

# Program Schedule - January 8 to March 10, 2017

Location	<b>Aldershot</b> 645 Plains Rd E 905-632-4011	<b>Cumberland</b> 710 Cumberland (905) 632-9377	<b>Community Sites Drop-in</b>	<b>Community Sites Mother Goose &amp; Baby and Me</b>	<b>Outdoor Programs</b>
Mondays	9:15 - 4:00 Drop-in	9:15 - 12:00 Drop-in 1:00 - 2:15 Breastfeeding Clinic 1:30 - 3:30 Play, Learn and Grow (0-16 mos)	Brant Hills Community Centre Fit as a Fiddle 9:30 - 11:30 (16 mos and up)	Village of Tansley 2:00 - 3:00 Intergenerational Mother Goose Drop-in (0 - 12 mos)	
Tuesdays	9:15 - 11:45 Drop-in	9:15 - 10:15 Toddler VanCogh (R) (\$) 10:45 - 11:45 Mini Monet (R) (\$) 1:00 - 2:00 Baby Picassos (R) (\$) 2:30 - 3:30 Baby Picassos (R) (\$)	Tansley Church 9:30 Parenting Workshop (Toddler/Preschool) Burlington East Presbyterian Church 9:30 - 11:30 Drop-in Central Library 1:30 Parenting Workshop (infants 0-12 mos)	Aldershot Library 1:30 - 2:30 Mother Goose (0 - 12 mos)	
Wednesdays	9:15 - 12:00 Drop-in	9:30 - 11:15 Breastfeeding Clinic 10:30 - 11:30 Stepping Stones (children of differing abilities) 1:30 - 3:30 (1st & 3rd Wed) Breastfeeding Meet-up 1:00 - 3:00 (2nd & 4th Wed) Adjustment to Parenthood Group	Centennial Pool Inspiring Play 10:30 - 12:00 (18 mos and up)	Alton Library 10:00 - 11:00 Mother Goose (0-12 mos) Alton Library 11:30 - 12:30 Mother Goose (0-12 mos)	
Thursdays	12:00 - 1:00 Infant Massage (R) (\$) (Feb 8 - Mar 1)	9:15 - 7:00 Drop-in	Burlington East Presbyterian Church 9:30 - 11:30 Drop-in	Appleby Library 1:30 - 2:30 Mother Goose (0-12 mos) Appleby Library 2:30 - 3:30 Baby and Me (0-16 mos)	Tansley Woods 9:30 Outdoor classroom (2-6 yrs)
← All programs closed Thursday, January 11 →					
Fridays	9:30 - 11:30 Creative Movement and Art (2 - 4 yrs) 12:30 - 3:30 Drop-in	9:15 - 12:00 Drop-in 2:00 - 3:00 Baby Explorers (R) (\$)	Tansley Church Drop-in 9:30 - 11:30 Village of Tansley Playing Together 1:30 - 3:00 (0 - 2 yrs)	Brant Hills Library 10:00 - 11:00 Baby and Me (0-16 mos) Brant Hills Library 11:00 - 12:00 Mother Goose (0-12 mos)	
Saturdays		9:30 - 11:30 Dad's Program 12:30 - 3:00 Drop-in			<p style="text-align: center;">Legend (R) - Registration (\$) ROCK Early Learning Program - Fees Apply</p>

## Ontario Early Years Centre (OEYC)

Ontario Early Years Centres are places where parents, grandparents, caregivers, and children six years of age and younger play and learn together. Ontario Early Years programs are offered free of charge. Funding is provided by the Ministry of Education. No registration is required.



**Drop-in (newborn to 6 yrs)** - Parents/caregivers and their children attend informal "drop-ins".

Available activities include circle times, creative art and sensory activities, a large variety of toys, and free play.

**Mother Goose (newborn to 12 mos)** - Parents learn nursery rhymes and songs while enjoying time with their babies. In partnership with the Burlington Public Library .

**Intergenerational Mother Goose (newborn to 12 mos)** This program takes place at the Village of Tansley Long Term Care Facility and the seniors who live there join us to sing along and visit. In the Town Hall - park at the back and enter through the double doors. Now a Drop-in!

**Baby and Me Drop-in (newborn to 16 mos)** - A drop-in for parents/caregivers and their babies.

**Play, Learn and Grow Drop-in (newborn to 16 mos)** - babies explore as they grow and develop. Activities include music, rhymes, sensory and art.

**Playing Together (newborn to 2 yrs)** - Join us and the Seniors at the Village of Tansley as we come together to sing, dance and play.

**Dad's Program (newborn to 6 yrs)** - Dads and their children have the chance to talk with other dads and learn games and songs and play with their children.

**Fit as a Fiddle (16 mos and up)** - Join us for this active movement drop-in program that includes creative movement circle times and lots of great activities to keep you and your kids moving. Younger siblings are welcome to attend.

**Inspiring Play (18 mos and up)** - Encourage your child's imagination, creativity and curiosity at our new loose parts play drop-in. Playing with loose parts promotes development and encourages children to engage and experiment, design and build, and create and imagine.

**Creative Movement and Art (2 to 6 yrs)** - preschool program in which parents and children explore a wide variety of art, music, movement and creative activities.

**Outdoor Classroom (2 to 6 yrs)** - all weather outdoor program that encourages children age 2 and up, to play, explore, and connect with the natural world. This program will be closed if there is a cold alert (colder than -15°)

**Stepping Stones (children with differing abilities newborn to 6 yrs)** - An interactive play-group for parents whose children have varying abilities and special needs.

**Parenting Workshops (0 - 12 mos and 1 - 4 yrs)** - weekly workshops to support parents. Different topics each week. Children attend with their parents.

**Adjustment to Parenting Group** - For moms who are experiencing a perinatal mood disorder (anxiety, depression, OCD). In partnership with Public Health.

**Breastfeeding Clinic** - the only mental health collaborative breastfeeding drop-in clinic in the region. Clinic supports women struggling with breastfeeding after the 6-week postpartum period. Supported by Halton Community Investment Fund.

**Breastfeeding Meet-up** - support for breastfeeding mothers. Supported by Halton Community Investment Fund.

## ROCK Early Learning Programs

Rock Early Learning programs are value-added programs that provide parents with additional choices for programming. You must register in advance for these programs and fees apply.



**Infant Massage (newborn to 12 mos)** - IAIM Certified Instructor teaches gentle massage techniques

that can have a positive baby's health and well-being. \$45 + HST

**Baby Picassos (6 to 14 months)** - art and exploration class for infants. Parents receive a portfolio with children's art work and photos upon completion. \$160 + HST

**Baby Explorers (8 - 17 months)** - sensory based class for infants. Parents and babies explore a series of different sensory stations each week. 100 + HST

**Toddler Van Cogh Gos (15 - 24 mos)** - toddlers and their parents explore and create together. Parents receive a scrapbook of photos taken during the class. \$125 + HST

**Mini Monet (2 - 4 yrs)** - Hands-on art program for preschoolers. Children create memory boxes to keep. \$100 + HST

**Birthday Parties (1-6 yrs)** - Parents of children up to 6 can celebrate their child's party at our Centre. \$189 + HST

## ROCK Early Years Sites

### Rock Early Years Main Location - Cumberland

710 Cumberland Ave., Burlington, ON  
Office hours: Monday - Friday 9:00 - 4:00  
Phone: 905-632-9377  
Email: [oeychelp@rockonline.ca](mailto:oeychelp@rockonline.ca)  
Web: [www.rockonline.ca](http://www.rockonline.ca)

### OEYC Satellite Sites

Aldershot - 645 Plains Road East,  
Tansley - Tansley United Church - 2111 Walker's Line.

### OEYC Mobile Services Sites

Aldershot Public Library - 550 Plains Road East  
Alton Public Library - 3040 Tim Dobbie Drive  
Appleby Public Library - 676 Appleby Line  
Brant Hills Community Centre - 2255 Brant Street  
Brant Hills Library - 2255 Brant Street  
Burlington East Presbyterian Church - 505 Walkers Line  
Centennial Pool Program Room - 5151 New Street  
Central Library - 2331 New St - Children's Program Room, 2nd Floor  
Tansley Woods - meet behind Tansley Woods community centre  
Village of Tansley - Village of Tansley LTC Town Hall, 4100 Upper Middle Road

### Please note:

- ▶ If you see a "full sign" on the door, it means our program is at capacity. Please do not enter the building. Unfortunately we can not allow anyone to wait inside the lobby if the full sign is posted.
- ▶ We are a nut free facility. Please ensure that any snacks you bring do not contain nuts.
- ▶ Shoes or non-slip slippers must be worn at all times in our programs.
- ▶ In case of heat or cold alert the Outdoor Classroom will not run. Please visit our Facebook page for closures before heading out.

## Registration

### ROCK Early Learning Programs

These programs have fees attached. Registration for all ROCK Early Learning Programs must be made in person at our main location (710 Cumberland Ave). No exceptions! Limited spaces are available. First-come, first served. Payment must be received with registration. Registration opens at 9:00 a.m.

Your next registration will be for: Spring Session #1, 2018  
March 19 - May 12, 2018  
Registration opens - Monday, February 26, 2018



Reach Out Centre for Kids/Early Years Programs



# EARLY YEARS



Winter  
2018