

EarlyON centres offer FREE drop-in programs for families, caregivers and children from birth to 6 years of age.

<b>Main Location:</b> 2330 Don Reid Drive, Ottawa, ON	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>Morning</b>						
	<b>Ages 0-6 years Playgroup</b> 9:00-11:30					<b>Ages 0-6 Playgroup</b> 9:00-11:30	
	<b>Afternoon</b>						
	<b>Baby &amp; Me</b> 1:30-3:30  *For infants from 0-12 months of age	<b>Ages 0-6 Playgroup</b> 1:30-3:30	No Programs	<b>Baby &amp; Me</b> 1:30-3:30  *For infants from 0-12 months of age	<b>Ages 0-6 Playgroup</b> 1:30-3:30	No Programs	

### WELLNESS WALK

Join us for a fun and inclusive wellness walk **now open to all ages!** Meet us in the Don Reid parking lot on Thursdays at 1:00pm.

### Reminders



**Scent Free Environment**



**Nut Free Environment**



**Shoes Required Indoors**

### parenting in Ottawa drop-in!

On Monday's from 1:00-3:00pm, Public Health Nurses will be at our Don Reid location to offer support for breastfeeding and answer questions on healthy development for children 0-6 years of age.

Off-Site Playgroup Locations				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hunt Club Riverside</b> 3320 Paul Anka Dr. 9:00-11:15 *North Gym 9:00-10:00 am	<b>Trainyards</b> Tiny Sprouts [0-30 months] 600-700 Industrial Ave 9:30-11:30	<b>Hunt Club Riverside</b> 3320 Paul Anka Dr. 9:00-11:15 *North Gym 9:00-10:00 am	<b>Forest &amp; Nature at Coronation Park</b> 9:30 - 11:00 * <a href="#">click here for meet up location</a>	<b>Hunt Club Riverside</b> 3320 Paul Anka Dr. 9:00-11:15 *North Gym 9:00-10:00 am
<b>Intergenerational</b> Perley Health 9:00-11:15 *By Registration ONLY	<b>McLean Cooperative</b> 343 Parkin Circle 9:00-11:15	<b>Open Air Outdoor</b> <a href="#">Billings Park (map)</a> June 14 & 28 <a href="#">Owl Park (map)</a> June 7 & 21 9:30-11:00	<b>McLean Cooperative</b> 343 Parkin Circle 9:00-11:15	<b>Trainyards</b> 600-700 Industrial Ave 9:00-11:15
<b>Hunt Club Riverside will NOT have playgroup June 26, 28, 30</b>				

### Virtual Workshop: From Frustration to Peace & Connection

Date: Monday, June 19, 2023  
Time: 7:00-8:00PM

Click the following link to register:  
<https://form.jotform.com/231445319545255>

All of us carry pain from our own childhood. Most of us made ourselves a promise to parent... differently. And yet, very few of us have a model or roadmap to know how to do so. In this interactive workshop we will explore Peaceful Parenting. Join our virtual workshop to discover the 5 POTENT SHIFTS that can bring more connection, harmony and cooperation in your family.

### Toy Library

This is a free service for families offered at our Don Reid location. Come in and browse our selection of books and toys for children ages 0-6.

**Tuesday:**  
9:00-11:45 am & 1:30-3:30 pm

**Wednesday:**  
5:30-7:45 pm

**Saturday:**  
8:45-11:45 am

For more information you can email us at: [Toylibrary@afchildrensservices.ca](mailto:Toylibrary@afchildrensservices.ca)



### Around the Rainbow Playgroup

The playgroup is for 2SLGBTQ+ families and families with young gender-diverse children, between the ages of 0 - 6 years old.

June 3rd, 2023 1:00 - 4:00 pm

### Hours of operation:

**Monday-Friday**  
8:30am-4:30pm

**Wednesday evening**  
5:30pm-8:00pm

**Saturday morning**  
8:30am-12:00pm



For more information, you can call us at

**613-737-6369**

send an email to

[earlyonottawasouth@afchildrensservices.ca](mailto:earlyonottawasouth@afchildrensservices.ca)

or visit our website at

<https://www.afchildrensservices.ca/earlyon-child-and-family-centre/>

