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strong families,
strong communities.



Plus de vie à la vie
des jeunes, des familles
et de la communauté.

YMCA Northumberland



Ontario

Early Years
Northumberland

Parenting & Children's Program Guide



FALL/WINTER 2011

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Welcome to this edition of the *Northumberland Parenting & Children's Program Guide*. In this publication, you will find all of the children's activities (age 0-6), parenting education and support programs, and special events that are being offered by your Ontario Early Years Centre over the next four months. Programs are listed alphabetically by site in each geographic area.

Enjoy, and watch for the next *Northumberland Parenting & Children's Program Guide* coming your way in January 2012.

Brighton 1

Campbellford 3

Cobourg 5

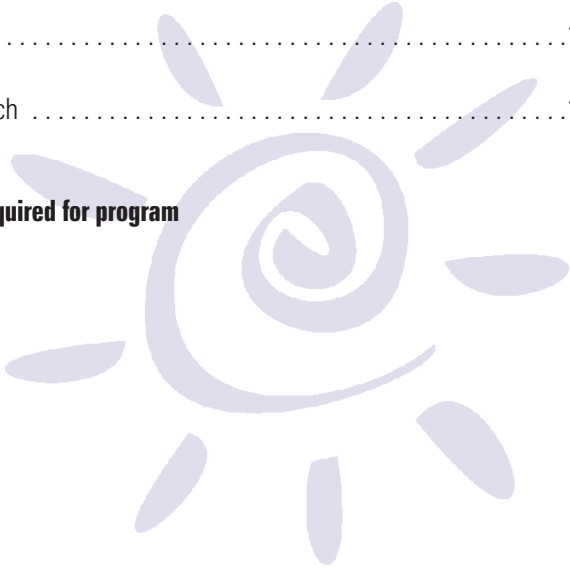
Hastings 7

Port Hope 8

Trenton 10

Playgroups/Mobile Outreach 12

® Denotes registration required for program



Brighton Ontario Early Years Centre • 613-475-2234

170 Main Street, Brighton • All OEYC programs are free.

Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon • 9:00-3:00, Tues • 9:00-3:00, Wed • 9:00-3:00, Thurs • 9:00-7:00, Fri • 9:00-12:00

Closures: Mon Sept 5, Mon Oct 10, Dec 26-Jan 2-Reopen Jan 3

PARENT SUPPORT PROGRAMS

Family Nights

A weekly program for families to come to the OEYC to enjoy games, crafts and time with their children.

Thurs in Sept, Oct, Nov, Dec • 4:30-6:30pm

Meet the Nurse

An opportunity for parents with children 0-6 years to meet with a Registered Public Health Nurse. The nurse is available to weigh your baby, provide breastfeeding support and discuss infant care. The Nurse is also available to parents of toddlers and preschoolers to discuss growth and development, screen for speech concerns, and discuss any other concerns parents might have.

Wed Sept 14, Oct 19, Nov 9, Dec 14 • 10:00-11:30am

***Please note time change**

Prenatal Classes

Your local HKPR Health Unit offers prenatal classes in your area.

Call your local health unit at 613-475-0933 to register.

Toddler/Preschooler Dental Screening

An opportunity for parents to meet privately with Health Unit Oral Health staff to discuss any

concerns about their child's dental health.

Wed Sept 14, Dec 14 • 10:00-11:30am

***Please note time change**

Toddler Talk ®

This six week informal series will provide an opportunity for parents of toddlers to meet and discuss relevant issues such as bedtime routines, potty training, guidance, picky eaters etc. Guest speakers are invited.

Tues in Nov • 10:00-11:30am

Toy-Lending

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books.

Mon Oct 24, Nov 21 • 9:30-10:30am

Walk And Talk

Bring your stroller and your baby (0-12months) and join our educational and resource coordinator for the opportunity to get active, meet other parents and discuss parenting. A family health nurse from the HKPR Health Unit will occasionally join us to answer questions on your baby's health and nutrition.

Wed in Sept, Oct • 11:30-12:30pm

CHILDREN'S PROGRAMS

Birthday Celebration

A monthly celebration of birthdays incorporated into a circle time with a special snack.

Thurs Sept 1, Oct 6, Nov 10, Dec 8 • 10:30am

Circle Time

Children will enjoy singing and storytelling. This program promotes language development, social interaction and early learning skills.

Daily • 10:00am

Kitchen Kapers

Discover and explore the pleasures, textures, colours and aromas of food in our kitchen. A wonderful tactile

and sensory experience. Let's get cooking with children in a creative, fun and learning atmosphere.

Wed in Sept, Oct, Nov, Dec • 10:30am

Let's Get Physical

A program that gets our whole body moving, as we play, dance, run, skip, and have fun in a big way. Play opportunities promote coordination, gross motor skills development and communication.

Thurs in Sept, Oct • 1:30pm

Make & Take

Build a masterpiece to take home! This program enhances creativity, fine motor skills and

coordination. Make lasting memories of your special craft time together.

Mon in Sept, Oct, Thurs in Nov, Dec • 1:30pm

Music & Movement

Children will enjoy singing and dancing as we incorporate musical instruments and lots of movement into this fun and energetic program. Perhaps we will be marching in a circle, dancing under the limbo stick or 'shaking all about'.

Fri in Sept, Oct, Nov, Dec • 10:30am

Parachute Fun

Flying high and soaring low, children love parachute fun. This activity enhances a child's small motor control, strengthens muscles and promotes listening and following directions, language development and socialization, all while having fun.

Thurs in Sept, Oct • 10:30am

Rainbow Fun

This unique program developed by the HKPR District Health Unit promotes physical activity for young

children. Join us as we participate in fun activities to get the heart pumping while developing balance, coordination and gross motor skills.

Tues in Sept, Oct, Nov, Dec • 1:30pm

Rub-A-Dub-Dub

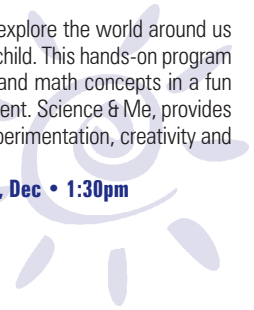
Can you guess what is in the tub? Using their senses, children laugh in delight as they try to guess what is hidden in the tub. A popular program that features science, exploration and sensory experiences.

Thurs in Nov, Dec • 10:30am

Science & Me

Come with us as we explore the world around us through the eyes of a child. This hands-on program incorporates science and math concepts in a fun and creative environment. Science & Me, provides play opportunities, experimentation, creativity and sensory experiences.

Wed in Sept, Oct, Nov, Dec • 1:30pm



SPECIAL EVENTS AT THE BRIGHTON OEYC

Monarchs & Migrants at Presqu'île Provincial Park

Watch for poster to confirm details of our OEYC Monarch walk

International Literacy Day

Celebrate this day as we welcome a special guest reader and participate in activities, games and alphabet soup.

Thurs Sept 8 • 10:00am

Grandparents Night

Special crafts, and baking cookies. Bring a recipe for inclusion in our craft.

Thurs Sept 8 • 4:30-6:30pm

Pear Orchard

Field trip to the orchard to pick delicious fruit.

Wed Sept 14 • 10:30am

Apple Orchard

Join us for apple picking, apple tasting, and a meander through the orchard.

Wed Sept 21 • 10:30am

Applefest in Brighton

Participate in all the street celebrations with the thousands of visitors.

Sept 22-25

Harvest Stew

Bring a veggie offering for the pot.

Thurs Oct 6 • 4:30- 6:30pm

Halloween Costume Party

Visit to local senior residence for costume parade and then return to the Centre for costume party and Pot Luck Lunch.

Mon Oct 31 • 10:00am

Remembrance Day

Children assemble at the downtown Cenotaph to present the wreath they have created.

Fri Nov 11 • 10:15am

Light up Brighton

Our seasonal parade with music and floats.

Fri Nov 18 • 6:30pm

Mitten and Food Drive

We begin to collect hats and mittens for our mitten tree and non perishable food for Brighton's Christmas baskets.

Fri Nov 18 • 6:30 pm

Train Museum

Our annual winter visit. Join us in the heated caboose for hot chocolate, cookies and seasonal songs.

Thurs Dec 1 • 5:00pm

Flower Shop Visit

A visit to the flower shop, then return to the Centre to create our own arrangements.

Tues Dec 6 • 10:30am

Visit to Wain's Greenhouses

Join us for a warm stroll through the greenhouses filled with Poinsettias and holiday plants.

Tues Dec 13 • 10:30am

Campbellford Ontario Early Years Centre • 705-632-1144

179 Saskatoon Avenue, Campbellford • All OEYC programs are free.

Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon • 9:00-1:00, Tues • 9:00-4:00, Wed • 9:00-1:00 Thurs • 9:00-7:00

Closures: Mon Sept 5, Mon Oct 10, Dec 26-Jan 2, Reopen Jan 3

PARENT SUPPORT PROGRAMS

Baby and Me Yoga®

A yoga program for parents and their babies who are not yet crawling. Join us with Kim Bright Wallace. This special time promotes physical activity, relaxation and a healthy lifestyle.

Tue Sept 6- Oct 11 • 10:00am

Baby's Own®

A six week support and information program for parents of infants up to one year of age. This is an opportunity to meet new friends and discuss various topics in a relaxed atmosphere. This program is facilitated by a Public Health Nurse. Pre-registration is required and childcare is provided for older siblings.

Tue Oct 18-Nov 22 • 10:00am

Just ask Kate

Kate Wentzel, Speech and Language Pathologist from Five Counties Children's Centre, will be available to provide information about your child's speech and language development and answer any questions.

Mon Nov 14 • 10:30-11:30am

Let's Discuss It

An informal parenting discussion group that provides an opportunity for parents to discuss and share ideas about issues and concerns that are important to them. This on-going program will utilize guest speakers from local family support programs. Topics are chosen by the parents and may include bedtime routines, parenting styles and nutrition.

These sessions may also include a light snack.

Wed Sept 7-28 • 10:30-12:00pm

Meet the Nurse

An opportunity for parents with children 0-6 years to meet with a Registered Public Health Nurse. The nurse is available to weigh your baby, provide breastfeeding support and discuss infant care. The Nurse is also available to parents of toddlers and preschoolers to discuss growth and development, screen for speech concerns, and discuss any other concerns parents might have.

**Thurs Sept 8, Oct 13, Nov 10, Dec 8
10:30-12:00pm**

Prenatal Classes

Your local HKPR Health Unit offers prenatal classes in your area.

Call your local health unit at 705-653-1550 to register.

Toddler/Preschooler Dental Screening

An opportunity for parents to meet privately with Health Unit Oral Health staff to discuss any concerns about their child's dental health.

Thurs Sept 8, Dec 8 • 10:30-12:00pm

Toy-Lending

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books.

Tues Oct 18, Nov 15 • 11:00-12:00pm

CHILDREN'S PROGRAMS

Circle Time

Children will enjoy singing and storytelling. This program promotes language development, social interaction and early learning skills.

Daily • 10:00am

Make & Take

Build a masterpiece to take home! This program enhances creativity, fine motor skills and coordination. Make lasting memories of your special craft time together.

Thurs in Sept, Oct, Nov, Dec • 10:00am

Music & Movement

Children will enjoy singing and dancing as we incorporate musical instruments and lots of movement into this fun and energetic program. Perhaps we will be marching in a circle, dancing under the limbo stick or 'shaking all about'.

Tue in Sept, Oct, Nov, Dec • 10:00am

Parachute Fun

Flying high and soaring low, children love parachute fun. This activity enhances a child's small motor control, strengthens muscles and promotes listening and following directions, language development and socialization, all while having fun.

Wed in Sept, Oct, Nov, Dec • 10:00am

Rainbow Fun

This unique program developed by the HKPR District Health Unit promotes physical activity for young children. Join us as we participate in fun activities to get the heart pumping while developing balance, coordination and gross motor skills.

Mon in Sept, Oct, Nov, Dec • 10:00am

Story Hour at the Library

Call to register at the Campbellford Library, 705-653-3611

Thurs in Oct, Nov, Dec • 1:30-2:30pm

SPECIAL EVENTS AT THE CAMPBELLFORD OEYC

Back To School Party

Tues Sept 6 • 10:00am

Grandparents Tea

Invite someone special to our tea.

Mon Sept 12 • 10:00am

Apple Orchard Tour

Meet us at Cricklewood Farm, (with our friends from Hastings) 27 Grandview Road, Brighton.

Tue Sept 20 • 10:00am

Field Trip to Campbellford Fire Station

Meet us for an informative tour with our local firefighter and Sparky the Dog at the Station.

Mon Oct 3 • 10:00am

Halloween Party

Dress up and bring a ghoulish treat to share with your friends.

Mon Oct 31 • 10:00am

Child I.D. Kit Program

Sponsored by the Independent Order of Oddfellows and Rebekahs.

Tue Nov 8 • 10:30am

Christmas Party

Join us for a potluck and a visit from the jolly fella from the North Pole.

Tue Dec 13 • 10:00am

Cobourg Ontario Early Years Centre • 905-377-1271

339 Elgin Street West, Cobourg • All OEYC programs are free.

Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon-Thurs: 8:30-2:00, 4:30-7:30 • Fri: 8:30-2:00, 4:30-7:00, Sat: 9:00-12:00, Sun: 9:00-11:00

Closures: Mon Sept 5, Mon Oct 10, Dec 25, 26, 27, Jan 1, 2

PARENT SUPPORT PROGRAMS

Baby and Me Yoga®

A Yoga program for parents and their children not yet crawling. This special time promotes physical activity, relaxation and healthy lifestyle.

Thurs Oct 20-Nov 24 • 12:00-1:00pm

Baby's Own®

A six week support and information program for parents of infants up to one year of age. This is an opportunity to meet new friends and discuss various topics in a relaxed atmosphere. This program is facilitated by a Public Health Nurse. Pre-registration is required and child care is provided for older siblings.

Wed Sept 14-Oct 19 • 11:00-12:30pm

Families in Adoption®

An opportunity for families who have been touched by adoption or who are planning to adopt to meet. Facilitated by our Education and Resource Coordinator, this program will include guest speakers, informal discussion and family time.

Tues Sept 20, Oct 18, Nov 15, Dec 20

5:00-7:00pm

Meet the Nurse

An opportunity for parents with children 0-6 years to meet with a Registered Public Health Nurse. The nurse is available to weigh your baby, provide breastfeeding support and discuss infant care. The Nurse is also available to parents of toddlers and preschoolers to discuss growth and development, screen for speech concerns, and discuss any other concerns parents might have.

Tues Sept 20, Oct 18, Nov 15, Dec 20

11:15am-12:15pm

Parent Child Mother Goose®

This parent-child interactive music program focuses on the pleasure and power of using simple nursery rhymes, stories and songs that will enrich a young child's social and language development.

Tues Oct 18-Nov 22 • 11:00am

Prenatal Classes

Your local HKPR Health Unit offers prenatal classes in your area.

Call your local health unit at 905-885-9100 to register.

Toddler/Preschooler Dental Screening

An opportunity for parents to meet privately with Health Unit Oral Health staff to discuss any concerns about their child's dental health.

Tues Sept 20, Dec 20 • 11:15-12:15pm

Toy-Lending

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books. Families in Cobourg can visit the Port Hope Ontario Early Years Centre during their hours of operation for access to the Toy Lending Library.

Please call 905-885-8856 for information.

You & Me, Baby!

An informal group for parents and caregivers with infants up to 18 months of age. This on-going program provides an opportunity to meet other parents, share ideas, support and obtain information. Guest speakers are invited to present information and answer questions on selected topics. Sessions may include infant massage, Mother Goose and other topics of interest. A great follow-up to Baby's Own.

Wed Oct 26-Nov 30 • 1:00-2:30pm

CHILDREN'S PROGRAMS

Circle Time

Children will enjoy singing and storytelling. This program promotes language development, social interaction and early learning skills.

Daily • 10:30am

Let's Get Physical

A program that gets our whole body moving as we play, dance, run, skip, ride and have fun in a big way. Play opportunities promote coordination, gross motor and communication skills.

Wed in Sept, Oct, Nov, Dec • 11:15-12:00pm

Make & Take

Build a masterpiece to take home! This program enhances creativity, fine motor skills and coordination. Make lasting memories of your special craft time together.

Tues in Sept, Oct, Nov, Dec • 10:00am

My Time with Dad

A fun-filled program just for dads to enjoy with their children. Join us for activities in the gym, circle time, lunch and a chance to get together with other dads.

**Sat Sept 10, Oct 8, Nov 12, Dec 10
11:00-12:30pm**

Parachute Fun

Flying High and soaring low, children love parachute fun. This activity enhances a child's small motor control, strengthen's muscles and promotes listening and following directions, language development and socialization, all while having fun.

Mon in Sept, Oct, Nov, Dec • 11:15-12:00pm

Science & Me

Come with us as we explore the world around us through the eyes of a child. This hands-on program incorporates science and math concepts in a fun and creative environment. Science & Me, provides play opportunities, experimentation, creativity and sensory experiences.

Thurs Oct 20, Nov 17, Dec 15 • 11:00am

Splish Splash®

An opportunity for families to use the YMCA pool in Cobourg. This free program incorporates parent/child interaction and physical activity.

Fri in Sept, Oct, Nov, Dec • 11:00am-12:00pm

SPECIAL EVENTS AT THE COBOURG OEYC

Burnhams Family Farm Market Tour

Thurs Sept 29 • 10:00am

Christmas Luncheon

Thurs Dec 15 • 11:30am-1:00pm

Join the Hallowe'en Parade

Thurs Oct 27 • 10:45am

Quintessence Breastfeeding Challenge

In celebration of World Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will vie to set a record for the most children breastfeeding at one time. In Northumberland the challenge will be held at the Cobourg and Port Hope Ontario Early Years Centres. The event begins at 10:30am with the "Latch-On" at 11am.

Sat Oct 1 • 10:30am

**Please call the Family Health Department at
905-885-9100**

6 Albert Street, Hastings • All OEYC programs are free.

Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon • 8:30-1:30, Tues • 8:30-1:30, Wed • 8:30-1:30, Thurs • 8:30-1:30, Fri • 8:30-11:30

Closures: Mon Sept 5, Mon Oct 10, Dec 26-Jan 2 Reopen Jan 3

PARENT SUPPORT PROGRAMS

Let's Discuss It

An informal parenting discussion group that provides an opportunity for parents to discuss and share ideas about issues and concerns that are important to them. This on-going program will utilize guest speakers from local family support programs. Topics are chosen by the parents and may include bedtime routines, parenting styles and nutrition.

Thurs Sept 8, 15, 22, 29 • 10:30-11:30am

Meet the Nurse

An opportunity for parents with children 0-6 years to meet with a Registered Public Health Nurse. The nurse is available to weigh your baby, provide breastfeeding support and discuss infant care. The Nurse is also available to parents of toddlers and preschoolers to discuss growth and development, screen for speech concerns, and discuss any other concerns parents might have.

**Wed Sept 28, Oct 26, Nov 23, Dec 21
9:30-11:00am**

Prenatal Classes

Your local HKPR Health Unit offers prenatal classes in your area.

Call your local health unit at 705-653-1550 to register

Toddler/Preschooler Dental Screening

An opportunity for parents to meet privately with Health Unit Oral Health staff to discuss any concerns about their child's dental health.

Wed Nov 23 • 9:30-11:00am

Toy Lending Van

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books.

Tues Oct 18, Nov 15 • 9:00-10:00am

CHILDREN'S PROGRAMS

Birthday Celebration

A monthly celebration of birthdays with a special snack.

Fri Sept 30, Oct 28, Nov 25, Dec 16 • 10:30am

Circle Time

Children will enjoy singing and storytelling. This program promotes language development, social interaction and early learning skills.

Daily • 10:00am

Let's Get Physical

A program that gets our whole body moving as we play, dance, run, skip ride and have fun in a big way. Play opportunities promote coordination, gross motor skills.

Wed in Sept, Oct, Nov, Dec • 10:00am

Outdoor Adventures

Weather permitting plan to join us outside for songs, games, and other outside activities.

Mon in Sept and Oct • 10:30

Scrap Booking

An excellent opportunity for parent/child interaction, this activity develops speech and language development as the child remembers and names the people and events portrayed in the photographs. Come join the fun!

Tues in Sept, Oct, Nov, Dec • 9:30 am

Storytime at the Library

A program offered in partnership with our friend the librarian which features storytelling and crafts.

Tues in Sept, Oct, Nov, Dec • 10:30am

SPECIAL EVENTS AT THE HASTINGS OEYC

Back to School Party!

Join us to celebrate the first day back to school with games, songs and a special snack!

Tues Sept 6 • 10:30am

Apple Orchard Tour

Meet us at Cricklewood Farm (with our friends from Campbellford), 27 Grandview Road, Brighton

Tues Sept 20 • 10:00am

Thanksgiving Pot Luck

Thurs Oct 6 • 11:00am

Halloween Party

Wear your costume and join us for a special snack, craft, and games.

Fri Oct 28 • 10:00am

Remembrance Day

Join us for a special craft and join us at the Cenotaph for a moment of silence.

Fri Nov 11 • 10:00am

Christmas Party

Thurs Dec 22 • 10:30am

Port Hope Ontario Early Years Centre • 905-885-8856

74 Queen Street, Port Hope • All OEYC programs are free.

Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon • 9:00–3:00, Tues • 9:00–3:00, Wed • 9:00–7:00, Thurs • 9:00–3:00, Fri • 9:00–12:00

Closures: Mon Sept 5, Mon Oct 10, Dec 26-Jan 2 Reopen Jan 3

PARENT SUPPORT PROGRAMS

Family Nights

A special program for families to come to the OEYC to enjoy dinner, games, crafts and time with their children.

Wed Sept 21 – Family Night BBQ –sponsored by



Wed Oct 19, Wed Nov 16 • Dinner will be served at 5:00pm

Meet the Nurse

An opportunity for parents with children 0-6 years to meet with a Registered Public Health Nurse. The nurse is available to weigh your baby, provide breastfeeding support and discuss infant care. The Nurse is also available to parents of toddlers and preschoolers to discuss growth and development, screen for speech concerns, and discuss any other concerns parents might have.

**Wed Sept 14, Oct 12, Nov 9, Dec 14
10:00-11:00am**

Mom's Night Out®

A special time just for moms. Come and join us once a month for different activities, snacks,

refreshments and social interaction. Please call to register.

**Weds Sept 14, Oct 12, Nov 9, Dec 7
10:00-11:00am**

Prenatal Classes

Your local HKPR Health Unit offers prenatal classes in your area.

Call your local health unit at 905-885-9100 to register.

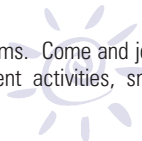
Toddler/Preschooler Dental Screening

An opportunity for parents to meet privately with Health Unit Oral Health staff to discuss any concerns about their child's dental health.

Wed Oct 12 • 10:00-11:00am

Toy-Lending - ongoing

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books.



CHILDREN'S PROGRAMS

Birthday Celebration

A monthly celebration of birthdays incorporated into a circle time with a special snack.

Mon Sept 26, Fri Oct 28, Wed Nov 30 • 10:30am

Circle Time

Children will enjoy singing and storytelling. This program promotes language development, social interaction and early learning skills.

Daily • 10:30am

Kitchen Kapers

Discover and explore the pleasures, textures, colours and aromas of food in our kitchen. A wonderful tactile and sensory experience. Let's get cooking with children in a creative, fun and learning atmosphere.

Fri Sept 16, Oct 14, Nov 18, Dec 16 • 10:30am

Let's Get Physical

A program held at the Port Hope Recreation Centre that gets our whole body moving as we play, dance, run, skip, ride and have fun in a big way. Play opportunities promote coordination, gross motor and communication skills.

Tues Sept 20, Oct 4, 18, Nov 1, 15, 29, Dec 13 10:30am

Music & Movement

Children will enjoy singing and dancing as we incorporate musical instruments and lots of

movement into this fun and energetic program. Perhaps we will be marching in a circle, dancing under the limbo stick or 'shaking all about'.

Wed in Sept, Oct, Nov, Dec • 10:30am

Parachute Fun

Flying high and soaring low, children love parachute fun. This activity enhances a child's small motor control, strengthens muscles and promotes listening and following directions, language development and socialization, all while having fun.

Mon in Sept, Oct, Nov, Dec • 10:30am

Parent Child Mother Goose®

This parent-child interactive music program focuses on the pleasure and power of using simple nursery rhymes, stories and songs that will enrich a young child's social and language development.

Mon Oct 17-Nov 28 • 10:30am

Free Parent and Tot Swim

Thanks to Healthy Communities Funding the Port Hope Early Years Advisory Committee is excited to offer this program. The free swim will be held at the Jack Burger Sports Complex, registration is not required.

Tues Set 13, 27, Oct 11, 25, Nov 8, 22, Dec 6, 20 11:15-12:15pm

SPECIAL EVENTS AT THE PORT HOPE OEYC

Circle Time at the Tower of Port Hope Retirement Centre

Thurs Sept 22, Oct 27, Nov 24, Dec 22 • 10:30am

Apple picking at the Burnham Family Farm

Fri Sept 30 • 10:00am

Thanksgiving Potluck Luncheon

Thurs October 6 • 11:00am

Quintessence Breastfeeding Challenge

In celebration of World Breastfeeding Week, mothers and babies across Canada, the United States, Europe and Asia will vie to set a record for the most children breastfeeding at one time. In Northumberland the challenge will be held at the Cobourg and Port Hope Ontario Early Years

Centres. The event begins at 10:30am with the "Latch-On" at 11am.

Sat Oct 1 • 10:30am

Please call the Family Health Department at 905-885-9100

Halloween Party

Mon Oct 31 • 10:30am

Annual Christmas Potluck Luncheon

Join us at the Port Hope Recreation Centre. This event is sponsored by the Port Hope Ganaraska Financial Services Group.

Thurs Dec 15 • 11:00am



101 Queen Street, Trenton • All OEYC programs are free.

Families and caregivers are welcome to visit the centre anytime during hours of operation.

Mon • 8:30-2:30, Tues • 8:30-2:30, Wed • 8:30-2:30, Thurs • 8:30-2:30, Fri • 8:30-12:00

Closures: Mon Sept 5, Mon Oct 10, Dec 26-Jan 2 Reopen Jan 3

PARENT SUPPORT PROGRAMS

Babies and Beyond®

This voluntary program for young parents strives to contribute to optimal infant and child growth and development by supporting parents and enhancing parenting capacity beginning in pregnancy and throughout the first six years of life. Childcare is available.

Tues in Sept, Oct, Nov, Dec • 12:30-2:30pm

Food for You, Food for Two

This weekly drop-in for pregnant women and their partners provides the opportunity to share ideas with other parents, and participate in a friendly, informal discussion on nutrition, pregnancy and lifestyle topics. The program is offered in partnership with the Hastings Prince Edward Counties Health Unit and is staffed by a Public Health Dietician and a Public Health Nurse. Food vouchers will be provided and transportation may be arranged if necessary. Child care is provided.

Wed in Sept, Oct, Nov, Dec • 10:30-12:00pm

Infant and Child Development Drop-in

In partnership with the Counselling Services of Belleville and District, an Infant Development worker will provide information, support and address concerns surrounding different areas of infant and toddler development. Child care is provided.

Tues Sept 27, Oct 25, Nov 29 • 10:30-12:00pm

Labour and Delivery Class *NEW PROGRAM

In partnership with the Belleville and Quinte Community Health Centre we will be offering a class that will focus on the labour and delivery portion of pregnancy.

Tues Sept 27, Nov 22 • 6:30-9:00pm

Parenting for Success

This unique parenting course is designed to address the needs of parents who are encountering significant challenges in their parenting role, and as a result are involved with Hastings Childrens Aid Society. Referrals from Hastings CAS only.

Thurs Sept 29-Dec 8 • 12:30-2:30pm

Pre-natal Classes®

The Health Unit in partnership with the Ontario Early Years Centre offers an exciting and informative prenatal program. This program is a series of 3 weekly classes. These classes provide information on having a healthy pregnancy, breastfeeding, and preparing for parenting. To register call 613-966-5513 ext 223

Tues Sept 6, 13, 20 • 6:30-9:00pm

Tues Nov 1, 8, 15 • 6:30-9:00pm

Siblings Without Rivalry®

The parenting series is designed to help parents who may be experiencing the challenges of sibling rivalry. Information, support and strategies will be discussed to help you help your children learn how to live together harmoniously.

Thurs Oct 6, 13, 20, 27 • 10:00-11:30am

Toy-Lending

A free service where parents and caregivers can borrow toys, videos or choose from a selection of parenting books.

Mon Oct 24, Nov 21 • 11:00-12:00pm

Triple P®

The Positive Parenting Program, known as Triple P, is a series of parenting programs that cuts through this information clutter to help give ordinary families the confidence and problem-solving skills to make small and positive changes that can make a big difference.

Tues Oct 4, 11, 18 • 10:00-11:30am

You and Me Baby

An informal, drop-in group for parents and caregivers with children aged 0-6yrs. This on-going program will provide an opportunity to meet other parents, share ideas, support and obtain information. Guest speakers are invited to present information and answer questions on selected topics. Sessions may include infant massage, nutrition, child development, routines and many more.

Fri in Sept, Oct, Nov, Dec • 10:00-11:30am

CHILDREN'S PROGRAMS

Circle Time

Children will enjoy singing and storytelling. This program promotes language development, social interaction and early learning skills.

Daily • 10:00am

Make & Take

Build a masterpiece to take home! This program enhances creativity, fine motor skills and coordination. Make lasting memories of your special craft time together.

Mon in Sept, Oct, Nov, Dec • 10:00am

Music & Movement

Children will enjoy singing and dancing as we incorporate musical instruments and lots of movement into this fun and energetic program. Perhaps we will be marching in a circle, dancing under the limbo stick or 'shaking all about'.

Tues Sept, Oct, Nov, Dec • 10:00am

Science & Me

Come with us as we explore the world around us through the eyes of a child. This hands-on program will incorporate science and math concepts in a fun and creative environment. Hands on Science will provide play opportunities, experimentation, creativity and sensory experiences.

Thurs in Sept, Oct, Nov, Dec • 10:00am



SPECIAL EVENTS AT THE TRENTON OEYC

Child ID Clinic

In partnership with Community Police, we will be offering a free ID clinic at our centre.

Thurs Nov 3 • 10:30

Halloween Party

Come dressed in your favorite costume and enjoy some ghoulish crafts and snacks. Registration is required.

Mon, Oct 31 • 9:30-12:00pm

Christmas Party

Join us for our annual Christmas Party with snacks, crafts and a special guest. Registration is required.

Thursday, Dec. 22 • 9:30-12:00pm

Mobile Outreach Toy Lending Van

Playgroups

Visit any one of the seven playgroups supported bi-weekly by our Mobile Outreach Program. Parents/caregivers and their children can enjoy crafts, circle time, snack and other theme-related activities during the two-hour session. Childcare information and items from the toy lending library are available to borrow at no cost. For more information please contact Andrea Dunkley, Mobile Outreach Coordinator at 905-375-4991.

Baltimore Playgroup • Baltimore United Church

Wed Sept 14, 28, Oct 12, 26, Nov 9, 23, Dec 7, 21 • 10:00-12:00pm

*Meet in Baltimore Community Centre park weather permitting

Let's Discuss It – Wed Oct 12 • 10:30am

Bewdley Playgroup • Bewdley Arena

Thurs Sept 15, 29, Oct 13, 27, Nov 10, 24, Dec 8, 22 • 10:00-12:00pm

Let's Discuss It – Thurs Nov 10 • 10:30am

Castleton Playgroup • Castleton Town Hall

Tues Sept 13, 27, Oct 11, 25, Nov 8, 22, Dec 6, 20 • 10:00-12:00pm

Let's Discuss It – Tues Sept 27, Dec 6 • 10:30am

Colborne Playgroup • Colborne Public School *Please sign in at office

Fri Sept 16, 23, 30, Every Fri in Oct, Nov, Dec 2, 9, 16, 23 • 9:30–11:30am

Let's Discuss It – Tues Sept 23 • 10:00am

Grafton Playgroup • Grafton Community Centre

Thurs Sept 22, Oct 6, 20, Nov 3, 17, Dec 1, 15 • 9:30-11:30am

Roseneath Playgroup • Alnwick Civic Centre

Wed Sept 21, Oct 5, 19, Nov 2, 16, 30, Dec 14 • 9:30–11:30am

Let's Discuss It – Wed Oct 19 • 10:30am

Warkworth Playgroup • St. Andrews Presbyterian Church

Mon Sept 19, Oct 3, 17, 31, Nov 14, 28, Dec 12 • 10:00-12:00pm

Let's Discuss It – Thurs Nov 10 • 10:30am

Ontario Early Years Centre Visits

Brighton OEYC

Mon Oct 24, Nov 21 • 9:30-10:30am

Campbellford OEYC

Tues Oct 18, Nov 15 • 11:00-12:00pm

Hastings OEYC

Tues Oct 18, Nov 15 • 9:30–10:30am

Trenton OEYC

Mon Oct 24, Nov 21 • 11:00-12:00pm



We build strong kids,
strong families,
strong communities.



Plus de vie à la vie
des jeunes, des familles
et de la communauté.

YMCA Northumberland

PROGRAMS & SERVICE

Health, Fitness, Recreation & Summer Camps

Cobourg YMCA

339 Elgin Street West
Cobourg, Ontario
K9A 4X5
905-372-0161

Brighton YMCA

170 Main Street
Brighton, Ontario
K0K 1H0
613-475-2887

YMCA Child Care

Beatrice Strong YMCA Child Care

90 Rose Glen Road
Port Hope, ON
905-885-8246
sbernard@ymcanorthumberland.com

CR Gummow YMCA Child Care

287 Gravely Street
Cobourg, ON
905-372-9714
jedly@ymcanorthumberland.com

St. Joseph's YMCA Child Care

919 D'Arcy Street North
Cobourg, ON
905-372-6444
scoyle@ymcanorthumberland.com

Cobourg YMCA Child Care

339 Elgin Street
Cobourg, ON
905-372-9247
ktaylor@ymcanorthumberland.com

Grafton YMCA Child Care

Grafton Community Centre
718 Station Road, P.O. Box 370
Grafton, ON
905-349-2667
ktaylor@ymcanorthumberland.com

Terry Fox YMCA Child Care

1065 Riddell Avenue
Cobourg, ON
905-373-4664
ctedford@ymcanorthumberland.com

Northumberland County offers a wide range of local community agencies working together to provide easily accessible information and services to families. We encourage you to take a look at all of the opportunities that are available to you throughout the county and to participate, share information, or find out more by contacting any of the participating organizations.

For further information please contact:

Your nearest OEYC

YMCA Northumberland* Ontario Early Years Centres

Head Office

339 Elgin St W., Cobourg ON
905-377-1271
1-866-301-6392
www.ymcanorthumberland.com

Hastings

6 Albert St., Hastings ON
705-696-1353

Port Hope

74 Queen St., Port Hope ON
905-885-8856

Trenton

101 Queen St., Trenton ON
613-965-4272

Early Literacy Specialist

905-377-1271
905-375-4374 (cell)
1-866-301-6392

Brighton

170 Main St., Brighton ON
613-475-2234

Campbellford

179 Saskatoon Ave.,
Campbellford ON
705-632-1144



Ontario

Early Years
Northumberland

Mobile Outreach Program

905-375-4991
1-866-301-6392

or

infornorthumberland at
northumberland@fourinfo.com
www.211northumberland.ca

or the Children's Services
Committee website at
www.northumberlandchildren.com



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strong families,
strong communities.



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YMCA Northumberland



Ontario

Early Years
Northumberland

YMCA Northumberland Ontario Early Years Centres

1.866.301.6392

