



Child and Family Centre

September 2025 Program Schedule

Daily Drop-in Programs

– Stone Road Mall –

Offering free play-based activities for children birth to 6 years with their parents, caregivers and families.

For more information:



guelphchc.ca/earlyon

Social Media:




@earlyonguelph



@earlyonguelph

Contact Us:

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Guelph, ON N1G 2X6

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SUNDAY

– CLOSED –

MONDAY

Playtime 9 - 11 am | 11 - 1 pm | 2 - 4 pm

Infant Afternoon 2 - 4 pm
Birth - 8 months

TUESDAY

Playtime 9 - 11 am | 11 - 1 pm | 2 - 4 pm

Infant Afternoon 2 - 4 pm
9 - 18 months

Morning Playtimes
cancelled Sep. 9

WEDNESDAY

Playtime 9 - 11 am | 11 - 1 pm | 2 - 4 pm |
4 - 6:30 pm

THURSDAY

Playtime 9 - 11 am | 11 - 1 pm | 2 - 4 pm

FRIDAY

Playtime 9 - 11 am | 11 - 1 pm

SATURDAY

Playtime 9 - 11 am | 11 - 1 pm

All Drop-in programs are for families and caregivers with children up to 6 years of age, 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 attend either 9 - 11 am or 11 - 1 pm.

Community Drop-in Programs

MONDAY	Intergenerational Playtime Sep. 8 and 22	St. Joseph's Health Centre 100 Westmount Road	10 - 11:30 am
	Playtime	East End Library 1 Starwood Drive	1 - 3 pm
TUESDAY	Playtime Starts Sep. 23	Puslinch Community Centre 23 Brock Road	9:30 - 12 pm
WEDNESDAY	Playtime Starts Sep. 3	Guelph Civic Museum 52 Norfolk Street	9:30 - 12 pm
THURSDAY	Outdoor Explorations Join us for this new outdoor program where we combine small group activities, walks, and play in a natural setting.	Arboretum Hales McKay Shelter 250 Arboretum Road	9:30 - 11 am
FRIDAY	Playtime	Main Library 100 Norfolk Street	9:30 - 12 pm

Virtual Programs

TUESDAY	Songs and Storytime Starts Sep. 16	Microsoft Teams (link to be posted on Instagram)	1:30 - 2 pm
WEDNESDAY	Songs and Storytime Starts Sep. 17	Microsoft Teams (link to be posted on Instagram)	1:30 - 2 pm

Weekly Drop-in Programs

– Stone Road Mall –



**WE BREASTFEED
AND
CHESTFEED**
GUELPH

We Breastfeed and Chestfeed is a peer-led program for pregnant people and parents looking for support with 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 all welcome!

Tuesdays
11 - 12:30PM

EarlyON Child & Family Centre

Stone Road Mall 2nd Floor
Meridian Community Room

Cancelled Sep. 9

Check for last minute cancellations!



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Pre-registered Programs

Pre-registered programs run as a series for all the dates indicated.

Infant Massage

Birth - 6 months

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!

Wednesdays
2:30 - 3:35 pm

Oct. 1, 8, 15, 29,
and Nov. 5

No session October 22

Baby Basics

Birth - 9 months

Explore your questions and expectations during the first 6 months of parenting. Topics include child development, attachment, sleep, self care, and nutrition.

Wednesdays
2:30 - 4 pm

Nov. 12, 19, 26,
Dec. 3, and 10

Raising Competent Eaters Series

Presented by the Guelph Family Health Team



Session 1: Introduction to Solids

Recipe and technique sharing to encourage healthful, less processed foods to maximize nutrition.

Monday, Sep. 15
2 pm - 3:30 pm

Session 2: Make Your Own Solids

Covers safety concerns, myths/facts about intro to solids, foods to meet nutritional needs, strategies for better food acceptance and help in how to raise competent eaters.

Monday, Sep. 22
2 pm - 3:30 pm

Session 3: Raise a Healthy, Happy Eater

Help families and children to enjoy meal-time together while building food acceptance and self-regulation skills around food. We will address the topic of selective eaters.

Monday, Sep. 29
2 pm - 3:30 pm

How to Pre-register

You must have an EarlyON account to pre-register for a program.

Scan QR code to
create an account:



Use the link:

ceyd.wellington.ca/childrensservices/en-ca/sign-in

Scan QR code to see video
instructions to create an account:



Pre-register for programs:

Scan QR code:



Use the link:

<https://ceyd.wellington.ca/childrensservices/en-ca/earlyon/calendar/en-ca/sign-in>

- Select start date of the program
- Select program and location
- Under "Pre-Registration", select "Sign-In" and follow the prompts.