

# EarlyON Child and Family Centre in York Region

## Woodbridge

140 Woodbridge Ave Unit E400, ON L4L 4K9  
Tel: 1-866-404-2077 ext. 215





Child and Family Centre

## January 2025 Woodbridge Main Calendar

Woodbridge Main Centre reopens on January 2, 2025

Mobile locations reopen on January 6, 2025

All Woodbridge main and mobile programs are on the Children's Services Portal in PURPLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Woodbridge Main Centre – 140 Woodbridge Ave Unit E400, ON, L4L 4K9</b>					
<b>Morning Programs</b>					
<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am
<b>Let's Talk</b> 9:30 to 11:00 am <small>See topics on page 3</small>	<b>Baby Move &amp; Groove</b> (0 to 12 months) 9:00 to 11:00 am			 <b>Triple P Fearless</b> (2 to 6 years) 9:30 to 11:00 am	
<b>Afternoon Programs</b>					
<b>Toddler Time</b> (10 to 30 months) 1:30 to 3:00 pm	<b>Playful Math</b> (2 to 6 years) 1:30 to 3:00 pm	<b>Fun with STEAM</b> (2 to 6 years) 1:30 to 3:00 pm	<b>Musical Babies</b> (0 to 12 months) 1:30 to 3:00 pm		
			<b>Preschool Play &amp; Learn</b> (2 to 6 years) 1:30 to 3:00 pm		
<b>Evening Programs</b>					
			<b>Family Stay &amp; Play</b> (0 to 6 years) 5:30 to 7:30 pm		Woodbridge Calendar 

Please note that programs and program times are subject to change.

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# EarlyON Child and Family Centre in York Region

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## January 2025 Woodbridge Mobile Calendar

Mobile locations reopen on January 6, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Kleinburg Public Library - 10341 Islington Ave, Kleinburg ON L0J 1C0</b>					
		<b>Musical Babies</b> (0 to 12 Months) 1:30 to 3:00 pm			
<b>St Mary of the Angels Catholic Elementary School – 351 Vellore Park Ave, Woodbridge ON L4H 0E4</b>					
<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	
<b>Family Stay &amp; Play</b> (0 to 12 months) 2:00 to 3:30 pm <b>January 6 only</b>	<b>Musical Babies</b> (0 to 12 months) 2:00 to 3:30 pm	<b>Zumbini</b> (0 to 6 years) 2:00 to 3:30 pm	<b>Family Stay &amp; Play</b> (0 to 6 years) 2:00 to 3:30 pm		
<b>NEW</b> <b>Infant Massage</b> (0 to 12 months) 2:00 to 3:30 pm <b>Starts January 13</b> <b>6-week program</b> <b>Registration Required</b>					
<b>Veteran’s Park – Woodbridge Ave, Vaughan ON L4L 1L2</b>					
<b>Fun with Science</b> (1 to 6 years) 9:30 to 11:00 am	<b>Fun in the Snow</b> (0 to 6 years) 9:30 to 11:00 am				
<b>Vaughan Community Health Centre – 9401 Jane St Unit 206, Maple ON, L6A 4H7</b>					
			<b>Creative Chefs</b> (2 to 6 years) 9:30 to 11:30 am <b>Starts January 16</b> <b>Registration Required</b>		Woodbridge Calendar 

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## January 2025 Virtual Programs

VIRTUAL PROGRAMS- Pre-registration is required. (A link will be sent by email 30 minutes prior to the start of the program)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Songs, Rhymes &amp; Stories "Punjabi"</b> 10:00 to 10:45</p> <p><b>Songs, Rhymes, &amp; Stories "Mandarin"</b> 1:30 to 2:15 pm</p> <p><b>Songs, Rhymes, &amp; Stories</b> 1:30 to 2:15 pm</p> <p><b>Songs, Rhymes, &amp; Stories "Italian"</b> 2:30 to 3:15 pm</p>	<p><b>Songs, Rhymes, &amp; Stories</b> 1:30 to 2:15 pm</p> <p><b>Songs, Rhymes, &amp; Stories "Spanish"</b> 2:30 to 3:15</p>	<p><b>Songs, Rhymes, &amp; Stories</b> 10:00 to 10:45 am</p> <p><b>Let's Talk</b> 1:30 to 2:30 pm</p>	<p><b>Songs, Rhymes, &amp; Stories "Turkish"</b> 1:30 to 2:15 pm</p> <p><b>Musical Babies</b> 1:30 to 2:15 pm</p> <p><b>Songs, Rhymes, &amp; Stories "Urdu"</b> 2:30 to 3:15 pm</p>	<p><b>Songs, Rhymes &amp; Stories</b> 10:00 to 10:45 am</p> <p><b>Songs, Rhymes, &amp; Stories</b> 11:00 to 11:45 am</p>	<p>Woodbridge Calendar</p>

## PARENTING WORKSHOPS AND EVENTS

### Let's Talk

**What is Triple P - January 6, 2025** – What is Triple P? Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems from developing.

**Self-Regulation- January 13, 2025** – Join us with Daniela Ferrante and Dina Russo De Cotiis in a self-regulation discussion

**Healthy Sleep Habits – January 20, 2025** - A happy life starts with healthy sleep. Join us with Sleep Expert Alana Metallo as she discusses healthy sleep habits.

**Toilet Learning – January 27, 2025** – Join us with Daniela Ferrante and Dina Russo De Cotiis as they share tips and advice on how to transition your child from a diaper

### EarlyON Special Events

**Dentist Visit – January 27, 2025** – 10:15 to 11:00 am – Please join Dr Goldberg from Bolton Kids Dental at **St Mary CES** as we discuss the importance of visiting the dentist.

**Police Visit – January 31, 2025** – 10:00 to 11:00 am - Please join us at Woodbridge Main Centre for a wonderful visit from the York Region Police.

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## Program Description

**Baby Move & Groove** (0 to 12 months) - This program provides an opportunity for parents, caregivers and their babies to engage in active play that supports the development of gross motor skills while having fun. Through a variety of activities together we will stretch, bend and move to music to support healthy living while celebrating developmental milestones.

**Creative Chefs** (2 to 6 years) - This program invites parents, caregivers, and children to participate in fun and interactive early learning experiences while preparing healthy and nutritious food. Resources on healthy eating and nutrition will be made available for families

### Registration Required

**Family Stay & Play** (0 to 6 years) - Parents, caregivers, and children are welcome to engage in various fun early learning experiences that build positive relationships. A selection of materials will be available for you to play and learn together while allowing parents and caregivers to connect with others.

**Fun with STEAM** (2 to 6 years) - This program invites parents, caregivers, and children to explore STEAM skills and concepts in a group setting. STEAM (science, technology, engineering, art, and math) learning happens every day as children investigate, play, communicate, and try new things.

**NEW**

**Infant Massage** (0 to 12 months) - This program promotes nurturing touch and communication and teaches parents how to massage their babies, read the babies cues and help with bonding and attachment. Supporting and encouraging parents to trust their abilities and intuition are part of the process. The International Association of Infant Massage (IAIM) instructors are certified to teach this program.

### Registration Required

**Musical Babies** (0 to 12 months) - This program welcomes parents, caregivers, and babies to experience music together. Families will gather and sing songs, learn rhymes, and use a variety of musical instruments, props, and materials.

**Playful Math** (2 to 6 years) - Math is everywhere in our environment! We will use a variety of songs, rhymes, and activities to discover how math can be part of everyday play.

**Preschool Play & Learn** (2 to 6 years) – Parents, caregivers and preschoolers are invited to a supportive environment that provides opportunities to discover and engage in social and interactive play to enhance every area of early learning and development.

**Toddler Time** (10 to 30 months) - Parents, caregivers and toddlers are welcome to play together and discover the world through their senses. The nurturing environment enhances learning experiences that support healthy child development.

**Zumbini** (0 to 6 years) - Zumbini is a movement-based program that provides the opportunity for children to experience the sounds and rhythm of the music and movement. Zumbini also encourages parent-child bonding while helping to develop cognitive abilities, motor and social skills, language, and emotional well-being. It is also a fun workout for parents!

## Outdoor Programs

**Fun in the Snow** (0 to 6 years) - This program welcomes parents, caregivers, and children outside to explore what winter has to offer. Participate in various winter activities such as going on a nature walk, digging and building in the snow, and circle time. Please dress appropriately in winter clothing as the program is completely outdoors.

**Fun with Science** (1 to 6 years) - Every child is a born scientist! This program offers fun, hands-on, interactive and educational science experiments and ideas for the whole family.

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## Program Descriptions

### Parenting Programs

**Let's Talk** - Parenting is not always easy and it helps to know we are not alone. This program provides time for parents/caregivers to come together to network and share their parenting experiences and challenges. Community partners may also join to offer their expertise. Settle in for an hour just for you!



**Triple P Fearless** (2 to 6 years) - Fear-Less Triple Parenting will introduce parents and caregivers to key anxiety-management strategies that support children with anxiety. Topics that will be covered include understanding how anxiety works, knowing how to help your child develop coping skills and to face feared situations, and successfully managing children's anxious behaviours.

### Virtual Parenting Program

**Let's Talk** - - Parenting is not always easy and it helps to know we are not alone. This program provides time for parents/caregivers to come together to network and share their parenting experiences and challenges. Community partners may also join to offer their expertise. Settle in for an hour just for you!

### Virtual Programs

**Musical Babies** – (0 to 12 months) -This program welcomes parents, caregivers and babies to experience music together. Families will gather together and sing songs, learn rhymes and use a variety of musical instruments, props and materials.

**Songs, Rhymes, & Stories** (0 to 6 years) - This program welcomes parents, caregivers, and children to experience a variety of stories and musical activities. Music brings the community together and families will have the opportunity to hear and share songs, rhymes, and Stories.

For January, **Songs, Rhymes, and Stories** is being offered in the following languages:

**English**  
**Italian**  
**Mandarin**  
**Punjabi**  
**Spanish**  
**Turkish**  
**Urdu**

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