt Forest Site:</u> Drop In 1:30-3:00	<b>24</b> <u>Harriston Site:</u> Playgroup 9:30-11:00  <u>Moorefield Site:</u> Playgroup 9:30-11:00  <u>Strathcona Long Term Care</u> Drop In 2:15-3:15	<b>25</b> <u>Mt Forest Site:</u> Drop In 9:30-11:00  
<b>27</b> <u>Alma Site:</u> Playgroup 9:30-11:00  <u>Mt Forest Site:</u> Drop In 1:30-3:00	<b>28</b> <u>Palmerston Site:</u> Playgroup 9:30-11:00  <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Drop in 1:30-3:00	<b>29</b> <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Infant Massage 1:30-3:00 Drop In 5:30-7:00	<b>30</b> <u>Drayton Site:</u> Playgroup 9:30-11:00  <u>Arthur Site:</u> Playgroup 9:30-11:00  <u>Mt Forest Site:</u> Drop In 1:30-3:00	<b>31</b> <u>Harriston Site:</u> Playgroup 9:30-11:00  <u>Moorefield Site:</u> Playgroup 9:30-11:00  <u>Mt Forest Site:</u> Drop In 1:30-3:00	

## Breastfeeding Café



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





## Check out our Intergenerational Program



Come join us Friday, May 24th from 2:15-3:15 pm at **Strathcona Long-Term Care, 720 Princess St, Mount Forest**. We will enjoy art activities, songs and stories together with our friends!

**Please note: we ask that you be cautious not to bring any illness with you!**

# Centre Wellington, Town of Erin & Guelph/Eramosa EarlyON Programs

Mon	Tue	Wed	Thu	Fri	Sat
		<p><b>1</b> NO BELWOOD</p> <p><u>Rockwood Site:</u> Stroller Hike 10:00-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30</p> <p><u>Melville Site:</u> Baby &amp; Me 9:30-11:00 Drop In 1:30-3:00</p>	<p><b>2</b> <u>Elora Site:</u> Playgroup 9:00-11:00</p> <p><u>Rockwood Family Health Team</u> Baby Café 10:00-12:00</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Baby &amp; Me 2:00-3:00</p> <p><u>Melville Site:</u> Toddler Time 9:30-11:00 Mother Goose (B) 1:30-2:30</p>	<p><b>3</b> <u>Fergus Sportsplex:</u> Playgroup 9:00-11:00</p> <p><u>Erin Site:</u> Drop In 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Little Scientists 9:30-11:00 Infant Massage 1:30-2:30 Breastfeeding Café 2:30-3:30</p>	<p><b>4</b> <u>Erin Site:</u> Drop In 9:30-11:00</p>
<p><b>6</b> NO FERGUS SPORTSPLEX</p> <p><u>Rockwood Site:</u> Playgroup 9:30-11:30</p> <p><u>Erin Site:</u> Drop In 1:30-3:30 Drop In 5:30-7:00</p> <p><u>Melville Site:</u> Journey to K.. 9:30-11:00 Bounce Back &amp; Thrive 1:30-3:30</p>	<p><b>7</b> <u>Elora Site:</u> Playgroup 9:00-11:00</p> <p><u>Rockwood Site:</u> Playgroup 9:30-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Mother Goose (A)1:30-2:30</p>	<p><b>8</b> <u>Belwood Site:</u> Playgroup 9:00-11:00</p> <p><u>Rockwood Site:</u> Stroller Hike 10:00-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30</p> <p><u>Melville Site:</u> Baby &amp; Me 9:30-11:00 Drop In 1:30-3:00</p>	<p><b>9</b> <u>Elora Site:</u> Playgroup 9:00-11:00</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Baby &amp; Me 1:30-3:00</p> <p><u>Melville Site:</u> Toddler Time 9:30-11:00 Mother Goose (B) 1:30-2:30</p>	<p><b>10</b> NO FERGUS SPORTSPLEX</p> <p><u>Erin Site:</u> Drop In 9:30-11:30</p> <p><u>Melville Site:</u> Little Scientists 9:30-11:00 Infant Massage 1:30-2:30 Breastfeeding Café 2:30-3:30</p>	<p><b>11</b> <u>Erin Site:</u> Drop In 9:30-11:00</p>
<p><b>13</b> <u>Fergus Sportsplex:</u> Playgroup 9:00-11:00</p> <p><u>Rockwood Site:</u> Playgroup 9:30-11:30</p> <p><u>Erin Site:</u> Drop In 1:30-3:30 Drop In 5:30-7:00</p> <p><u>Melville Site:</u> Journey to K.. 9:30-11:00 Bounce Back &amp; Thrive 1:30-3:30</p>	<p><b>14</b> <u>Elora Site:</u> Playgroup 9:00-11:00</p> <p><u>Rockwood Site:</u> Playgroup 9:30-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Mother Goose (A)1:30-2:30</p>	<p><b>15</b> <u>Belwood Site:</u> Playgroup 9:00-11:00</p> <p><u>Rockwood Site:</u> Stroller Hike 10:00-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30</p> <p><u>Melville Site:</u> Baby &amp; Me 9:30-11:00 Drop In 1:30-3:00</p>	<p><b>16</b> <u>Elora Site:</u> Playgroup 9:00-11:00</p> <p><u>Erin Family Health Team</u> Baby Café 10:00-12:00</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Baby &amp; Me 2:00-3:00</p> <p><u>Melville Site:</u> Toddler Time 9:30-11:00 <b>Mother Goose (New Session)1:30-2:30</b></p>	<p><b>17</b> NO FERGUS SPORTSPLEX</p> <p><u>Erin Site:</u> Drop In 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Drop In 9:30-11:00 Breastfeeding Café 2:30-3:30</p>	<p><b>18</b> <u>Erin Site:</u> Drop In 9:30-11:00</p>
	<p><b>21</b> <u>Elora Site:</u> Playgroup 9:00-11:00</p> <p><u>Rockwood Site:</u> Playgroup 10:30-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> <b>Make Your Own Baby Food 1:00-2:30</b></p>	<p><b>22</b> <u>Belwood Site:</u> Playgroup 9:00-11:00</p> <p><u>Rockwood Site:</u> Stroller Hike 10:00-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30</p> <p><u>Melville Site:</u> Baby &amp; Me 9:30-11:00 Drop In 1:30-3:00</p>	<p><b>23</b> <u>Elora Site:</u> Playgroup 9:00-11:00</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Baby &amp; Me 2:00-3:00</p> <p><u>Melville Site:</u> Toddler Time 9:30-11:00 <b>Make Your Own Baby Food 1:30-3:00 NO MOTHER GOOSE</b></p>	<p><b>24</b> <u>Fergus Sportsplex:</u> Playgroup 9:00-11:00</p> <p><u>Erin Site:</u> Drop In 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Little Scientists 9:30-11:00 Infant Massage 1:30-2:30 Breastfeeding Café 2:30-3:30</p>	<p><b>25</b> <u>Erin Site:</u> Drop In 9:30-11:00</p>
<p><b>27</b> <u>Fergus Sportsplex:</u> Playgroup 9:00-11:00</p> <p><u>Rockwood Site:</u> Playgroup 9:30-11:30</p> <p><u>Erin Site:</u> Drop In 1:30-3:30 Drop In 5:30-7:00</p> <p><u>Melville Site:</u> Journey to K.. 9:30-11:00 Bounce Back &amp; Thrive 1:30-3:30</p>	<p><b>28</b> <u>Elora Site:</u> Playgroup 9:00-11:00</p> <p><u>Rockwood Site:</u> Playgroup 10:30-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Drop in 1:30-2:30</p>	<p><b>29</b> <u>Belwood Site:</u> Playgroup 9:00-11:00</p> <p><u>Rockwood Site:</u> Stroller Hike 10:00-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30</p> <p><u>Melville Site:</u> Baby &amp; Me 9:30-11:00 Drop In 1:30-3:00</p>	<p><b>30</b> <u>Elora Site:</u> Playgroup 9:00-11:00</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Baby &amp; Me 2:00-3:00</p> <p><u>Melville Site:</u> Toddler Time 9:30-11:00 Mother Goose 1:30-2:30</p>	<p><b>31</b> <u>Fergus Sportsplex:</u> Playgroup 9:00-11:00</p> <p><u>Erin Site:</u> Drop In 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Little Scientists 9:30-11:00 Infant Massage 1:30-2:30 Breastfeeding Café 2:30-3:30</p>	

## Program Descriptions

<b>Baby Café</b>	0-12 Months	Come and be a part of this casual, informative group for parents and their infants. Bring your questions about infant health and development, meet other parents, receive support and reliable advice from visiting experts and guest speakers. Baby Café is co-facilitated by an FHT Nurse with an EarlyON Program Facilitator. <b>Please register, space is limited.</b>  <b>May 2</b> Rockwood Family Health Team 10:00-12:00 <b>May 16</b> Erin Family Health Team 10:00-12:00
<b>Baby &amp; Me</b>	0-12 Months	For babies birth-12 months. Babies don't come with instruction manuals! Make connections with other parents, share stories, listen to guest speakers and learn songs and rhymes. This is a great place for your baby to meet their first friends.
<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 various art materials, 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>Please register, space is limited.</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>Please register. New session starts May 16.</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!

### 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!



### All EarlyON Program Registrations begin April 22, 2019

- **North Wellington Program Registration** contact: kzimmermann@communityresourcecentre.org or 519-509-2726
- **Centre Wellington Program Registration** contact: cwoyec@communityresourcecentre.org or 519-843-7000 press 3 then 1
- **East Wellington Program Registration** join our FREE Meet Up Site: [www.meetup.com/crc-childrens-playgroups](http://www.meetup.com/crc-childrens-playgroups)

