



Child and Family Centre

January 2026 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:

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

 519-821-6638 Option 4

 earlyon@guelphchc.ca

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

WEDNESDAY

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

Toddler Afternoon* 2-4 pm

18 - 30 months

Starts Jan 14*

THURSDAY

Playtime 9-11 am | 11-1 pm

Closed Jan 1

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.



Ontario

Ministry of Education



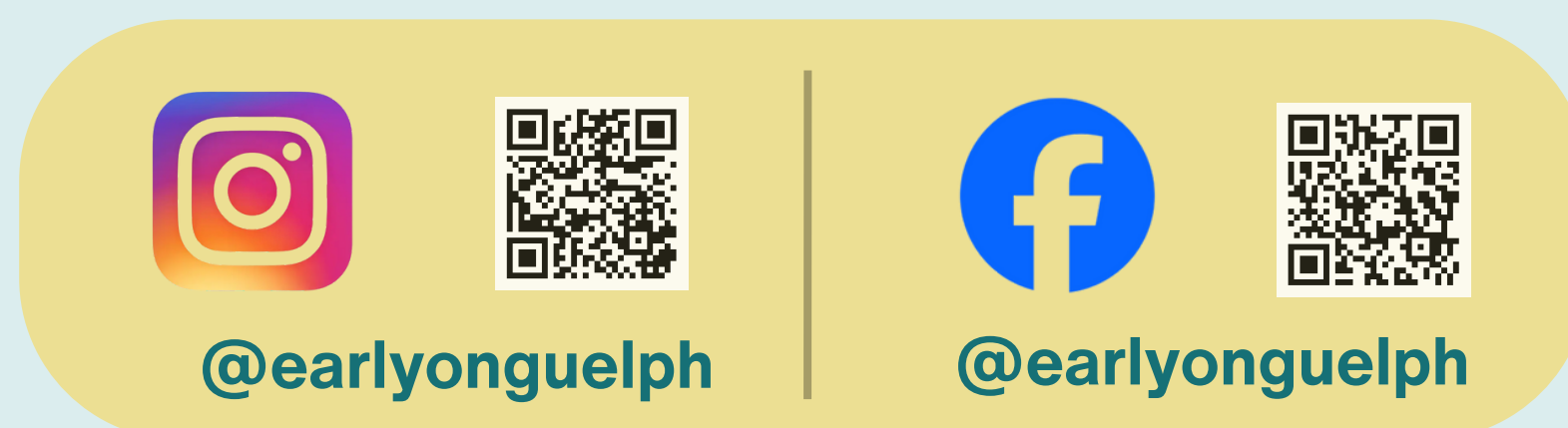
Guelph CHC
growing healthy together

Community Drop-in Programs

***All community drop-in programs will be CLOSED Jan 1 - 5**

MONDAY	Intergenerational Playtime Jan. 12 and Feb 2	St. Joseph's Health Centre 100 Westmount Road	10 - 11:30 am
TUESDAY	Playtime	Puslinch Community Centre 23 Brock Road	9:30 - 12 pm*
WEDNESDAY	Playtime	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.	The Arboretum Hales McKay Shelter 250 Arboretum Road	Please check our social media for updates.
FRIDAY	Playtime	Main Library 100 Norfolk Street	9:30 - 12 pm* Cancelled Jan 30

Check for last minute cancellations!



In addition to our EarlyON programs, the Guelph Community Health Centre offers the following programs for children and families!



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!

Tuesday
11 - 12:30 pm

Cancelled Jan 6

Stone Road Mall 2nd Floor
Meridian Community Room

If you are interested in this program, please click the link or scan the QR code to receive an email when registration opens.

<https://forms.office.com/r/4ST6Xp208t>



Bounce Back & Thrive!™ (BBT) is a resiliency skills training programme designed to meet the needs of parents (and those in a parenting role) of children under the age of 8.

BBT helps parents navigate everyday stress and challenge and role model these skills in daily interactions with their children helping them and their children to bounce back and thrive.

BBT 10 week resiliency skills training programmes:

Helps parents to

- Reach IN to develop healthy ways to cope – with stress and tough times
- Explore skills that help to regulate and manage stress
- Understand the connection between our thoughts and feelings / reactions about the events that happen in our lives
- Learn how to notice and respond to emotions in ourselves and others
- Respond to challenges with flexibility and compassion
- Reach OUT to find support and offer it to others

Shows parents how to help children by

- Developing caring and responsive relationships
- Being positive role models
- Supporting children's regulation through co-regulation and calming skills
- Helping children develop the skills to express their own emotions
- Strengthening children's sense of self and belief in their own capabilities
- Assisting children to develop their own caring and responsive relationships with others

The skills training is delivered by **Authorized BBT Trainers** and is available in a variety of formats. Upon completion parents receive a BBT certificate to recognize their participation in the training.



www.wellington.ca/riro



Alternate formats available upon request.



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Pre-registered Programs

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

Songs and Storytime

Virtual

Join us for this virtual program where we sing songs, share rhymes, and listen to a story. It's a great way to connect, have fun and build community - all from the comfort of home.

Tuesday
1:30 - 2 pm

Guest Storyteller: Tuesday Jan 13
Shyanne from Out on the Shelf will be reading from a selection of books.

Infant Massage

Birth - 9 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!

Wednesday
2:30 - 3:45 pm

Jan 28, Feb 4, 11, 18, 25

Supporting the Transition to Kindergarten

For children starting school in September 2026

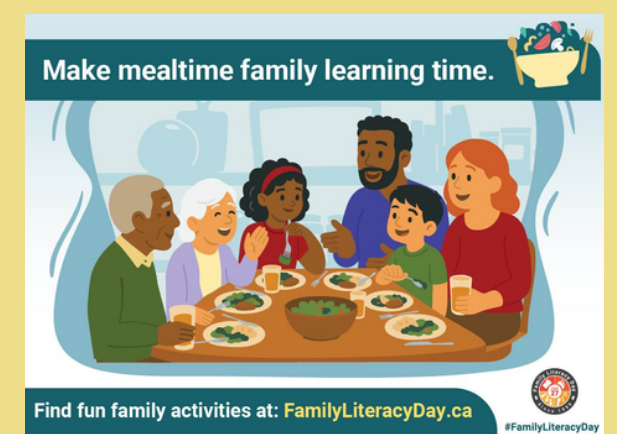
Join us for this play-based program designed for caregivers and children as they prepare for the transition to kindergarten. Together, you'll explore helpful insights, resources, and early learning activities that support this transition. **There are a limited number of spots available for younger siblings.**

Tuesday
9:30 - 12 pm

Session #1 Feb 3, 10, 17, 24
Session #2 Mar 3, 10, 24, 31

Family Literacy Day! Tuesday Jan 27 2026

Family Literacy Day was created by ABC Life Literacy Canada in 1999 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family. Held annually on January 27, this year's theme is "Make mealtime family learning time". Preparing for mealtime is a fun (and tasty) way for families to learn together. Whether it's following recipes, making shopping lists, or sharing stories at the dinner table, make your mealtime family learning time.



Please watch for updates on guest storytellers and events for this day.

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>

Scan QR code to see video instructions on pre-registering:

