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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



SPRING/SUMMER 2010

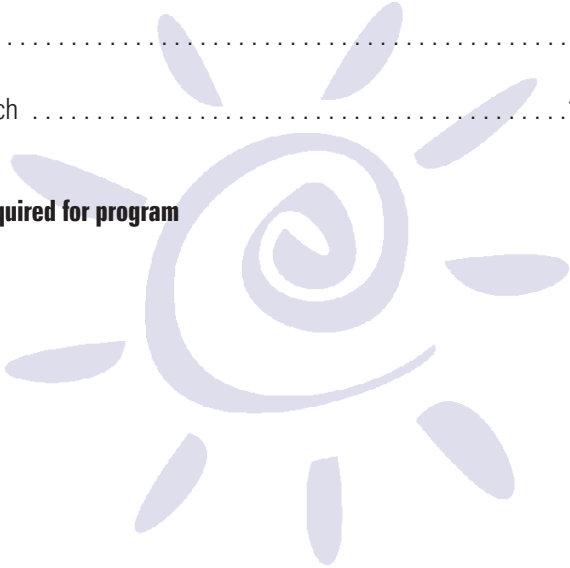
www.ymcanorthumberland.com • 1.866.301.6392

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 September 2010.

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® 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 May 24, Thurs Jul 1, Mon Aug. 2

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 May, Jun, July, Aug • 4:30-6:30pm

Parent Child Mother Goose®

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

Tues May 4 – Jun 22 • 12:30-1:30pm

Toddler/Preschooler Screening

An opportunity for parents to meet privately with a Public Health Nurse and/or Dental Hygienist to discuss any concerns about their child's speech, dental health or growth and development.

Wed Jun 9 • 10:00-12:00pm

CHILDREN'S PROGRAMS

Birthday Celebration

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

Thurs May 13, Jun 10, Jul 8, Aug 12 • 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.

Fri in May, Thurs in Aug • 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

Toy-Lending

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

Mon May 10, Jun 21 • 9:30-10:30am

Well-Baby Drop-in

An opportunity for parents with babies 12 months and younger to meet with a Registered Public Health Nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents.

Wed May 12, Jun 9, Jul 14, Aug 11 • 10:00-12:00pm

development and communication.

Wed in Aug • 10:30am

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 May, Fri in Jun, Mon in July • 10:30am

Multicultural Story time

This multicultural program features songs and stories from cultures around the world.

Tues in May, Jun • 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'.

Mon in May, Wed in Jul, Fri in Aug • 10:30am

Outdoor Adventures

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

Thurs in Jul, Tues in Aug • 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.

Wed in May, Thurs in Jun, Fri in Jul, Mon in Aug • 10:30am

Pre-School Storybook Making

Let your child create their very own storybook by using their imagination, and through language expressing their thoughts and feelings on paper.

Tues in July • 10:30am

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.

Wed in Jun • 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.

Mon in Jun • 10:30am

Scrap booking for Moms and Tots

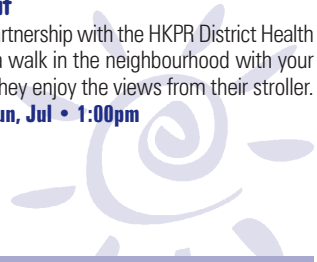
An excellent opportunity for parent/child interaction, this activity develops speech and language development as the child remembers and names the people and events portrayed in the photographs. Come join in the fun!

Tues, Wed • 12:00-2:30pm

Stroller Fit

Offered in partnership with the HKPR District Health Unit, enjoy a walk in the neighbourhood with your child while they enjoy the views from their stroller.

Wed May, Jun, Jul • 1:00pm



SPECIAL EVENTS AT THE BRIGHTON OEYC

Pet Store Visit

Join us at the local Pet Store to see the beautiful birds and fish and learn about the food our pets and other animals love to eat.

Tues May 4 • 11:00am

Mother's Day Tea

Children! Come dressed in your finest, and bring your Mom, Grandmother or a friend to sip tea from fancy cups and enjoy delicious desserts and sandwiches.

Thurs May 6 • 1:30-2:30pm

Handwashing Presentation

Our friendly nurse from the HKPR District Health Unit will demonstrate to both children and adults the proper method of washing your hands.

Tues May 18 • 11:00am

YMCA Healthy Kids Day

Join us for special, healthy activities as we celebrate YMCA Healthy Kids Day

Mon Jun 7

Father's Day Dinner

Bring your Dad or a friend to share in making a craft and then enjoy a meal you have helped to prepare.

Thurs Jun 17 4:30-6:30pm

Summer Water Safety Presentation

A special presentation on water safety for the summer as we enjoy swimming, boating and other water related activities.

Wed Jun 23 • 11:00am

Annual Mega Machines & Family Fun Fair

Enjoy a barbecue dinner and free games at the Cobourg YMCA. Children can climb aboard big rigs, race cars, fire trucks and much more!

Thurs Aug 19 • 5:30-7:30pm

Please watch for information about other special events taking place at your Ontario Early Years Centre.

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 May 24, Thurs Jul 1, Mon Aug 2

PARENT SUPPORT PROGRAMS

Toddler/Preschooler Screening

An opportunity for parents to meet privately with a public health nurse and/or dental hygienist to discuss any concerns about their child's speech, dental health or growth and development.

Thurs Jun 10 • 1:00-2:30pm

Toy-Lending

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

Mon Jun 7 • 10:30-11:30am (PLEASE NOTE DAY CHANGE)

Well-Baby Drop-in

An opportunity for parents with babies 12 months and younger to meet with a registered public health nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents.

Thurs May 13, Jun 10, Jul 8, Aug 12 • 1:00-2:30pm

Infant Massage®

A trained infant massage therapist will help parents understand the importance of touch with their babies.

Thurs May 6, 13, 20, 27, • 1:00-2:00pm

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

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.

Thurs in May, Jun • 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 and communication skills.

Mon in May, Jun • 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 Jul, Aug • 10:00am

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 creative environment. Science & Me, provides play opportunities, experimentation, creativity and sensory experiences.

Tues in May, Jun • 10:00am

Preschool Storybook Making

Have fun with your child as they use their imagination and express their creativity to create their own "storybook". This activity encourages children to read, as well as promotes speech and language development.

Tues in Jul, Aug • 10:00am

Stroller Fit

Offered in partnership with the HKPR Health Unit, enjoy a walk around the canal with your child as they enjoy a ride in their stroller.

Tues in May, Jun, Jul, Aug • 1:00pm

Splish Splash®

An opportunity for families in Campbellford to use the outdoor pool. This free program incorporates

parent/child interaction and physical activity.

Mon, Wed in Jul, Aug • 12:00-1:00pm

SPECIAL EVENTS AT THE CAMPBELLFORD OEYC

Field Trip to Caroline's Organics & Floral Design

Tues May 18 • 10:00 am

Kite Making

We will be creating our own kites with our Friends of Ferris.

Tues May 25 • 10:00 am

Sharing the Caring

Plan to come out to our annual Sharing the Caring event with Sparky The Clown Magician and a children's clothing, toy and book exchange.

Thurs May 27 • 5:00-7:00pm

YMCA Healthy Kids Day

Join us for special, healthy activities as we celebrate YMCA Healthy Kids Day.

Mon Jun 7

Walk to Ferris Park

Plan to celebrate YMCA Healthy Kids Day with a walk to Ferris Park.

Mon Jun 7 • 10:00am

Field Trip to Peterborough Zoo

Meet us at the playground as we enjoy the Peterborough Zoo.

Tues Jun 8 • 10:00am

Summer Safety Presentation

Come join us as we welcome our friend Doreen Boville from the HKPR District Health Unit for a presentation on summer safety.

Thurs Jun 17 • 10:30 am

Family First Aid and CPR

Join our Aquatics Coordinator, Shannon Oliver, to learn some key skills for First Aid and CPR. There will also be time for questions.

Wed Jul 14 • 10:00am

Teddy Bear Picnic

Bring your favourite teddy bear and join us for a morning of songs, crafts and a special snack.

Mon Jul 19 • 10:00am

Annual Mega Machines & Family Fun Fair

Enjoy a barbecue dinner and free games at the Cobourg YMCA. Children can climb aboard big rigs, race cars, fire trucks and much more!

Thurs Aug 19 • 5:30-7:30pm

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 • Please note new hours

Closures: Mon May 24, Thurs Jul 1, Mon Aug 2

PARENT SUPPORT PROGRAMS

Baby and Me Yoga®

A Yoga program for parents and their children 12 months of age or younger. This special time promotes physical activity, relaxation and healthy lifestyle.

Tues May 4 – Jun 8 • 1:00-2:00pm

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. Please call 905-377-1271 to register.

Wed Jun 9 – Jul 14 • 1:00-2:30pm

Wed Aug 11 – Sept 15 • 1:00-2:30pm

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 May 18, Jun 15, Jul 20 • 5:00-7:00pm

Siblings Without Rivalry®

This 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 and your children learn how to live together harmoniously.

Tues May 25 – Jun 22 • 10:00-11:30am

Toddler/Preschooler Screening

An opportunity for parents to meet privately with a public health nurse and/or dental hygienist to discuss any concerns about their child's speech, dental health or growth and development.

Tues Jun 15 • 10:00-11:30am

CHILDREN'S PROGRAMS

Circle Time

A theme-based circle time. Children will enjoy singing, storytelling, puppets, finger plays and the use of the felt board. 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 with children in a creative, fun and learning atmosphere.

Thurs May 20, Jun 17, Jul 15, Aug 19 • 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 and communication skills. Weather permitting we will enjoy activities outside.

Wed May 5, 19, Jun 2, 16, 30, Jul 14, 28, Aug 11, 25 • 11:15am-12:00pm

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.

Well-Baby Drop-in

An opportunity for parents with babies 12 months and younger to meet with a registered public health nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents.

Tues May 18, Jul 20, Aug 17 • 11:15am-12:15pm

Tues Jun 15 • 10:00-11:30am

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. Sessions may include infant massage, Mother Goose and other topics of interest. A great follow-up to Baby's Own.

Tues Jul 6 – Aug 10 • 11:15am-12:15pm

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 May, Jun, Jul, Aug • 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'.

Wed May 12, 26, Jun 9, 23, Jul 7, 21, Aug 4, 18 • 11:15am

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 May 8, Jun 12, Jul 10, Aug 14 • 11:00am-12:30pm

Splish Splash®

An opportunity for families to use the YMCA pool in Cobourg. This free program incorporates

parent/child interaction and physical activity.

Fri May 14, 28, Jun 11, 25, Jul 9, 23, Aug 6, 20 • 11:00am-12:00pm

SPECIAL EVENTS AT THE COBOURG OEYC

Primrose Donkey Sanctuary®

Plan to meet us at the Sanctuary and bring a lunch if you wish to picnic after the tour.

Tues May 4 • 10:30am

Mother's Day Tea®

Please be our guest as we present our annual Mother's Day Tea complete with china tea cups and delicious snacks.

Thurs May 6 • 11:30am-12:30pm

YMCA Healthy Kids Day

Join us for special, healthy activities as we celebrate YMCA Healthy Kids Day.

Mon Jun 7

Strawberry Trip to Van Dorp's Farm®

Join us for our annual strawberry picking adventure. We will meet at the farm.

Thurs Jun 24 • 10:00am

Annual Mega Machines & Family Fun Fair

Enjoy a barbecue dinner and free games at the Cobourg YMCA. Children can climb aboard big rigs, race cars, fire trucks and much more!

Thurs Aug 19 • 5:30-7:30pm

Hastings Ontario Early Years Centre (705) 696-1353

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 May 24, Thurs Jul 1, Mon Aug 2

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. Topics are chosen by the parents and may include bedtime routines, parenting styles and nutrition.

Wed May 5, Jun 16 • 10:30-11:30am

Tales and Tunes

An opportunity for parents and their young children to enjoy stories, songs and rhymes together. Felt board stories, puppets and other props will be used. Parents will receive activity ideas to do at home with their children, as well as parenting resources.

Mon May 31 – Jul 10:30-11:30am

Toddler and Preschooler Developmental, Speech and Dental Screening

An opportunity for parents to meet privately with a

public health nurse and /or dental hygienist to discuss any concerns about their child's speech, dental health or growth and development.

Wed Jul 28 • 10:30am-12:00pm

Toy Lending Van

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

Mon June 7 • 9:00-10:00am (PLEASE NOTE DAY CHANGE)

Well Baby Drop-In

An opportunity for parents with babies to meet with a registered public health nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents.

Wed May 26, Jun 23, Jul 28, Aug 25 • 10:30am-12:00pm

CHILDREN'S PROGRAMS

Adventure in the Park

Weather permitting, plan to join us at the park for songs, outdoor activities and a snack.

Thurs in Jul, Aug • 10:00am

Birthday Celebration

A monthly celebration of birthdays with a special snack.

Fri May 28, Jun 25, Jul 30, Aug 27 • 10:30am

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.

Wed May 19, Jun 23, Jul 14 • 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. This activity will go along with the Adventures in the Park.

Thurs in Jul, Aug • 10:30am

Preschool Storybook Making

Have fun with your child as they use their imagination and express their creativity and create their own "Storybook". This activity encourages children to read, as well as promotes speech and language development.

Wed Aug 4, 11, 18, 25 • 11:00am

Storytime at the Library

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

Tues in May, Jun, Jul, Aug • 10:30am

SPECIAL EVENTS AT THE HASTINGS OEYC

Crazy Craft Room

The Hastings Centre's craft room is full of creative, fun and imaginative items for your child to create a masterpiece. It is always open and inviting for you and your child to create a work of art together.

The Tony Edwards Library

This room is full of books/magazines, games, resources and videos for parenting support, child /parent interaction and fun. All items can be signed out and borrowed at no cost.

Field Trips

There are lots of places to go exploring in Northumberland County! Please watch for updates on upcoming special events and field trips. You may also contact the Centre for dates and times or to have your name added to the email list for weekly updates.

Events for the Family in Trent Hills

July 1 Canada Day Celebration

July 9-11 License-Free Fishing Weekend

July 31 Campbellford Waterfront Festival at Old Mill Park

YMCA Healthy Kids Day

Join us for special, healthy activities as we celebrate YMCA Healthy Kids Day.

Mon Jun 7

Annual Mega Machines & Family Fun Fair

Enjoy a barbecue dinner and free games at the Cobourg YMCA. Children can climb aboard big rigs, race cars, fire trucks and much more!

Thurs Aug 19 • 5:30-7:30pm



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 May 24, Thurs Jul 1, Mon Aug 2

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. Dinner will be served at 5:00pm

May 12, Jun 16, Jul 14, Aug 11 • 5:00-6:30pm

Toddler and Preschooler Developmental, Speech and Dental Screening

An opportunity for parents to meet privately with a public health nurse and /or dental hygienist to discuss any concerns about their child's speech, dental health or growth and development.

Wed May 12 • 10:30am-12:00pm

Toy-Lending - ongoing

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

Well-Baby Drop-in

An opportunity for parents with babies 12 months and younger to meet with a registered public health nurse. The nurse is available to weigh the baby, provide breast-feeding support, discuss infant care, growth and development and any other concerns of the parents.

Wed May 12, Jun 9, Jul 14, Aug 11 • 10:00-11:00am

You and Me Baby!®

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

Thurs Jul 8–Aug 12 • 10:30-11:30am

CHILDREN'S PROGRAMS

Birthday Celebration

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

Fri May 28, Jun 25, Jul 30, Aug 27 • 10:30am

Circle Time

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

Daily • 10:30am

Free Parent and Tot Swim

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

Tues May 11, 25, Jun 8, 22, Jul 6, 20, Aug 3, 17, 31 • 9:30-10:30am

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 May 14, Jun 11, Jul 9, Aug 27 • 10:00am

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 May 4, 18, Jun 1, 15 • 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 May, Jun, Jul, Aug • 10:30am



SPECIAL EVENTS AT THE PORT HOPE OEYC

Mother's Day Luncheon®

Please join us as we bring the feeling of summer back with a Hawaiian-themed celebration for you Mom.

Thurs May 6 • 11:00am

YMCA Healthy Kids Day

Join us for special, healthy activities as we celebrate YMCA Healthy Kids Day.

Mon Jun 7

Father's Day Supper®

We will celebrate our Dads with a special dinner.

Wed Jun 16 • 5:00pm

Van Dorps Strawberry Patch

Fri Jun 25 • 10:00am

Neighbourhood Walk

Join us for a neighborhood walk and picnic lunch.

Tues Jul 13, 27 • 10:30am

Lilac Lodge Farms

Join us to visit the animals and then stay for a picnic lunch.

Fri Jul 23 • 10:30am

Beach Day

Tues Aug 10 • 10:00am

Annual Mega Machines & Family Fun Fair

Enjoy a barbecue dinner and free games at the Cobourg YMCA. Children can climb aboard big rigs, race cars, fire trucks and much more!

Thurs Aug 19 • 5:30-7:30pm

Peterborough Zoo

Tues Aug 24 • 10:30am



Trenton Ontario Early Years Centre (613) 965-4272

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 May 24, Thurs Jul 1, Mon Aug 2

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 May, June, July, Aug • 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 May, June, July, Aug • 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.

Thurs May 27, June 24 • 10:30am-12:00pm

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

Thurs May 6, 13, 20 • 6:30- 9:00pm

COPEing with Toddler Behaviour®

This eight-session course is designed for parents who wish to learn about encouraging and nurturing a good relationship with their child, using positive behaviour management strategies to promote positive behaviour and to talk with other parents.

Fri in May and June • 10:30am-12:00pm

Breastfeeding Support Group *New*

This bi-weekly drop-in for breastfeeding moms provides the opportunity to share ideas with other parents, and participate in a friendly, informal discussion on breastfeeding, nutrition, and lifestyle

CHILDREN'S PROGRAMS

Circle Time

A theme-based circle time. Children will enjoy singing, storytelling, puppets, finger plays and the use of the felt board. 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 May, Jun • 10:00am, Fri in Jul, Aug • 10:00am

Music & Movement

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

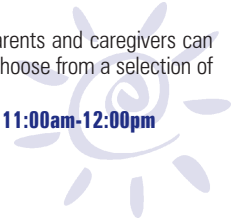
topics. The program is offered in partnership with the Hastings Prince Edward Counties Health Unit and is staffed by a Public Health Dietician and a Public Health Unit Nurse.

Tues May 11, 25, Jun 8, 22, Jul and Aug TBA • 9:30-11:00am

Toy-Lending

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

Mon May 10, June 21 • 11:00am-12:00pm



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

Mon in May, Jun, Jul, Aug • 10:00am

Outdoor Play

Weather permitting, plan to join us for some outdoor fun with songs, games, outdoor activities and a refreshing snack.

Thurs in Jul, Aug • 10:30am-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.

Tues in May, Jun, Jul, Aug • 10:00am

SPECIAL EVENTS AT THE TRENTON OEYC

YMCA Healthy Kids Day

Join us for special, healthy activities as we celebrate YMCA Healthy Kids Day.

Mon Jun 7

Trip to Splash Pad

Join us at the Quinte West Splash Pad in Centennial Park. Snack will be served.

Thurs Jul 15, Aug 19 • 10:00am-12:00pm

Teddy Bear Picnic

Come join us for our annual Teddy Bear Picnic. Games, crafts and snack will be held outside (weather permitting).

Tues Aug 17 • 10:00am

Kindergarten is Cool!®

Children's Mental Health Services and The Ontario Early Years Centre will be offering a parenting workshop on preparing children for kindergarten success. While the parents are meeting in the education room, the children will be involved in a group that prepares them for Kindergarten. Registration is required.

August 16-19 • 1:00pm-4:00pm

Annual Mega Machines & Family Fun Fair

Enjoy a barbecue dinner and free games at the Cobourg YMCA. Children can climb aboard big rigs, race cars, fire trucks and much more!

Thurs Aug 19 • 5:30-7:30pm

Mobile Outreach Toy Lending Van

Playgroups

Visit any one of the eight 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. Child care 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 May 12, 26, Jun 9, 23 10:00-12:00pm
*Please Note – We will meet at the Baltimore Community Centre park when weather permitting.

Bewdley Playgroup • Bewdley Arena

Thurs May 13, 27, Jun 10, 24 • 10:00-12:00pm
Let's Discuss It
Thurs Jun 10 • 10:30am

Castleton Playgroup • Castleton Town Hall

Tues May 11, 25, Jun 8, 22 • 9:30-11:30am
Let's Discuss It
Tues May 11 • 10:00am

Colborne Playgroup • Keeler Centre

Fri May 14, 28 Jun 11, 25 • 9:30-11:30am
Let's Discuss It
Fri May 14 • 10:00am

Toddler/Preschooler Screenings

Fri May 28 • 9:30-11:30am

Grafton Playgroup • Grafton Community Centre

Thurs May 6, 20, Jun 3, 17 • 9:30-11:30am
Let's Discuss It
Thurs May 6 • 10:00am

Roseneath Playgroup • Alnwick Civic Centre

Wed May 19, Jun 2, 16, 30 • 9:30-11:30am
*Please note no meeting on May 5 due to hall availability.
Let's Discuss It
Wed Jun 2 • 10:00am

Warkworth Playgroup • St. Andrews Presbyterian Church

Mon May 3, 17, 31, Jun 14, 28 • 10:00-12:00pm
Let's Discuss It
Mon May 17 • 10:30am

Ontario Early Years Centre Visits

Brighton OEYC

Mon May 10, Jun 21 • 9:30-10:30am

Campbellford OEYC

Mon Jun 7 • 10:30-11:30am
(PLEASE NOTE DAY CHANGE)

Hastings OEYC

Mon Jun 7 • 9:00-10:00am
(PLEASE NOTE DAY CHANGE)

Trenton OEYC

Mon May 10, Jun 21 11:00-12:00pm

SPECIAL EVENTS WITH MOBILE OUTREACH

COPEing with Toddler Behaviour®

This program is designed for parents who wish to learn about encouraging and nurturing a good relationship with their child, using positive behaviour management strategies to promote positive behaviour and to talk with other parents. Being offered at the Trenton OEYC.

Fri May 7 – Jun 18 • 10:30am-12:00pm

Toylending at Alderville Health Services

This is an opportunity for families in the community to access the free toy and resource

lending program.

Wed May 19, Jun 2, 16, 30 • 12:00-12:30pm

Cobourg Busker Festival

The Toy-Lending Van will be on hand at the Downtown Cobourg Busker Festival
Sat Jun 12 • 10:00am-3:00pm

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

Grafton YMCA Child Care

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

Cobourg YMCA Child Care

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

St. Joseph's YMCA Child Care

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

CR Gummow YMCA Child Care

287 Gravely Street
Cobourg, ON
905-372-9714
jeddy@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.ymcnorthumberland.com

Brighton

170 Main St
Brighton ON
613-475-2234

Campbellford

179 Saskatoon Ave
Campbellford ON
705-632-1144

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

Mobile Outreach Program

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

or

[infonorthumberland at northumberland@fourinfo.com](mailto:infonorthumberland@northumberland@fourinfo.com)

www.211northumberland.ca

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



We build strong kids,
strong families,
strong communities.

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

YMCA Northumberland



YMCA Northumberland Ontario Early Years Centres
1.866.301.6392

