

# February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px;"> <p><u>Centre Hours:</u></p> <p>Monday 9:30 am – 4:00 pm</p> <p>Tuesday 9:30 am – 7:00 pm</p> <p>Wednesday 9:30 am – 4:00 pm</p> <p>Thursday 9:30 am – 4:00 pm</p> <p>Friday 9:30 am – 4:00 pm</p> <p>Saturday 9:15 am – 2:30 pm</p> </div>					<sup>1</sup> <u>Dad, Grandpa, Uncle and Me</u> Birth-6 years 9:15 -11:15 am  <u>Family Fun</u> Birth-6 years 12:30-2:30 pm
<sup>3</sup> <u>Family Fun</u> Birth-6 years 9:30-11:30 am  <u>My Baby and Me</u> Birth-12 months 2:00-4:00 pm	<sup>4</sup> <b>*Transition to Parenting Group</b>  <b>*Bounce Back &amp; Thrive</b> <b>Program is full.</b> 1:30-3:30 pm  <u>Family Fun</u> Birth-6 years 4:30-7:00 pm	<sup>5</sup> <u>Family Fun</u> Birth-6 years 9:30-11:30 am  <b>*All Babies Count</b> Prenatal Nutrition Program 1:00-3:00 pm	<sup>9</sup> <u>Toddlers Exploring</u> 13-30 months 9:30-11:30 am  <u>Family Fun</u> Birth-6 years 2:00-4:00 pm	<sup>6</sup> <u>Preschool Time</u> 2-6 years 9:30-11:30 am	<sup>7</sup> <u>Dad, Grandpa, Uncle and Me</u> Birth-6 years 9:15 -11:15 am  <u>Family Fun</u> Birth-6 years 12:30-2:30 pm
<sup>10</sup> <u>Family Fun</u> Birth-6 years 9:30-11:30 am  <u>My Baby and Me</u> Birth-12 months 2:00-4:00 pm	<sup>11</sup> <b>*Transition to Parenting Group</b>  <b>*Bounce Back &amp; Thrive</b> <b>Program is full.</b> 1:30-3:30 pm  <u>Family Fun</u> Birth-6 years 4:30-7:00 pm	<sup>12</sup> <u>Family Fun</u> Birth-6 years 9:30-11:30 am  <b>*All Babies Count</b> Prenatal Nutrition Program 1:00-3:00 pm	<sup>13</sup> <u>Toddlers Exploring</u> 13-30 months 9:30-11:30 am  <u>Family Fun</u> Birth-6 years 2:00-4:00 pm	<sup>14</sup> <u>Preschool Time</u> 2-6 years 9:30-11:30 am  	<sup>15</sup> <b>Centre Closed</b>  <b>Family Day Weekend</b>
<sup>17</sup> <b>Centre Closed</b>  <b>Happy Family Day!</b>	<sup>18</sup> <b>*Transition to Parenting Group</b>  <b>*Bounce Back &amp; Thrive</b> <b>Program is full.</b> 1:30-3:30 pm  <u>Family Fun</u> Birth-6 years 4:30-7:00 pm	<sup>19</sup> <u>Family Fun</u> Birth-6 years 9:30-11:30 am  <b>*All Babies Count</b> Prenatal Nutrition Program 1:00-3:00 pm	<sup>20</sup> <u>Toddlers Exploring</u> 13-30 months 9:30-11:30 am  <u>Family Fun</u> Birth-6 years 2:00-4:00 pm	<sup>21</sup> <u>Preschool Time</u> 2-6 years 9:30-11:30 am	<sup>22</sup> <u>Dad, Grandpa, Uncle and Me</u> Birth-6 years 9:15 -11:15 am  <u>Family Fun</u> Birth-6 years 12:30-2:30 pm <b>*Librarian Visit</b>
<sup>24</sup> <u>Family Fun</u> Birth-6 years 9:30-11:30 am  <u>My Baby and Me</u> Birth-12 months 2:00-4:00 pm	<sup>25</sup> <b>*Transition to Parenting Group</b>  <b>*Bounce Back &amp; Thrive</b> <b>Program is full.</b> 1:30-3:30 pm  <u>Family Fun</u> Birth-6 years 4:30-7:00 pm	<sup>26</sup> <u>Family Fun</u> Birth-6 years 9:30-11:30 am  <b>*All Babies Count</b> Prenatal Nutrition Program 1:00-3:00 pm	<sup>27</sup> <u>Toddlers Exploring</u> 13-30 months 9:30-11:30 am  <u>Family Fun</u> Birth-6 years 2:00-4:00 pm	<sup>28</sup> <u>Preschool Time</u> 2-6 years 9:30-11:30 am	<sup>29</sup> <u>Dad, Grandpa, Uncle and Me</u> Birth-6 years 9:15 -11:15 am  <u>Family Fun</u> Birth-6 years 12:30-2:30 pm

To receive our calendars, please email us @ [earlyon.richmondhill@ymcagta.org](mailto:earlyon.richmondhill@ymcagta.org) or visit our website.

Centre's capacity: **60 people**  
 When capacity is reached, a stop sign will appear on the door and no more may enter.

<p><b><u>My Baby and Me</u></b></p> <p>This program is for parents and caregivers with children birth to 12 months and will include the opportunity to network as well as time for engaging in songs, rhymes and activities.</p>	<p><b>Monday 2:00 – 4:00 pm</b></p>	<p><b>Birth–12 months</b></p>
<p><b><u>Transition to Parenting Group</u></b></p> <p>The TTP is designed as an educational and support group for perinatal women and their families adjusting to the transition to parenthood and/or coping with Perinatal Mood Disorder, such as an anxiety or depression. This program provides opportunities to increase parents’ confidence, knowledge of PMD, share experiences and connect with people who have had similar situations.</p>	<p><b>Tuesday 10:00am – 12:00pm</b></p>	
<p><b><u>Bounce Back &amp; Thrive! (BBT)</u></b></p> <p><b>Bounce Back &amp; Thrive! (BBT)</b> is a <b>10-week evolving evidence-based resiliency skills training program</b> for parents with children under 8 years. BBT skills help parents help their children build the resilience necessary to handle life’s inevitable bumps in the road and make use of opportunities to grow and learn.</p>	<p><b>Tuesday 1:30 – 3:30 pm</b></p>	<p><b>Parenting Program</b> <b>January 7 – March 10</b></p> <p><b>Program is full.</b></p>
<p><b><u>All Babies Count</u></b></p> <p>All Babies Count (ABC) is a free, community-based Canada Prenatal Nutrition Program that supports pregnant women facing challenging circumstances such as social isolation, low income, or teen pregnancy. The program includes nutrition education, food preparation training, food and food coupons, information on prenatal health, lifestyle, infant care and child development and breastfeeding support and referrals to other agencies and services.</p> <p>Call toll free at 1-877-516-3715 or 905-853-5514 extension 233 or email <a href="mailto:sfreitas@roseofsharon.com">sfreitas@roseofsharon.com</a> to register or get more information.</p>	<p><b>Wednesday 1:00 – 3:30 pm</b></p>	
<p><b><u>Toddlers Exploring</u></b></p> <p>During the Toddlers Exploring program participants will have the opportunity to engage in a variety of activities. Language and early literacy skills will be encouraged through the use of rhymes, songs, activities and stories.</p>	<p><b>Thursday 9:30 – 11:30 am</b></p>	<p><b>13–30 months</b></p>
<p><b><u>Preschool Time</u></b></p> <p>The Preschool Time program enhances and promotes healthy child development. Adults and children are free to explore in an age-appropriate, play-based learning environment.</p>	<p><b>Friday 9:30 – 11:30 am</b></p>	<p><b>2–6 years</b></p>
<p><b><u>Dad, Grandpa, Uncle and Me</u></b></p> <p>This program is only for children, birth to six years and a male figure in their life. Our goal is to provide a comfortable environment for the <u>men</u> to build a special one on one bond with their child as well as to network together with other men. Activities may include arts and crafts, music, movement, science and discovery.</p>	<p><b>Saturday 9:15 – 11:15 am</b></p>	<p><b>Birth–6 years</b></p>
<p><b><u>Family Fun “Play to Learn, Learn to Play”</u></b></p> <p>This program is designed to encourage quality interactions between you and your child from birth to 6 years, as well as providing the parent/caregiver opportunities to network and share with other adults. You and your child will have many opportunities to explore and learn through a play-based environment. The activities provided are child-focused and age-appropriate.</p> <p>“By being involved together, adults and children get interested in each other’s activities and learn to communicate. Play nurtures sharing and growth.” FRP Canada.</p>		<p><b>Birth–6 years</b></p>
<p style="text-align: center;"><b><u>Hot Drinks Policy</u></b></p> <p style="text-align: center;">Hot drinks is not permitted in programs.</p> <p style="text-align: center;">This is a Health and Safety regulation being enforced by the department of Child and Family Development.</p> <p style="text-align: center;"><b><u>Illness Policy</u></b></p> <p style="text-align: center;">If you or your child is displaying symptoms of illness, please remain home until symptoms have gone for at least 24 hours. Thank you for keeping our centre healthy.</p>		