



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 for Drop In.

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. Child minding available. **Mondays 5-7pm at the Erin EarlyON Centre. Please register, space is limited.** Meet Up Site: <https://www.meetup.com/CRC-childrens-playgroups/>

Starting Solids With Your Infant

Come to the Melville EarlyON site in Fergus and meet **Terri Ney, Dietitian** from the Upper Grand Family Health Team to discuss **Starting Solids with your Infant!** *Space is limited, please register for September 11th 1:30-3:00.*



In Mount Forest, **Alyson Colton, Dietitian** from the Mount Forest Family Health Team will join our Baby & Me Group on Monday, September 23 from 1:30 - 3:00, no registration required.

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 Mondays 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 Drop In.

Minto, Mapleton & Wellington North EarlyON Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>CLOSED TODAY</p> <p>Happy Labour Day Weekend!</p> 	<p>3</p> <p><u>Palmerston Site:</u> Community Centre 9:30-11:00</p> <p><u>Mt Forest Site:</u> MORNING DROP IN CANCELLED Drop In 1:30-3:00</p>	<p>4</p> <p><u>Mt Forest Site:</u> Toddler Time 9:30-11:00</p> <p>Drop In 5:30-7:00</p>	<p>5</p> <p><u>Drayton Site:</u> Community Mennonite Fellowship 9:30-11:00</p> <p><u>Arthur Site:</u> Pentecostal Church 9:30-11:00</p> <p><u>Mount Forest Site:</u> Book Buddies 1:30-3:00</p>	<p>6</p> <p><u>Harriston Site:</u> Train Station 9:30-11:00</p> <p><u>Moorefield Site:</u> Optimist Hall 9:30-11:00</p> <p>Palmerston Hike White's Junction Trail 1:30-2:30</p>	<p>7</p> <p><u>Mt Forest Site:</u> Drop In 9:30-11:00</p>
<p>9</p> <p><u>Alma Site:</u> Bible Church 9:30-11:00</p> <p><u>Mt Forest Site:</u> Baby & Me 1:30-3:00</p>	<p>10</p> <p><u>Palmerston Site:</u> Community Centre 9:30-11:00</p> <p><u>Mt Forest Site:</u> Drop In 9:30-11:00</p> <p>Harriston Hike Speare Seeds 1:30-2:30</p> 	<p>11</p> <p><u>Mt Forest Site:</u> Toddler Time 9:30-11:00</p> <p>Drop In 5:30-7:00</p>	<p>12</p> <p><u>Drayton Site:</u> Community Mennonite Fellowship 9:30-11:00</p> <p><u>Arthur Site:</u> Pentecostal Church 9:30-11:00</p> <p><u>Mount Forest Site:</u> Book Buddies 1:30-3:00</p>	<p>13</p> <p><u>Harriston Site:</u> Train Station 9:30-11:00</p> <p>MOOREFIELD DROP IN CANCELLED</p> <p><u>Mt Forest Site:</u> Drop In 1:30-3:00</p>	<p>14</p> <p><u>Mt Forest Site:</u> Drop In 9:30-11:00</p>
<p>16</p> <p><u>Alma Site:</u> Bible Church 9:30-11:00</p> <p><u>Mt Forest Site:</u> Baby & Me 1:30-3:00</p>	<p>17</p> <p><u>Palmerston Site:</u> Community Centre 9:30-11:00</p> <p><u>Mt Forest Site:</u> Drop In 9:30-11:00</p> <p>Drop In 1:30-3:00</p>	<p>18</p> <p><u>Mt Forest Site:</u> Toddler Time 9:30-11:00</p> <p>Drop In 5:30-7:00</p>	<p>19</p> <p><u>Drayton Site:</u> Community Mennonite Fellowship 9:30-11:00</p> <p><u>Arthur Site:</u> Pentecostal Church 9:30-11:00</p> <p><u>Mount Forest Site:</u> Book buddies 1:30-3:00</p>	<p>20</p> <p><u>Harriston Site:</u> Train Station 9:30-11:00</p> <p><u>Moorefield Site:</u> Optimist Hall 9:30-11:00</p> <p><u>Mt Forest Site:</u> Drop In 1:30-3:00</p>	<p>21</p> <p><u>Mt Forest Site:</u> Drop In 9:30-11:00</p>
<p>23</p> <p><u>Alma Site:</u> Bible Church 9:30-11:00</p> <p><u>Mt Forest Site:</u> Baby & Me Dietitian Visit 1:30-3:00</p> 	<p>24</p> <p><u>Palmerston Site:</u> Community Centre 9:30-11:00</p> <p><u>Mt Forest Site:</u> Drop In 9:30-11:00</p> <p>Drop In 1:30-3:00</p>	<p>25</p> <p><u>Mt Forest Site:</u> Toddler Time 9:30-11:00</p> <p>Drop In 5:30-7:00</p>	<p>26</p> <p><u>Drayton Site:</u> Community Mennonite Fellowship 9:30-11:00</p> <p><u>Arthur Site:</u> Pentecostal Church 9:30-11:00</p> <p><u>Mount Forest Site:</u> Book Buddies 1:30-3:00</p>	<p>27</p> <p><u>Harriston Site:</u> Train Station 9:30-11:00</p> <p><u>Moorefield Site:</u> Optimist Hall 9:30-11:00</p> <p><u>Mt Forest Site:</u> Drop In 1:30-3:00</p>	<p>28</p> <p><u>Mt Forest Site:</u> Drop In 9:30-11:00</p>
<p>30</p> <p><u>Alma Site:</u> Bible Church 9:30-11:00</p> <p>Strathcona Visit Drop In 2:15-3:15</p>			 <p><i>As we begin to move back indoors for our daily programs, please remember to bring indoor shoes or slippers with you as you never know when we could have an unexpected fire drill!!</i></p>		

All EarlyON Program Registrations begin August 26, 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:
<https://www.meetup.com/CRC-childrens-playgroups/>



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

Mon	Tue	Wed	Thu	Fri	Sat
<p style="text-align: center;">CLOSED TODAY</p> <p style="text-align: center;">Happy Labour Day Weekend!</p> 	<p style="text-align: center;">3</p> <p style="text-align: center;">ROCKWOOD DROP IN CANCELLED</p> <p><u>Erin Site:</u> Drop In 9:30-11:30 Drop In 1:30-3:00</p> <p><u>Melville Site:</u> <i>Little Gardeners</i> 1:30-2:30</p>	<p style="text-align: center;">4</p> <p><u>Rockwood Cons Area:</u> Stroller Hike 10:00-11:30</p> <p><u>Erin Site:</u> MORNING DROP IN CANCELLED Drop In 1:30-3:30</p> <p><u>Melville Site:</u> Toddler Time 9:30-11:00</p>	<p style="text-align: center;">5</p> <p><u>Erin Site:</u> DROP IN CANCELLED Baby & Me 1:30-3:00</p> <p><u>Melville Site:</u> Bounce Back & Thrive 10:00-12:00 Infant Massage 1:30-2:30</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">ERIN SITE CLOSED</p> <p><u>Melville Site:</u> Breastfeeding Café 2:30-3:30</p>	<p style="text-align: center;">7</p> <p><u>Erin Site:</u> Drop In 9:30-11:00</p>
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Drop Ins at the Fergus Sportsplex will resume in October!



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!
Book Buddies	2-6 Years	Join us as we investigate stories. We will read books and retell, explore, create and expand upon the ideas that we find in them. This is open and 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. 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. <i>Please register, space is limited.</i>
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. <i>Please register</i>
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. <i>Please register, space is limited.</i>
Toddler Time	12-30 Months	Each week toddlers will have the opportunities to develop independent and social skills while participating in fun activities including art, sensory, dramatic play and an interactive circle time. No registration is required.

Visit any of our EarlyON CFC Program Locations!

Alma Bible Church 59 Peel Street E Alma, ON	Arthur Pentecostal Assembly 121 Charles Street East Arthur, ON	Belwood Lions Hall 36 Queen Street Belwood, ON
Drayton Community Fellowship 109 Wellington Street S Drayton, ON	Erin EarlyON Site 185 Daniel Street Erin, ON	Fergus Sportsplex 550 Belsyde Ave, E Fergus, ON
Elora Community Centre 29 David Street, W Elora ,ON	Melville United Church 300 St Andrew Street, W Fergus, ON	Mt Forest EarlyON Site 311 Foster Street Mount Forest, ON
Harriston Train Station 83 Arthur Street, W Harriston, ON	Moorefield Optimist Hall 14 Ball Avenue Moorefield, ON	
Palmerston Community Centre 520 Cavan Street Palmerston, ON	Rockwood United Church 119 Harris Street Rockwood, ON	