



Check us out!



Community Resource Centre



www.communityresourcecentre.org



@OurCRC



Community Resource Centre

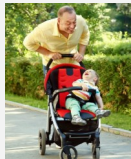


Ask to be on our email list:

lcowan@communityresourcecentre.org

Rockwood Stroller Hike

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.

Pelvic Health Workshop

Melville Site- June 12th 10:00-11:00 am

Come with your questions to this informal discussion group with Jennifer McKay, from Dynamic Motion Physiotherapy. This workshop contains information that every woman needs to stay vital and healthy. Strengthening you're your pelvic floor muscles may be one of the most important things you can do for your body!

Raising a Healthy Eater Workshop

Melville Site– June 18th 9:30-11:00 am

We all want the best for our children and that includes good eating habits. Children are naturally skeptical about new food and cautious about eating it. Terri Ney from the Upper Grand Family Health Team will share with you how to **Raise a Healthy Happy Eater!** To register for this workshop contact: cwoeyc@communityresourcecentre.org or please call Kerry at: 519-843-7000, press 3, then press 1



Woodland Explorer






Meet at the Elora Cataract Trail (Beatty Line & Hill St, Fergus)

This is a program for anyone interested in getting some physical exercise, socializing, building new friendships and enjoying the outdoors. This trail is stroller friendly! **This program is Fridays 9:30-11:00 am**

Children can explore, discover and learn in a natural environment. Your children will gain new perspectives and knowledge all while enjoying the fresh air. In the event of questionable weather the program will be moved to Melville for a Drop In.

Minto, Mapleton & Wellington North EarlyON Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
3 <u>Alma Site:</u> Wallace Cummings Park 9:30-11:00 <u>Mt Forest Site:</u> Baby & Me 1:30-3:00	4 <u>Palmerston Site:</u> Lawrence Park 9:30-11:00 <u>Mt Forest Site:</u> Murphy's Park 9:30-11:00 NO DROP IN	5 <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Drop In 5:30-7:00 	6 <u>Drayton Site:</u> Kinsmen Park 9:30-11:00 <u>Arthur Site:</u> Lion's Park 9:30-11:00 <u>Mt Forest Site:</u> JTK 1:30-3:00	7 <u>Harriston Site:</u> Lion's Park 9:30-11:00 <u>Moorefield Site:</u> Moorefield Ball Park 9:30-11:00 <u>Mt Forest Site:</u> Drop In 1:30-3:00	1 <u>Mt Forest Site:</u> Drop In 9:30-11:00 8 <u>Mt Forest Site:</u> Drop In 9:30-11:00
10 <u>Alma Site:</u> Wallace Cummings Park 9:30—11:00 <u>Mt Forest Site:</u> Father's Day Baby Picasso 1:30-3:00 	11 <u>Palmerston Site:</u> Lawrence Park 9:30-11:00 <u>Mt Forest Site:</u> Murphy's Park 9:30-11:00 Drop In 1:30-3:00	12 <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Drop In 5:30-7:00	13 <u>Drayton Site:</u> Kinsmen Park 9:30-11:00 <u>Arthur Site:</u> Lion's Park 9:30-11:00 <u>Mt Forest Site:</u> JTK 1:30-3:00	14 <u>Harriston Site:</u> Lion's Park 9:30-11:00 <u>Moorefield Site:</u> Moorefield Ball Park 9:30-11:00 <u>Mt Forest Site:</u> Drop In 1:30-3:00	15 <u>Mt Forest Site:</u> Drop In 9:30-11:00
17 <u>Alma Site:</u> Wallace Cummings Park 9:30-11:00 <u>Mt Forest Site:</u> Baby & Me 1:30-3:00	18 <u>Palmerston Site:</u> Lawrence Park 9:30-11:00 <u>Mt Forest Site:</u> Murpphy's Park 9:30-11:00 Drop In 1:30-3:00	19 <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Drop In 5:30-7:00	20 <u>Drayton Site:</u> Kinsmen Park 9:30-11:00 <u>Arthur Site:</u> Lion's Park 9:30-11:00 <u>Mt Forest Site:</u> JTK 1:30-3:00	21 <u>Harriston Site:</u> Lion's Park 9:30-11:00 <u>Moorefield Site:</u> Moorefield Ball Park 9:30-11:00 <u>Strathcona Long Term Care:</u> Drop In 2:15-3:15	22 <u>Mt Forest Site:</u> NO DROP IN
24 <u>Alma Site:</u> Wallace Cummings Park 9:30-11:00 <u>Mt Forest Site:</u> Baby & Me 1:30-3:00	25 <u>Palmerston Site:</u> Lawrence Park 9:30-11:00 <u>Mt Forest Site:</u> Murphy's Park 9:30-11:00 Drop In 1:30-3:00	26 <u>Mt Forest Site:</u> Playgroup 9:30-11:00 Drop In 5:30-7:00	27 <u>Drayton Site:</u> Kinsmen Park 9:30-11:00 <u>Arthur Site:</u> Lion's Park 9:30-11:00 <u>Mt Forest Site:</u> JTK 1:30-3:00	28 <u>Harriston Site:</u> Lion's Park 9:30-11:00 <u>Moorefield Site:</u> Moorefield Ball Park <u>Mt Forest Site:</u> Drop In 1:30-3:00	29 <u>Mt Forest Site:</u> Drop In 9:30-11:00

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.



Fathers Day Baby Picasso



Join us for a special 'Baby & Me' afternoon at the EarlyON Site in Mount Forest on June 10th. You and your infant will have the chance to make memorable keepsake's for Fathers Day!

Outdoor Programs

Many of our programs move outdoors to enjoy the warm, summer months! Please be sure to bring along some water, a snack, a hat and sunscreen!



Please note: If the temp reaches 30 degrees AND the humidity is 40 degrees or higher, OR if it's raining at 9:30, the program will be cancelled.

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

Mon	Tue	Wed	Thu	Fri	Sat
					1 <u>Erin Site:</u> Drop In 9:30-11:00
<p>3</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 Drop In 1:30-3:30</p>	<p>4</p> <p><u>Rockwood Site:</u> Playgroup 9:30-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 NO DROP IN</p> <p><u>Melville Site:</u> NO LITTLE GARDENERS</p>	<p>5</p> <p><u>Rockwood Cons Area:</u> Stroller Hike 10:00-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Curious Crawlers 9:30-11:00 Drop In 1:30-3:00</p>	<p>6</p> <p><u>Rockwood Family Health T:</u> Baby Café 10:00-12:00</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Baby & Me 1:30-3:00</p> <p><u>Melville Site:</u> Toddler Time 9:30-11:00 Mother Goose 1:30-2:30</p>	<p>7</p> <p><u>Fergus Site:</u> Woodland Explorer 9:30-11:00</p> <p><u>Erin Site:</u> Drop In 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Infant Massage 1:30-2:30 Breastfeeding Café 2:30-3:30</p>	<p>8</p> <p><u>Erin Site:</u> Drop In 9:30-11:00</p>
<p>10</p> <p><u>Fergus Site:</u> Sportsplex Park 9:30-11:00</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 Drop In 1:30-3:30</p>	<p>11</p> <p><u>Elora Site:</u> Community Centre Park 9:30-11:00</p> <p><u>Rockwood Site:</u> NO PLAYGROUP</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Little Gardeners 1:30-3:00</p>	<p>12</p> <p><u>Belwood Site:</u> Maple Park 9:30-11:00</p> <p><u>Rockwood Cons Area:</u> Stroller Hike 10:00-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30</p> <p><u>Melville Site:</u> Pelvic Health Workshop 10:00-11:00 (NO CURIOUS CRAWLERS) Drop In 1:30-3:00</p>	<p>13</p> <p><u>Fergus Site:</u> Beatty Park 9:30-11:00</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Baby & Me 1:30-3:00</p> <p><u>Melville Site:</u> Toddler Time 9:30-11:00 Mother Goose 1:30-2:30</p>	<p>14</p> <p><u>Fergus Site:</u> Woodland Explorer 9:30-11:00</p> <p><u>Erin Site:</u> Drop In 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> NO INFANT MASSAGE OR BREASTFEEDING CAFÉ</p>	<p>15</p> <p><u>Erin Site:</u> Drop In 9:30-11:00</p>
<p>17</p> <p><u>Fergus Site:</u> Sportsplex Park 9:30-11:00</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 Drop In 1:30-3:30</p>	<p>18</p> <p><u>Elora Site:</u> Community Centre Park 9:30-11:00</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> Healthy Eater Workshop 9:30-11:00 Little Gardeners 1:30-3:00</p> 	<p>19</p> <p><u>Belwood Site:</u> Maple Park 9:30-11:00</p> <p><u>Rockwood Cons Area:</u> Stroller Hike 10:00-11:30</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30</p> <p><u>Melville Site:</u> Curious Crawlers 9:30-11:00 Drop In 1:30-3:00</p>	<p>20</p> <p><u>Erin Family Health Team:</u> Baby Café 10:00-12:00</p> <p><u>Fergus Site:</u> Beatty Park 9:30-11:00</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Baby & 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>21</p> <p><u>Fergus Site:</u> Woodland Explorer 9:30-11:00</p> <p><u>Erin Site:</u> Drop In 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Infant Massage 1:30-2:30 Breastfeeding Café 2:30-3:30</p>	<p>22</p> <p><u>Erin Site:</u> Drop In 9:30-11:00</p>
<p>24</p> <p><u>Fergus Site:</u> Sportsplex Park 9:30-11:00</p> <p><u>Rockwood Site:</u> Playgroup 10:30-11:30</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 Drop In 1:30-3:30</p>	<p>25</p> <p><u>Elora Site:</u> Community Centre Park 9:30-11:00</p> <p><u>Rockwood Cons Area:</u> Annual Campfire 10:00-11:30</p>  <p><u>Erin Site:</u> Playgroup 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Little Gardeners 1:30-3:00</p>	<p>26</p> <p><u>Belwood Site:</u> Maple Park 9:30-11:00</p> <p><u>Rockwood Cons Area:</u> NO STROLLER HIKE</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30</p> <p><u>Melville Site:</u> Curious Crawlers 9:30-11:00 Drop In 1:30-3:00</p>	<p>27</p> <p><u>Fergus Site:</u> Beatty Park 9:30-11:00</p> <p><u>Erin Site:</u> Playgroup 9:30-11:30 Baby & 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>28</p> <p><u>Fergus Site:</u> Woodland Explorer 9:30-11:00</p> <p><u>Erin Site:</u> Drop In 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> Infant Massage 1:30-2:30 Breastfeeding Café 2:30-3:30</p>	<p>29</p> <p><u>Erin Site:</u> Drop In 9:30-11:00</p>



Program Descriptions

Baby Café	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. Please register, space is limited. June 6 - Rockwood Family Health Team 10:00-12:00 June 20 - Erin Family Health Team 10:00-12:00
Baby & Me	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.
Curious Crawlers	6-15 Months	Come and explore the five senses in our engaging environment with an emphasis on gross motor activities! This is an open and interactive drop-in time, no registration is required!
Drop-In	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!
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. Please register, space is limited.
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! Please register
Little Gardeners	2-6 years	Your child will have lots of fun being a little gardener: learning new skills, being outdoors, digging in the dirt and watching the plants grow. Please register
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. Please register. New session starts May 16.
Playgroups & Park Programs	0-6 Years	Playgroups & Park Programs 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 programs!

Annual Campfire

June 25th—10:00-11:30 am

Join us for our Annual Campfire at the Rockwood Conservation Area June 25th from 10-11:30 am. Ranger David will build a camp fire and talk about fire safety.



We will be roasting marshmallows, singing songs, and making bird feeders. We will explore and discover all kinds of fun things that are outdoors. Tuesday Playgroup in Rockwood will be closed on that day of the Camp Fire!

This event will be cancelled if raining.

All EarlyON Program Registrations begin May 27, 2019

- **North Wellington Program Registration** contact: kzimmermann@communityresourcecentre.org or 519-509-2726
- **Centre Wellington Program Registration** contact: cwoeyc@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

