



# EarlyON | St. Francis January 2019

## Drop in - Stay, Play and Explore with us!

**EarlyON | St. Francis is operated by Our Place Family Resource and Early Years Centre**

We are located at 154 Gatewood Road, Kitchener; Section B – Enter off Blueridge Ave. (from Queen Str.)

We can be reached by calling 519-571-1626 or by email [ourplace@ourplacekw.ca](mailto:ourplace@ourplacekw.ca)

EarlyON Child and Family Centres offer free, drop-in programs for children, parents and caregivers in a friendly environment that fosters children’s learning and development, provides support to parents and caregivers, and connects families to community services. Our drop-in learning environment is available anytime our centre is open. We provide a variety of developmentally appropriate fun, and interactive learning opportunities for you and your child to explore together. Build connections with others while exploring play based learning with your child and other families. Have a question? Looking for a resource? Ask one of our EarlyON facilitators for support, information or resources.

**Come visit us today!!**

Calendar revised Dec. 17

## ← DROP IN ANYTIME →

Drop In – Stay, Play and Explore for Children, Parents and other caring adults

Monday 9:00 – 4:00 pm	Tuesday 9:00 – 4:00 pm	Wednesday 9:00 – 7:00 pm	Thursday 9:00 – 4:00 pm	Friday 9:00 – 12:00 pm	Saturday 9:00 – 12:00 pm
<b>Drop In - SPE 9 am – 4 pm</b>	<b>Drop In - SPE 9am – 4 pm</b>	<b>Drop In - SPE 9 am – 7 pm</b>	<b>Drop In - SPE 9 am – 4 pm</b>	<b>Drop In - SPE 9 am – 12 pm</b>	<b>Drop In - SPE 9:00am–12:00pm</b>
Music & Movement 11:30 – 12:00pm	Music & Movement 11:30 – 12:00pm	Drop in Sensory Play 9:00am – 3:00pm	Music & Movement 11:30 – 12:00pm *not Jan. 10 <sup>th</sup>	Apprendre ensemble! 9:00 – 11:30 am	Dads & Kids Play 9:30 – 11:00am Jan. 12 <sup>th</sup> only
Baby & Me Discovery 1:00 – 2:30pm		One is Fun 9:00 – 11:30am	Intergenerational Storytime 11:30 -12:00pm Jan. 10 <sup>th</sup> only	Baby and Me 10:45 – 11:45am *cancelled Jan. 11	Parent Chat 9:30 – 11:30am Jan. 12 & 26 only
		Music & Movement 11:30 – 12:00pm 6:30 – 7:00 pm		One is Fun 9:00 – 11:30am *cancelled Jan. 11	Music & Movement 11:30 – 12:00pm
		Artistic Infants 1:00 – 1:45 and 2:00 – 2:45pm		Music & Movement 11:30 – 12:00pm	
		Baby and Me 1:00 – 1:45 and 2:00 – 2:45pm			
		Baby and Me Breastfeeding 1:30 – 2:30pm			

**\*Note our NEW HOURS for Fridays and Saturdays beginning January 11<sup>th</sup>**

- Fridays we are closing at noon
- Saturdays we are opening at 9:00 am

## Registered Programs

**\*\*To register for these programs below – please speak to one of our EarlyON staff \*\***

During Your Pregnancy	Parent and Child
<p><b>Me Breastfeed? Workshop</b> Wed. January 9<sup>th</sup> at 6:15 pm – 8:30 pm Register by phone 519-571-1626</p>	<p><b>Community of Learning</b> Wednesdays January 16 – February 20 (6 weeks) Time: 1:00 – 2:30 pm</p>
<p><b>Preparing for Parenthood</b> Wednesday Evenings at 6:30 pm – 8:00 pm January 16 – February 13 Register online at <a href="http://www.earlyyearsinfo.ca">www.earlyyearsinfo.ca</a></p>	<p><b>Families Connecting</b> Wednesdays Time: 9:30 am – 11:00 am January 9 – January 30 Monthly session</p>
Pregnancy and Postpartum	<p><b>Family Kitchen</b> Mondays January 7 – January 28 Time: 1:00pm – 2:30pm Monthly sessions *For families with children 2-6 – siblings are welcome to join in the group*</p>
<p><b>Stork Secrets</b> - Peer Support program for Pregnant and Postpartum Mothers with infants under 2 years adjusting to changes and challenges of parenthood.  This program is offered at a variety of sites in the community on different days of the week. For more info call 519-571-1626 ext. 25 or you can register online at <a href="http://www.earlyyearsinfo.ca">www.earlyyearsinfo.ca</a></p>	
Together with Your Baby	
<p><b>Infant Massage (birth – 12 months)</b> Fridays 9:15 – 10:15 am January 18 – February 8 (4 weeks)</p>	For Families New to Canada
<p><b>Sleep and Your New Baby (birth – 12 weeks)</b> Wednesdays 5:30 pm – 7:00 pm January 9 &amp; January 23 OR Saturday 10:00 am – 11:30 am January 19</p>	<p><b>Parenting in a New Society</b> Wednesdays 9:30 am – 11:15 am January 9 – February 13<sup>th</sup> (6 weeks) Children’s program available – infants under 1 year can stay with parent in group.</p>
<p><b>Make the Connection Birth – 1 year (Cost \$15)</b> Tuesdays January 15 – March 5 (8 weeks) Time 1:30 pm – 3:00 pm</p>	<p><b>Transition to Kindergarten for Newcomers</b> Thursdays 1:00 – 2:00 pm *New Time* January 17 – March 21 (10 weeks) Parent &amp; Children stay together during group * For Families new to Canada</p>
<p><b>Make the Connection 1-2 years (Cost \$15)</b> Thursdays February 7 – March 28 (8 weeks) Time 9:30 am – 11:00 am</p>	<p><b>Cooking and Conversation</b> Thursdays January 10 – May 30 Time: 1:00 pm – 2:30 pm Contact Rahma @ 519-579-9622 ext. 227 or by email <a href="mailto:relmi@ckwymca.ca">relmi@ckwymca.ca</a> to register</p>
<p><b>** For any programs with a cost – this cost is to cover program materials. Fee Assistance is available**</b></p>	

OUR PLACE is committed to ensuring that upon request we will provide any document in an accessible format and communication supports can be provided if requested. All of our AODA (Accessibility for Ontarians with Disabilities Act) Policies and Procedures are posted on our website and are also available in accessible formats if requested. If you would like to make a request, please contact us at [ourplace@ourplacekw.ca](mailto:ourplace@ourplacekw.ca)



## Offsite Programs

EarlyON Drop in – Stay, Play and Explore:		
Centreville Chicopee C.C. (Jan. 10 <sup>th</sup> )	141 Morgan Ave, Kit.	Thursdays 9:15am – <b>12:00pm</b>
Chandler Mowat C.C. (Jan. 8 <sup>th</sup> )	222 Chandler Drive, Kit.	Tuesdays 9:00am – 11:00am
Kitchener Market (starts Jan. 11 <sup>th</sup> )	300 King Street East, Kit.	Fridays 9:30am – 10:00am Music & Movement 10:00am – 11:00am Drop in – SP&E
Queen Elizabeth Public School (Jan.8)	191 Hoffman Street, Kit.	Tuesdays 9:00am - 11:30am
Victoria Hills Community Centre (Jan.8)	10 Chopin Drive, Kit.	Tuesdays 9:30am – 11:30am
Infant Massage at Stanley Park C. C.	505 Franklin Street N. Kit.	Tuesdays 1:30pm – 2:30pm January 8 – January 29
Infant Massage at Victoria Hills C.C.	10 Chopin Drive, Kit.	Tuesdays 1:30pm – 2:30pm January 8 – January 29
Infant Massage at Centreville Chicopee C.C.	141 Morgan Ave, Kit.	Thursdays 1:00pm – 2:00pm January 10 – January 31
***Infant Massage programs are registered through the City Of Kitchener ActiveNET		

## Connections and Referrals

KidsAbility Preschool Speech and Language Support	<b>Wed. Jan. 9 &amp; Jan. 23 Appointments Available 9:30 am – 11:30 am</b> A Speech Language Pathologist from KidsAbility will offer Speech and Language Support for children, parents, and caregivers.	
Waterloo Region Family Network Resource Coach (WFRN)	<b>Wednesday Jan. 30 Resource Coach onsite from 10:00 am – 11:00 am</b> This service focuses on supporting all families impacted by special needs; with or without a diagnosis and regardless of age. Erin is available to connect with families to provide support for their unique needs and help with navigating community resources in order to make informed decisions. Drop in service, no appointment required.	
Vision Clinics with University of Waterloo – School of Optometry & Science	<b>Thurs. Jan. 24; Appointments Available: 10:30 am – 2:30 pm</b> This Service will provide a partial vision exam or a full vision exam - if parents do not have an existing family optometrist. OHIP will cover both exams - <b>please provide OHIP numbers when booking the appointment.</b> Vision Clinics can be provided for children with no OHIP coverage i.e. refugee children or new immigrant.	
Zero2six Children's Mental Health Consultation	<b>Mon. Jan. 14 &amp; Jan. 28; Appointments Available: 9:15 am – 12:15 pm</b> Is your child age six or younger and experiencing or at risk of developing social, emotional, behavioural and/or mental health challenges? We can help. We offer a one-hour confidential consultation service for parents. The focus of the consultation can include sleep, toileting, social and emotional development, behavioural challenges and/or parenting strategies.	

\*\*\* For Services listed above – Please call 519-571-1626 \*Drop in Support also available if time permits\*

KW Parents of Multiple Births Association (POMBA) Drop In Play	Parents of Multiple Births Association meet monthly to socialize, celebrate and strategize with other parents of multiple births. This program focuses on families with multiples up to 3 years of age.	Saturday January 12 Time: 9:45am – 11:45am For information contact <a href="mailto:twintrospectives@gmail.com">twintrospectives@gmail.com</a>
Preemie Parent of Waterloo Region Drop In Play	Join parents of children born prematurely, talk openly about your questions and concerns amongst a group who understands. Bring your children along for interaction with other preemies at different stages.	Monday January 21 Time: 9:45am – 11:45am For information email <a href="mailto:preemiepowwr@gmail.com">preemiepowwr@gmail.com</a>
Mother Connection	This program is for mothers of children with Down Syndrome. The workshop facilitator will provide information, support, and resources to the group.	Wednesdays Jan. 9 – May 29 9:30am - 11:15am For information contact Stacey Beattie <a href="mailto:stacey.bartley@yahoo.ca">stacey.bartley@yahoo.ca</a>
Family Outreach Program	A Family Outreach Worker can assist you in connecting with services you and your family may need. The	Program Hours Available: Mondays, Tuesdays, and

	Family Outreach Program is operated by House of Friendship. *Call Mehdiya 519-498-7492 for appointment	Wednesdays 9-4 pm Fridays 9-12 pm
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## Other information:

### Planned Closures

Our site will be closed: Fridays at noon beginning Jan. 11<sup>th</sup>

### Unplanned Closures

For unscheduled closures please check our Facebook page, website, 570 news or call us at 519-571-1626 ext. star29 (\*29) for times when we need to close unexpectedly.

### Health and Wellness

Whether you are looking to stay for the day or just a couple of hours, your family is welcome to bring a meal or snack to share together.

We try to minimize illness by practicing good hygiene and disinfecting toys regularly. Children who are too ill to play, to attend childcare, or to attend school are too ill to come to the EarlyON Child and Family Centres. We follow Public Health guidelines and ask that you return to the centre after he/she is free of diarrhea and/or vomiting for 24 hours. Many babies and very young children attend the EarlyON Child and Family Centres and these children play and learn by mouthing objects. If you or your child show signs of high fever, vomiting, diarrhea or other contagious illness you will be asked to leave the centre until you are well.

We strive to be Scent-free, Nut-free And Sesame-free. Many people attending our programs have severe allergies. Help keep them safe.

### Programming Outdoors

Programming can be held out in the Outdoor Learning Area

### Footwear

For safety reasons - we recommend dry, indoor footwear.

### Stroller Parking

Stroller Parking is located by the gym. We ask that you leave your stroller there when visiting our centre. This helps keep our floors dry and our Exits clear.

### Tours

Tours are available. Call the front desk for more information @ 519-571-1626.

### Connect with EarlyON programs in Waterloo Region on Social Media:

We would love to connect with you and your family on social media! If you take a picture of your family enjoying our sites, please share the picture with us on-line. Ask questions, share your experiences and receive up to date information about programs and resources for your family.



@EarlyONWR



@EarlyONWR

### Connect with us:

#### Our Place Family Resource and Early Years Centre

154 Gatewood Road, Kitchener N2M 4E4;

ENTRANCE B (Parking lot access off Blueridge Ave. & Queen Str.)

Telephone: (519) 571-1626

[www.ourplacekw.ca](http://www.ourplacekw.ca) and [www.earlyyearsinfo.ca](http://www.earlyyearsinfo.ca)



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