

***Come Learn, Play, and Meet New Friends***  
**Helen Detwiler School EarlyON and Neighbourhood Programs**  
 (320 Brigade Drive, Hamilton)  
**Parent / Caregiver and Child Interactive Drop-In Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 a.m. to 4:00 p.m.	8:30 a.m. to 7:00 p.m.	8:30 a.m. to 7:00 p.m.	8:30 a.m. to 4:00 p.m.	8:30 a.m. to 12:00 p.m.	9:00 a.m. to 12:00 p.m.

**Helen Detwiler Pre-Registered Programs**

Please call 905-574-9344 x818 to register for this workshop.

Workshop	Date and Time	Description
<b>Infant Massage</b> (Interactive newborn up to 6 months)	Thursdays, April 4 – May 2 1:30 – 2:30 p.m.  Mondays, May 26 – June 24 9:30 – 10:30 a.m.	The certified Infant Massage Instructor will facilitate this five week program that is designed to teach parents and caregivers of infants (pre-crawling) a warm, nurturing, bonding experience through touch.
<b>The Parent-Child Mother Goose Program – Step 1</b> (Interactive newborn to pre-crawler)	Tuesdays April 16 – June 18 1:30 – 2:30 p.m.	An interactive, research based multi-week program for parents and their children focusing on the pleasure and power of rhymes, songs and stories together.

**EarlyON Neighbourhood Pre-Registered Programs**

Please call 905-574-9344 x818 to register for these workshops.

Village of Wentworth Heights, 1620 Upper Wentworth Street, Hamilton

Workshop	Date and Time	Description
<b>The Parent-Child Mother Goose Program – Step 2</b> (Interactive crawler to 1½ years)	Thursdays April 4 – June 6 9:30 – 10:30 a.m.	An interactive, research based multi-week program for parents and their children focusing on the pleasure and power of rhymes, songs and stories together.

**Registration for July and August 2019 Workshops will be Monday, June 3<sup>rd</sup>**

All programs are free of charge

Pour les services en français, veuillez appeler le Centre de Santé en composant le 905-528-0163 poste 3228

For more information call 905-574-9344 x818

[www.hamilton.ca/EarlyONcentres](http://www.hamilton.ca/EarlyONcentres)

[www.todaysfamily.ca](http://www.todaysfamily.ca)

## Parent New Baby Network

(Helen Detwiler School, 320 Brigade Drive, Hamilton)

**Wednesdays, 1:30 – 2:30 p.m.**

Parent New Baby Network is a program facilitated by an EarlyON Facilitator. A time for parents and their baby (0 to 12 months) to come together to receive health information, share concerns and make new friends.

Please call 905-574-9344 x818 to register for this workshop.

Workshop	Date and Time	Description
<b>Feeding Your Baby and Making Baby Food</b>	Wednesday, June 5 1:30 – 3:00 p.m.	With a Public Health Dietician learn about what, when, and how to give new foods and textures to your baby. They will also guide you through a fun and interactive making baby food session where you will use a variety of tools to make homemade baby food.

## Helen Detwiler EarlyON Family Service Schedule

Services	Description	Time and Location
<b>Ask the Public Health Nurse</b>	The Public Health Nurse will be available to answer questions about breastfeeding, child safety (such as car seats and safe sleep), child development (such as milestones and toilet learning), healthy eating, and parenting issues such as sleep, crying and challenging behaviours. The Public Health Nurse also has information regarding programs and services for families.	Wednesday, April 10 Wednesday, May 15 Thursday, May 23  10:00 – 11:00 a.m.
<b>“Check it Out” Child Development Drop-in</b>	Come and check out your child’s development... Do you have questions about your child’s development, behavior, vision, nutritional needs, dental health or speech and language development? Community professionals are available at a variety of locations to meet with families and their children from newborn to 6 years of age to offer consultation, teaching and referral with respect to their child’s development. Child early development identification sessions are free and no appointment is needed. Children must be accompanied by their Parent or Legal Guardian (or a designate with completed “Permission for Designate to share information / attend” form).	<u><b>Helen Detwiler School</b></u>  Thursday, June 13 10:00 – 12:00 a.m.
<b>Family Gathering Time</b>	Families are invited to come join us for this favourite activity. Sharing songs and stories promotes early literacy development and provides social interaction with peers in a fun environment.	Available daily
<b>Native Family Gathering Time</b>	Come and join a staff from Niwasa Head Start Preschool to promote aboriginal customs, art and storytelling.	Friday, May 17 Friday, June 21  10:00 – 11:00 a.m.