

2020 Winter Workshop Calendar

Calendrier d'ateliers hiver 2020

EarlyON Child and Family Centre—CentralSouth
On y va Centre pour l'enfant et la famille—Centre sud

FEBRUARY / FÉVRIER

Sunday/Dimanche	Monday/Lundi	Tuesday/Mardi	Wednesday/Mercredi	Thursday/Jeudi	Friday/Vendredi	Saturday/Samedi
<p>Workshops with this star require registration. ★ Inscription requise pour ateliers avec cette étoile.</p> <p>Register by clicking the links provided in the PDF Calendar or by calling 613.737.6369 Inscrivez-vous en utilisant les liens fournis dans le calendrier PDF ou en appe-</p>						1
2	3 Navigating Child Care Options Through AFCS: Info Session Baby & Me Playgroup 1:30—3:00 pm	4	5 EVENING PLAYGROUP 5:30—7:30 pm Special Activity: Magnetism EVENING WORKSHOP ★ First Words: Growing Up with Many Languages 6:00 - 7:30 pm	6	7 How to Help Children Deal with Big Feelings Info Session Trainyards Playgroup 9:00—11:00 am	8
9	10 How to Help Children Deal with Big Feelings Info Session Don Reid Playgroup 9:00—11:00 am	11 How to Help Children Deal with Big Feelings Info Session McLean Playgroup 9:00—11:00 am	12 EVENING PLAYGROUP 5:30—7:30 pm EVENING WORKSHOP ★ Navigating the New Ontario Autism Program 6:00—7:30 pm	13 ART CLUB: Modelling & Sculpting 600—700 Industrial Ave, 9:30—11:00 am ★	14 Intergenerational Valentine's Day Gathering Waterford Retirement Residence (2431 Bank St.) 10:00—11:30 am ★	15
16	17 CLOSED/FERMÉ Family Day Journée de la famille	18 Storytime with the Librarian McLean Playgroup 10:30—11:00 am	19 Evening Playgroup 5:30—7:30 pm Special Activity: Pyjamas & Yoga	20 How to Help Children Deal with Big Feelings Info Session Fairlea Playgroup 9:00—11:00 am	21 A Visit With Sam Hunt Club Riverside Playgroup 10:00—11:00 am	22 How to Help Children Deal with Big Feelings Info Session Don Reid Playgroup 9:00—11:30 am
23	24 How to Help Children Deal with Big Feelings Info Session Hunt Club Riverside Playgroup 9:00—11:00 am	25	26 Evening Playgroup 5:30—7:30 pm EVENING WORKSHOP ★ Emotions and Self-Regulation in Early Childhood 6:00—7:30 pm	27 Do You Want to Build a Snow Man? Russell Boyd Park 1735 St. Bernard Street 9:30—11:00 am	28 ART CLUB: Colourful Crafts Don Reid Location 1:30—3:00 pm ★	29

Navigating Child Care Options Through Andrew Fleck Children's Services:

Information Session (During Baby & Me playgroup)

Join our Parent Navigator for a better understanding of the early learning and child care services that are being offered through Andrew Fleck Children's Services.

Evening Playgroup

Join us every Wednesday for our evening bilingual drop-in playgroup! The playgroup is open to all families, providers and guardians and their children 0-6 years of age. Special activities will be offered during the evening playgroup on the following dates:

- ⇒ **February 5th: Magnetism** - Fun activities that will allow your child to learn the basics of magnetism by exploring all kinds of magnets and objects.
- ⇒ **February 19th: Pyjamas & Yoga** - Playful stretches and poses to encourage a calm ending to the day.

Groupe de jeu en soirée

Joignez nous les mercredis pour notre groupe de jeu bilingue en soirée! Ce groupe de jeu est ouvert à tous les familles, responsables de garde et tuteurs et leurs enfants de 0-6 ans. Des activités spéciales seront offertes lors de notre groupe de jeu en soirée aux dates suivantes :

- ⇒ **le 5 février : Magnétisme**— Des activités amusantes permettront aux enfants de découvrir certaines propriétés des aimants.
- ⇒ **le 19 février : Pyjamas et Yoga** - Des étirements et des poses amusantes pour encourager une fin calme à la journée.

First Words: Growing Up with Many Languages (For parents/guardians and/or caregivers) ★

Common questions affecting bilingual families will be addressed in this workshop. Come learn how to introduce a new language, tips on how to encourage your child's communication, speech and language milestones and First Words services. *Cet atelier est offert en anglais, mais les questions peuvent être répondues en français.* [REGISTER NOW!](#)

How to Help Children Deal with Big Feelings (Information Sessions During Playgroups)

This session will focus on emotions and self-regulation skills in early years. An Early Years Educator will be available to answer your questions and share information on strategies to help young children regulate their emotions. Handouts and/or book recommendations will be provided.

Navigating the New Ontario Autism Program (For parents/guardians and/or caregivers) ★

A Service Navigator from Autism Ontario will be on hand to provide orientation and system navigation support to families who are accessing or interested in accessing the new Ontario Autism Program (OAP). Bring your questions about childhood budgets, finding qualified providers and local autism services.

[REGISTER NOW!](#)

Art Club: Modelling & Sculpting (For children 2 1/2 to 5 years of age and accompanying adult).

Let's create together as we squish, squeeze, pull and push clay into something wonderfully original. ★

[REGISTER NOW!](#)

Intergenerational Valentine's Day Gathering (For children 0 to 6 years of age and accompanying adult).

Are you ready to spread some love? Join us for a fun morning as we make valentines to share with the memory care patients at the Waterford. [REGISTER NOW!](#) ★

Story time with the Librarian (During McLean Playgroup)

Join a librarian from the Ottawa Public Library as she facilitates circle time with songs, stories and rhymes!

A Visit With Sam —Therapeutic Paws Canada

Suzanne and her King Charles Cavalier Spaniel Sam, will be visiting our Hunt Club Riverside location; children will have an opportunity to pet and interact with Sam. Positive interactions with animals can help children further develop empathy, reduce stress and contribute to their self-esteem. Visits with Sam will be made in small groups.

Emotions and Self-Regulation in Early Childhood (For parents/guardians and/or caregivers) ★

Self-regulation is an important skill for children to develop. When children are able to manage their emotions and behaviour, they are better able to calm themselves and adjust their expectations. This workshop will address strategies on how best to support children in developing self-regulation skills and provide parents/caregivers with helpful resources. [REGISTER NOW!](#)

Do You Want to Build a Snowman? (Outdoor drop-in program)

Join us for some snowy fun as we build snowmen and enjoy other outdoor winter activities at Russell Boyd Park. A variety of materials will be provided so that children can get creative and build the best possible snowman!

Art Club: Colourful Crafts (For children 2 1/2 to 5 years of age and accompanying adult). Children are drawn to the beauty of colour. Join us for a fun filled afternoon, as we create several fun crafts using colour and light as our focus. [REGISTER NOW!](#) ★