

Come Learn, Play, and Meet New Friends

Helen Detwiler School EarlyON and Neighbourhood Programs

(320 Brigade Drive, Hamilton)

Parent / Caregiver and Child Interactive SUMMER Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
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.

Saturday Drop-In Program – **New Location starting July 6**

Today's Family, 44 Greendale Drive, Hamilton

9:00 a.m. – 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
Have a Ball (2-4 years)	Tuesdays, July 2 – July 30 1:00 – 2:00 p.m.	A multi-session active program for parents/caregivers and their children (2-4 years) focusing on songs, stories and activities that enhance children's gross motor skills.
Infant Massage (Interactive newborn up to 6 months)	Wednesdays, July 3 – July 31 1:00 – 2:00 p.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.
The Parent-Child Mother Goose Program – Family (Interactive newborn to 6 years)	Tuesdays, July 2 – August 27 10:00 -11:00 a.m.	An interactive, research based multi-week program for parents with more than one child focusing on the pleasure and power of rhymes, songs and stories together.

Parent New Baby Network – Wednesdays, 1:30 – 2:30 p.m.

(Helen Detwiler School, 320 Brigade Drive, Hamilton)

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 note: The Parent New Baby Network will not be available during the summer.

The Network will re-start in September.

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

www.todayfamily.ca

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
The Parent-Child Mother Goose Program – Step 2 (Interactive crawler to 1½ years)	Thursdays, July 27 – August 29 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.

T.B. McQuestion Park, 1199 Upper Wentworth Street, Hamilton

Walk to Wellness (New moms with infants up to 12 months in strollers)	Fridays, July 5 – August 30 9:00 – 10:00 a.m.	Walk to Wellness is a stroller-walking program. Having a baby can be a happy and exciting time. You may be surprised by the roller coaster of emotions you feel adjusting to life with a new baby. Positive mental health can help you with the challenges of parenting. Walking is a great activity to support your emotional well-being! Take time for you – come walk with us!
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Helen Detwiler EarlyON Family Service Schedule

Services	Description	Time and Location
Ask the Public Health Nurse	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.	Tuesday, July 23 Tuesday, July 30 Tuesday, August 27 10:30 – 11:30 a.m.
“Check it Out” Child Development Drop-in	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).	Helen Detwiler EarlyON Thursday, June 13 10:00 a.m. – 12:00 p.m. Thursday, August 22 10:00 a.m. – 12:00 p.m.
Family Gathering Time	Families are invited to 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 around 11:30 a.m.
Indigenous Family Gathering Time	Come and join a staff from Niwasa Head Start Preschool to promote aboriginal customs, art and storytelling.	Friday, June 21 Friday, July 19 Friday, August 16 10:00 – 11:00 a.m.

Registration for September - December 2019 Workshops will begin Thursday, August 1st