

Come Learn, Play, and Meet New Friends

Waterdown EarlyON and Neighbourhood Programs

(315 Dundas Street East, Waterdown)

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. | 9:30 a.m. to 12:30 p.m. |

Parent New Baby Network - Waterdown EarlyON

(315 Dundas Street East, Waterdown)

Wednesdays, 10:30 – 11:30 a.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.

Pre-registered Programs

Waterdown EarlyON, 315 Dundas St. E., Waterdown

Please call 905-574-9344 x820 to register

| Workshop | Date and Time | Description |
|--|--|---|
| The Parent-Child Mother Goose Program (Family) | Wednesdays, January 16 – March 27 11:30 a.m. – 12:30 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. |
| Feeding Your Baby and Making Baby Food | Thursday, January 24 10:00 – 11:30 a.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. |

Registration for April to June 2019 Workshops will be Friday, March 1st

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 x820

www.hamilton.ca/EarlyONcentres

www.todaysfamily.ca