

# Early Years Program Guide

April - June 2017

We offer free play-based activities for children and their parents and caregivers

## Ontario Early Years Centre (OEYC)

Stone Road Mall  
435 Stone Rd. W. 2nd Floor, Guelph, ON  
519-821-6638 option 3

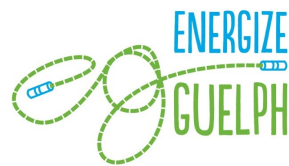
www.guelphchc.ca

 facebook.com/OEYCGuelph

## Happening this Season. . .

### Teddy Bear Picnic -

Wednesday, June 14,  
10-11:30am, Riverside  
Park, small pavilion. Erick  
Traplin will perform his live-  
ly musical show. There'll  
be lots of outdoor fun,  
creative activities, and a  
small snack. Please con-  
sider bringing a toonie as  
a donation. See page 2,  
Special Events.



Thanks to **Energize Guelph/Healthy Kids Community Challenge Funding** for all our great physical activity resources for each Neighbourhood Playtime site. Come join us at a location near you and let's have fun Moving 'n Grooving!

### Dental Workshop -

Parents/caregivers can learn about oral health care for their infants and young children. Topics include: caring for teeth and gums in infants and young children, what age to start visiting a dentist, foods to encourage/avoid, information about Ontario's Healthy Smiles program (a free dental program for eligible children and youth).

### Daddy & Me Drop-In Playtime -

First Saturday of the month. Details page 2.



## Office & Program Closures

Fri, Sat & Mon April 14, 15 & 17  
- Good Friday/Easter Wknd  
Sat & Mon May 20 & 22  
- Victoria Day Weekend

### Additional Closures:

Clairfields - Apr 28, Jun 9 & 30  
Westwood, Downtown, Two  
Rivers Playtimes - June 14  
(for Teddy Bear Picnic)

**\*Remember to check our website & Facebook page for all program cancellations!\***

**Thursday Morning Playtime at Stone Rd Mall** - the first play group (9:15-10:45am) on Thursday mornings will be cancelled from May 25 to June 22 to accommodate the Supporting the Transition to Kindergarten program. The 11:15am Playtime will run as usual in the full room.

Check how your child (birth to six) is speaking, moving, learning, acting and playing.

Speak to someone at:  
-OEYC's in Guelph & Wellington County  
-Brant Neighbourhood Group  
-Two Rivers Neighbourhood Group  
-Onward Willow Better Beginnings, Better Futures  
or Call **KIDSLINE** 1-800-265-7293 ext. 3616

## Drop-In Programs Schedule Begins Saturday, April 1 [Please visit our website for program descriptions](#)

Day	Program/Date	Time	Location
<b>Monday</b>	Brant Playtime	9:30-11:30am	Brant Ave Public School, 64 Brant Ave, Community Rm
	Downtown Playtime*	9:15-11:30am	Guelph CHC Downtown - Children's Room
	WE Breastfeed Café**	10:00-11:30am	East Side Branch Guelph Public Library 1 Starwood Dr
	Downtown Playtime	2:30-4:30pm	Guelph CHC Downtown - Children's Room
<b>Tuesday</b>	Group 1 - Stone Rd Mall Playtime* <u>or</u> Group 2 - Stone Rd Mall Playtime	9:15-10:45am 11:15am-12:30pm	Stone Road Mall Site
	Downtown Playtime	9:15-11:30pm	Guelph CHC Downtown - Children's Room
	Aberfoyle Playtime	9:30-11:30am	Puslinch Community Centre 23 Brock Road South
	Grange Hill Playtime	9:30-11:30am	Ken Danby School (Com Rm) 525 Grange Rd.
	Stone Rd Mall Playtime (half room)	2:00-4:30pm	Stone Road Mall Site
	Infant Afternoons (birth up to 8 mths)	2:00-4:00pm	Stone Road Mall Site
<b>Wednesday</b>	Group 1 - Stone Rd Mall Playtime <u>or</u> Group 2 - Stone Rd Mall Playtime	9:15-10:45am 11:15am-12:30pm	Stone Road Mall Site
	Downtown Playtime	9:15-11:30am	Guelph CHC Downtown - Children's Room
	Two Rivers Playtime	9:30-11:30am	Sacred Heart Church Hall 98 Alice St (please use Huron St door)
	Westwood Playtime	9:30-11:30am	Three Willows United Church 577 Willow Rd
	WE Breastfeed Café**	1:00-2:30pm	Guelph CHC Downtown - Children's Room
	Stone Rd Mall Playtime (half room)	2:00-4:30pm	Stone Road Mall Site
	Infant Afternoons (9 mths up to 18 mths)	2:00-4:00pm	Stone Road Mall Site
<b>Thursday</b>	Group 1 - Stone Rd Mall Playtime (half room) (cancelled May25-Jun22) <u>or</u> Group 2 - Stone Rd Mall Playtime	9:15-10:45am 11:15am-12:30pm	Stone Road Mall Site
	Brant & Waverley Playtime	9:30-11:30am	New Life Church 400 Victoria Rd. N
	Parkwood Gardens Playtime	9:30-11:30am	Parkwood Gardens Church 501 Whitelaw Rd
	Stone Rd Mall Playtime 6:45pm Story Time	2:00-7:00pm	Stone Road Mall Site
<b>Friday</b>	Group 1 - Stone Rd Mall Playtime* <u>or</u> Group 2 - Stone Rd Mall Playtime	9:15-10:45am 11:15am-12:30pm	Stone Road Mall Site
	Downtown Playtime*	9:15-11:30am	Guelph CHC Downtown - Children's Room
	Clairfields Playtime	9:30-11:30am	St. Paul Catholic School 182 Clairfields Dr. E
<b>Saturday</b>	Stone Rd Mall Playtime	9:30am-1:00pm	Stone Road Mall Site
	Daddy & Me (Apr 1, May 6, Jun 3)	2:00-3:15pm	Stone Road Mall Site

**Stone Road Mall site: Tuesday—Friday mornings** please attend only 1 program per morning.

All Playtime marked\* funded by County of Wellington and The Guelph Neighbourhood Support Coalition.

\*\*Breastfeeding Café for anyone interested in feeding breastmilk to their children. Older siblings are welcome at cafés.

## Special Events - Drop-In

Program	Dates	Time	Location	Description
<b>Teddy Bear Picnic</b>	<b>Wednesday</b> June 14 Rain date Jun21	10:00-11:30am	Riverside Park Small Pavilion	There'll be lots of outdoor fun, creative activities, and a small snack. Erick Traplin will perform his lively musical show. <b>Please consider bringing a toonie as a donation.</b>

Program Starts in **SIGN UP:**  
**Apr**  
**May**  
**Jun**  
**Mar 14**  
**Apr 11**  
**May 9**

**TO REGISTER:** Come to the **Ontario Early Years Centre Stone Rd Mall Site** or call 519-821-6638 option 3. Registration begins at 9:15am. Register early as programs fill quickly. Please limit your child to one program per sign-up date. Each child may participate once in each program. **Please plan to attend all classes of the session for which you have registered.**

### Registered Programs - for children to attend with their parents or caregivers

Program	Dates	Time	Location	Description
<b>Infant Massage</b> (birth to pre-crawling)  (4 or 5 weeks)	<b>Tuesdays</b> Apr 4 - 25 May 2 - 30  <b>Wednesdays</b> Apr 5 - May 3 May 10 - Jun 7  Jun 14 - Jul 12	3:00-4:15pm  1:30-2:45pm	Guelph CHC Downtown Site (Children's Room) - Siblings may be accommodated  East Side Branch Library 1 Starwood Dr - No siblings, please  Stone Rd. Mall Site (Meridian Rm) - No siblings, please	Infant Massage connects you deeply with your baby. It helps you to understand your baby and respond with love and respectful listening. You and your child will love the special time together! ((\$5 fee for materials). Please bring a yoga mat or blanket, and a towel.
<b>1, 2, 3 Come Play With Me!</b> (2 to 4 years)	<b>Thursdays</b> Apr 13 - May 18	9:15-10:45am	Stone Rd. Mall Site - Siblings are welcome	Fun using hula hoops, bean bags, balls etc. combined with songs, stories and art activities for children and their parents or caregivers.
<b>Supporting the Transition to Kindergarten</b> (Children entering JK in Sept)	<b>Thursdays</b> May 25 - Jun 22	9:30-11:00am	Stone Rd. Mall Site (Meridian Room)	Preparing to begin school is an exciting time and a great opportunity for children and parents to learn together. Join this play-based program where we explore the fundamentals.
<b>Speed River Stroller Walk</b> (0 to 6 years)	<b>Thursdays</b> Jun 1 - 29	10:00-11:30am	Meet at Royal City Park Gazebo Cancelled If raining at 9:00am	Get some exercise! You choose the pace. Meet other parents, talk to a Parent Educator. Circle time at 11:15am.
<b>Birthday Books</b> (1 to 6 years)	<b>Fridays</b> Apr 21 May 26 Jun 23	1:00-3:00pm	Guelph CHC Downtown Site (Children's Room) - Siblings are welcome	A program for children who will celebrate a birthday that month. Special guests read stories, we have a healthy snack and birthday cake, and birthday children can choose a free book.
<b>Story Walk</b> (2-6 years)	<b>Friday</b> Jun 9	10:00-11:00am	Meet at Royal City Park Gazebo - Siblings are welcome	Enjoy reading "One Hungry Heron" by Caroline Beck while going for a stroll in the park! Story related crafts and activities included.

### Parent Support Programs - for parents/caregivers (no child care provided, babies in arms welcome)

#### Registration required

Program	Dates	Time	Location	Description
<b>Dental Workshop</b> (For parents/caregivers to learn about children's oral health care, 0-6 yrs)	<b>Monday</b> May 8	6:30-7:30pm	Stone Rd. Mall Site (Meridian Room)	Learn about oral health of infants and young children from a Certified Dental Assistant from WDG Public Health.
<b>Early Years Baby Basics</b> (birth to 3 months) (First-time parents given preference)	<b>Wednesdays</b> Apr 12 - May 17 (no class May 3)  May 24 - Jun 28	10:00-11:30am	Stone Rd. Mall Site (Meridian Room)	Five workshops that will explore your questions and expectations during the first 6 months of parenting.
<b>Attachment and Discipline - Circle of Security®</b> (8 week parenting discussion group)	<b>Thursdays</b> Apr 20 - Jun 15 (no class May 4)	6:30-8:00pm	Stone Rd. Mall Site (Meridian Room)	Explore the question: Why does my child behave this way? Our children's behaviour is their way of communicating. Learn different ways to respond and reduce family stress.

**Eligibility for Programs** - Unless otherwise stated children are eligible for all programs up to December 31 of the year they turn 6. Programs are open to all parents, and to caregivers 18 years and older. There is a maximum of 5 children per adult for drop-in programs and a maximum of 3 children per adult for registered programs.

## Early Years Goal Statement:

The OEYC of Guelph strives to be a welcoming environment that promotes play and supports healthy child development, where everyone can make connections thus fostering a sense of community for young children and those who care for them.

Need breastfeeding help, reassurance or someone who has been there to lend an ear? **WE Breastfeed** volunteers are here for you. WE Breastfeed matches trained volunteers who are parents themselves with parents who are nursing and need support and parents who are pregnant and want to learn about breastfeeding. Help is available in several languages in addition to English. The program is free. Call 519-821-6638 ext. 250  
Email: [webreastfeed@guelphchc.ca](mailto:webreastfeed@guelphchc.ca)



[www.guelphchc.ca/healthy-living/outreach/we--breastfeed](http://www.guelphchc.ca/healthy-living/outreach/we--breastfeed)

- Would you like to go to a community drop-in playtime or gathering with other parents but are hesitant to go alone?
- Would you like your young child to play with other children?
- Would you like to meet other parents who may experience similar parenting challenges as you?

**Early Years Pathways** is a new pilot program that pairs trained parent volunteers with parents who are interested in becoming more connected to the **Guelph Ontario Early Years Centre**.

If you live in the **Brant, Two Rivers** or **Grange Hill East** neighbourhoods and would like to know more about this peer-to-peer program, contact us for more information.

Join us at the Playtime drop-in programs at **Brant, Two Rivers** and **Grange Hill East**.

We are seeking parent volunteers that speak multiple languages.



For more info contact 519-821-6638 x 275 or [EarlyYearsPathways@Guelphchc.ca](mailto:EarlyYearsPathways@Guelphchc.ca)



The **Home Child Care Providers Drop-In**, a program for home child care providers to attend with the children in their care, runs Mondays 9:15-11:15am at the Stone Road Mall site of the OEYC.



Find us at:  
[www.facebook.com/qccigw.ca](http://www.facebook.com/qccigw.ca)

**facebook**

'Like Us' to receive info about the Quality Child Care Initiative's events and activities.

**We always welcome donations.** You can do it online at [www.guelphchc.ca](http://www.guelphchc.ca) or send a cheque payable to Guelph Community Health Centre. Please specify Early Years in the memo section. Tax receipts will be provided to those donations over \$20.

We gratefully acknowledge the support of our Partners and Funders.



Look for our Jul-Aug 2017 Guide the first week of June



Please remember we are a **peanut-free and scent-free centre.**

Interested in Volunteering?  
Contact our Volunteer Coordinator at ext. 326