



Child and Family Centre

EarlyON Child and Family Centre Program Schedule NOVEMBER 2023

Drop-In Programs

All *Drop-In* programs are for families and caregivers with children between birth and 6 years unless otherwise stated.

These programs are offered on a first-come-first-served basis.

Due to the popularity of our Stone Road Mall morning *Playtimes*, we ask that you decide to attend either 9 am—11 am or 11 am—1 pm.

Drop-In programs on **this page** are offered at our **Stone Rd Mall location.**

Check **next page** for our *Drop-In* Programs **throughout the community.**

WE INVITE YOU TO CONNECT WITH US...

Address

Stone Rd. Mall 2nd floor
435 Stone Road W.
Guelph ON N1G 2X6

Office Hours

Monday to Friday
9:00am to 1:00pm
and
2:00pm to 4:00pm

Call

519-821-6638 Option 4

Email

earlyon@guelphchc.ca

Website

<https://guelphchc.ca/families-and-children/early-years-centre/>

Facebook

<https://www.facebook.com/EarlyONGuelph>

WE WELCOME YOUR FEEDBACK

WE OFFER FREE PLAY-BASED ACTIVITIES FOR CHILDREN BIRTH TO SIX YEARS AND THEIR PARENTS AND CAREGIVERS



Day	Program	Time
Sunday	Closed	
Monday	Playtime	9:00 am-11:00 am
	Playtime	11:00 am-1:00 pm
	Infant Afternoon <small>Birth up to 8 months</small>	2:00 pm-4:00 pm
	Playtime <small>Half children's playroom</small>	2:00 pm-4:00 pm
Tuesday	Playtime	9:00 am-11:00 am
	Playtime	11:00 am-1:00 pm
	Infant Afternoon <small>9 months up to 18 months</small>	2:00 pm-4:00 pm
	Playtime <small>Half children's playroom</small>	2:00 pm-4:00 pm
Wednesday	Playtime	9:00 am-11:00 am
	Playtime	11:00 am-1:00 pm
	Playtime	2:30 pm-4:30 pm
	Playtime	4:30 pm-6:30 pm
Thursday	Playtime	9:00 am-11:00 am
	Playtime	11:00 am-1:00 pm
	Playtime	2:30 pm-4:30 pm
Friday	Playtime	9:00 am-11:00 am
	Playtime	11:00 am-1:00 pm
Saturday	Playtime	9:00 am-11:00 am
	Playtime	11:00 am-1:00 pm

Community Drop-In Programs

Community Drop-In Programs

All *Drop-In* programs are for families and caregivers with children between birth and 6 years unless otherwise stated.

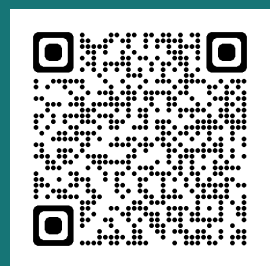
These programs are offered on a first-come-first-served basis.

Day	Program	Location	Time
Tuesday	Playtime	Puslinch Community Centre 23 Brock Rd. S.	9:30 am-12:00 noon
	Playtime	Westminster Square Library Branch #100—31 Farley Dr.	9:30 am-12:00 noon
	Walk	The Arboretum Use the entrance off College Ave., nearest to Victoria Rd. Meet in the large parking lot on the left, near the Arboretum Centre.	3:00 pm-3:45 pm
Wednesday	Playtime	Guelph Civic Museum 52 Norfolk St.	9:30 am-12:00 noon Cancelled Nov 8 and Nov 29
	Playtime	East Side Library Branch 1 Starwood Dr.	9:30 am-12:00 noon
	Playtime	East Side Library Branch 1 Starwood Dr.	1:30 pm-3:30 pm
Thursday	Playtime	Westminster Square Library Branch #100—31 Farley Dr.	9:30 am-12:00 noon Cancelled Nov 30
	Playtime	Puslinch Community Centre 23 Brock Rd. S.	9:30 am-12:00 noon Cancelled Nov 30
Friday	Playtime	East Side Library Branch 1 Starwood Dr.	9:30 am-12:00 noon Cancelled Nov 24 and Dec 1



Check our Facebook page for last minute program cancellations.

<https://www.facebook.com/EarlyONGuelph>



Registered Adult Program

To Register

Sign Up Before the Program Start Date

Drop in at the EarlyON Child and Family Centre
Or call 519-821-6638 Option 4
Or email us at earlyon@quephchc.ca

Registered programs are available
as a series,
for all the dates indicated.

Program	Day and Dates	Time
Baby Basics <u>Birth to 6 months</u> Explore your questions and expectations during the first 6 months of parenting. Topics include child development, parenting, attachment, sleep, postpartum mood disorder, and nutrition.	Wednesdays November 15, 22, December 6, 13, and 20 No class November 29	2:30 pm to 4:00 pm

Do You Have Parenting Questions ?

Schedule a call with one of our EarlyON parent support staff.

To set up a time that is best for you,

email: earlyon@quephchc.ca

Virtual Drop-In Children's Programs

Program links are on our Facebook event page visible before program start time.

<https://www.facebook.com/EarlyONGuelph>

Program	Day	Time
Virtual Time to Sing Join us for this virtual program where we sing songs and rhymes, and have time to chat with each other	Wednesday	2:00 pm-2:30 pm
Virtual Storytime Our Facilitator will read together with families in an interactive and fun session.	Thursday	3:00 pm-3:30 pm

We Breastfeed and Chestfeed Drop-In Program

We Breastfeed and Chestfeed is a peer-led program for pregnant people and parents looking for support for infant feeding. Come to this in-person, weekly drop-in with your breastfeeding questions or challenges and get support from trained peers. Caregivers, support people, and older children are welcome!

Fridays

11:00 am-12:30pm

EarlyON, Child & Family Centre
Stone Road Mall 2nd Floor