

Early ON

Child and Family Centre



Check us out!



Community Resource Centre



www.communityresourcecentre.org



@OurCRC



Community Resource Centre

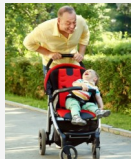


Ask to be on our email list:

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.

Art in the Park

This program is for children of all ages 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 create artwork together. Please check the calendar for various Art in the Park dates.

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**



Community Hikes

Hiking allows children to use their senses, encourage their understanding of the world, connect with nature and get them moving! Join us as we explore various municipal trails and learn more about the benefits of outdoor play. Check the calendar for various Community Hike dates! Note: rain will cancel this event.

Strathcona Intergenerational Program



Come join us Friday, August 23rd 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! This is a drop in program, no registration is required! **Please note: we ask that you be cautious not to bring any illness with you!**



1844 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
			<p>1 <u>Drayton Site:</u> Kinsmen Park 9:30-11:00</p> <p><u>Arthur Site:</u> Lion's Park (Art in the Park) 9:30-11:00</p> <p><u>Mount Forest Site:</u> Drop In 1:30-3:00</p>	<p>2 <u>Harriston Site:</u> Lion's Park 9:30-11:00</p> <p><u>Moorefield Site:</u> Moorefield Ball Park 9:30-11:00</p> <p><u>Mt Forest Site:</u> Drop In 1:30-3:00</p>	<p>3 <u>Mt Forest Site:</u> Drop In 9:30-11:00</p>
<p>5 CLOSED TODAY</p> 	<p>6 <u>Palmerston Site:</u> Lawrence Park 9:30-11:00</p> <p><u>Mt Forest Site:</u> Murphy's Park 9:30-11:00 Drop In 1:30-3:00</p>	<p>7 <u>Mt Forest Site:</u> Drop In 9:30-11:00</p> <p>Drop In 5:30-7:00</p> <p><u>Moorefield Site:</u> Art in the Park 9:30-11:00</p>	<p>8 <u>Drayton Site:</u> Kinsmen Park 9:30-11:00</p> <p><u>Arthur Site:</u> Lion's Park 9:30-11:00</p> <p><u>Alma Site:</u> Hike 1:30-2:30</p>	<p>9 <u>Harriston Site:</u> Lion's Park 9:30-11:00</p> <p>NO MOOREFIELD TODAY</p> <p><u>Mt Forest Site:</u> Drop In 1:30-3:00</p>	<p>10 <u>Mt Forest Site:</u> No Drop In</p>
<p>12 <u>Alma Site:</u> Wallace Cummings Park 9:30—11:00</p> <p><u>Mt Forest Site:</u> Baby & Me 1:30-3:00</p>	<p>13 <u>Palmerston Site:</u> Lawrence Park 9:30-11:00</p> <p><u>Mt Forest Site:</u> Murphy's Park 9:30-11:00</p> <p>Murphy's Park Hike 1:30-2:30 (Mt Forest)</p>	<p>14 <u>Mt Forest Site:</u> Drop In 9:30-11:00</p> <p>Drop In 5:30-7:00</p> <p><u>Clifford Cenotaph Park & Pavilion:</u> Art in the Park 9:30-11:00</p>	<p>15 <u>Drayton Site:</u> Kinsmen Park 9:30-11:00</p> <p><u>Arthur Site:</u> Lion's Park 9:30-11:00 Happy, healthy families visit</p> <p><u>Mt Forest Site:</u> Drop In 1:30-3:00</p>	<p>16 <u>Harriston Site:</u> Lion's Park 9:30-11:00</p> <p><u>Moorefield Site:</u> Moorefield Ball Park 9:30-11:00</p> <p><u>Mt Forest Site:</u> Drop In 1:30-3:00</p>	<p>17 <u>Mt Forest Site:</u> Drop In 9:30-11:00</p>
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<p>26 <u>Alma Site:</u> No Park Program</p> <p><u>Mt Forest Site:</u> Baby & Me 1:30-3:00</p>	<p>27 <u>Palmerston Site:</u> No Park Program</p> <p><u>Mt Forest Site:</u> No park program Drop In 1:30-3:00</p>	<p>28 <u>Mt Forest Site:</u></p> <p>Drop In 9:30-11:00</p> <p>Drop In 5:30-7:00</p>	<p>29 <u>Drayton Site:</u> No Park Program</p> <p><u>Arthur Site:</u> No park program</p> <p><u>Mt Forest Site:</u> Drop In 1:30-3:00</p>	<p>30 <u>Harriston Site:</u> No park program</p> <p><u>Moorefield Site:</u> NO PARK PROGRAM</p> <p><u>Mt Forest Site:</u> Drop In 1:30-3:00</p>	<p>31 <u>Mt Forest Site:</u> Drop In 9:30-11:00</p>

All EarlyON Program Registrations begin July 22, 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



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 humidex 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
			<p>1 <u>Erin Site:</u> Drop In 9:30-11:30 Baby & Me 1:30-3:00</p> <p><u>Melville Site:</u> Bounce Back & Thrive 10:00-12:00</p> <p>No MOTHER GOOSE</p>	<p>2 <u>Erin Site:</u> NO PROGRAMS</p> <p><u>Melville Site:</u> Drop In 9:30-11:00 Drop In 1:30-2:30</p> <p>Breastfeeding Café 2:30-3:30</p>	<p>3 <u>Erin Site:</u> Drop In 9:30-11:00</p>
<p>5 CLOSED TODAY</p> 	<p>6 <u>Elora Site:</u> Community Centre Park 9:30-11:00</p> <p><u>Rockwood Site: Outdoor</u> NO DROP IN</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 Gardeners 1:30-2:30</p>	<p>7 <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> Drop In 1:30-3:00</p> <p><u>Melville Site:</u> NO DROP IN</p>	<p>8 <u>Erin Site:</u> Drop In 9:30-11:30 Baby & Me 1:30-3:00</p> <p><u>Melville Site:</u> Bounce Back & Thrive 10:00-12:00</p> <p>No MOTHER GOOSE</p>	<p>9 <u>Erin Site:</u> Drop In 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> NO DROP IN</p> <p>Breastfeeding Café 2:30-3:30</p>	<p>10 <u>Erin Site:</u> Drop In 9:30-11:00</p>
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Program Descriptions

Baby & Me	0-12 Months	Baby & Me is a wonderful way to make connections with other parents and infants! This is a casual drop in program that offers the opportunity for discussions regarding infant health & development and nutrition issues for new parents. Share stories, listen to guest speakers, ask questions to our EarlyON Staff and learn engaging songs and rhymes to enjoy with your infant. This is a great place for your baby to meet their first friends. This is a drop in program and requires no registration!
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. You can learn and play with your child, meet people and get advice from early childhood professionals. Enjoy various art mediums, activities, sensory play 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 an EarlyON Facilitator trained by the International Association of Infant Massage. Infant Massage is a 5 week program. Please register, space is limited.
Little Gardeners	2-6 years	Your child will have lots of fun being a little gardener: learning new gardening skills, appreciating the outdoors, digging in the dirt and observing the plants grow each week. 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, space is limited.
Outdoor Park Programs & Hikes	0-6 Years	Park Programs & Hikes give children and their caregivers the opportunity to enjoy learning together through outdoor play, chances to meet new friends in the community and build new relationships! No registration is required, come and check out all of our amazing outdoor programs!

Breastfeeding Café

Terri Ney from the **Upper Grand Family Health Team** will be offering support to Mothers on their breastfeeding journey at the Melville EarlyON Site on Friday afternoons.



This drop-in group is for pregnant and nursing moms seeking information, assessment and general support.



Weekly Outdoor Program Locations

MONDAYS	Fergus: 9:30-11:00 a.m. at Beatty Park, St. Andrew and Johnson St.
	Alma: 9:30-11:00 a.m. Wallace Cummings Park, Simpson St
TUESDAYS	Elora: 9:30-11:00 a.m. at Community Centre Park, David St
	Mt Forest: 9:30-11:00 a.m. at Murphy's Park. 185 Murphy Street
WEDNESDAYS	Palmerston: 9:30-11:00 a.m. at Lawrence Park, Boulton St.
	Belwood: 9:30-11:00 a.m. at Maple Park, Queen St (Across from Lions Hall)
THURSDAYS	Rockwood: Stroller Hike 10:00-11:30 Conservation Area, 161 Fall St South
	Drayton: 9:30-11:00 a.m. at Kinsmen Park - by ball diamonds
FRIDAYS	Arthur: 9:30-11:00 a.m. at Lions Park by hwy 6
	Moorefield: 9:30-11:00 a.m. at Moorefield Park, 15 Ball Ave.
	Harriston: 9:30-11:00 a.m. at Lions Medical Centre Park, Arthur St.