



Child and Family Centre

April 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

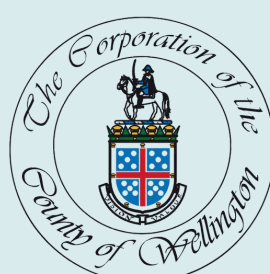
☎ 519-821-6638 Option 4

✉ earlyon@guelphchc.ca

SUNDAY	CLOSED
MONDAY	Playtime 9-11 am 11-1 pm 2-4 pm Infant Afternoon 2-4 pm <i>Birth - 8 months</i>
TUESDAY	Playtime 9-11 am 11-1 pm 2-4 pm Infant Afternoon 2-4 pm <i>9 - 18 months</i>
WEDNESDAY	Playtime 9-11 am 11-1 pm 2-4 pm 4-6:30 pm Toddler Afternoon 2-4 pm <i>18 - 30 months</i>
THURSDAY	Playtime 9-11 am 11-1 pm
FRIDAY	Playtime 9-11 am 11-1 pm Cancelled Apr 3
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) and 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 Apr. 6, May 4, Jun. 1	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 Cancelled Apr 22
		Auden Community Centre 394 Auden Road	10 - 11:30 pm Cancelled Apr 29
THURSDAY	Outdoor Explorations Join us for this outdoor program where we combine small group activities, walks, and play in a natural setting.	The Arboretum Hales McKay Shelter 250 Arboretum Road	9:30 - 11 am Apr. 2, 16
FRIDAY	Playtime	Main Library 100 Norfolk Street	9:30 - 12 pm Cancelled Apr 3, 24

Check for last minute cancellations!

[@earlyonguelph](https://www.instagram.com/earlyonguelph)

[@earlyonguelph](https://www.facebook.com/earlyonguelph)

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

Stone Road Mall 2nd Floor
Meridian Community Room



Bounce Back & Thrive!^{OM} (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	Shows parents how to help children by
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- 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

- 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.

Register Here



Please see next page for session details.

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
10:30 - 11 am

Cancelled Apr 21

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

Apr. 1, 8, 15, 22

Bounce Back & Thrive!^{OM}



An evidence-based resiliency skills training program for parents and caregivers with children under the age of eight. 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.

Wednesday
2 - 4 pm

Jun. 10, 17, 24, Jul. 8, 15,
22, Aug. 5, 12, 19, 26

How to Pre-register

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

Scan QR code to create an account:



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



Use the link:

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

Pre-register for programs:

Scan QR code:



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



Use the link:

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