

Oakville Parent-Child Centre



# Program Guide

## Fall 2019



**EarlyON**

Child and Family Centre

**Monday September 9th to Friday December 20th**

461 North Service Road West, Unit 17 Oakville, Ontario L6M 2V5

info@op-cc.ca | 905-849-6366 | www.op-cc.ca

# How Does Learning Happen?

## A Culture of Storytelling

This is Caleb's first day to wear underwear to OPCC preschool program. He includes many floating children in his drawing—all with underwear and smiling faces. This is "me in underwear" he says to OPCC educator Antonia. He explains, the yellow cat is happy because he doesn't have to wear underwear; but this purple cat is different. He draws his own cat from home called Whitsey. He explains, "Whitsey is frowning because he wants to wear the underwear but can't... because he is a cat."



Caleb's emotional well-being is expressed here through his creative story-telling and visual art. Toilet training is a very important psychological step for children. Caleb is no exception. We all live in a culture of storytelling that help us make meaning of the world around us.

### How can I register?

Registration begins **Wednesday August 14th at 6pm**, at [www.op-cc.ca](http://www.op-cc.ca).

*Registration information is located on the back of the program guide.*

*All program or registration inquiries should be directed to our administrative office located at:  
461 North Service Road West Unit 17, 905-849-6366 Monday to Friday 8:30am-4:00pm*

# Greetings From the Executive Director

## Welcome to our Fall Program Guide!

Welcome to our Fall Program Guide! We are pleased to share with you the programs and services that will be available to you for registration in August and participation in September. If you are new family joining us for the first time we welcome you and look forward to meeting you and your child. To all returning families, welcome back!

OPCC is excited to be offering free programs through the EarlyON initiative at 6 regular sites this year in addition to some outreach locations. You will find detail of these program on pages 7 and 10. We are excited to be able to expand these programs as a result of a partnership with the Town of Oakville which allows us to operate out of their facilities throughout Oakville. This Fall we have four full days of programs being offered at 16 Mile Creek Sports Complex (North of Dundas), will be opening an new permanent location at Queen Elizabeth Park Community Centre to service our families in south Oakville and continue to offer programs at North Service Road and our very popular Oakwood Elementary School.



Our Discovery Station Emergent Learning Program (previously Nursery School) has begun registration, and as usual if very popular so please register soon to guarantee your child spot in our program. We have many morning options for your 18 months to 5 years old child including an extended day program to meet your needs. This 10 month program is designed to ensure your child's success upon entering school, focused on ensuring the foundational skills necessary are being developed through age appropriate learning activities that align with the Ministry of Educations pre-kindergarten programs. More information can be found on page 11.

We continue to offer music, infant massage and Little Creators as part of our very popular Enrichment Program Series and look forward to announcing a few new surprises for you as more details are available stay tuned to our web-site and social media for updates!

Most importantly we would like to draw your attention to a new child care option that will be available late fall at OPCC called Occasional Care. We are working with the Ministry of Education to launch a casual drop off care program that will bring the same standard of care and education for your child that would be available in any licenced centre program. We have heard from many families that the need to have care on occasion is important and valued for those who may not have family to assist, work part-time or are self employed. We are piloting this initiative this Fall and look forward to your participation and feedback as we move forward in this new venture providing flexible childcare options for families. A brief introduction to this care is on page 12.

As always please don't hesitate to inquire, provide feedback or even ideas for programming. We value the insights and welcome your perspectives.

Warmly,  
Donette Phillips



*Registration for all enrichment programs begins Wednesday August 14th at 6pm*

## Infant Massage

Join a certified IAIM instructor to learn the art of infant massage and to study techniques to help foster close bonds, improve baby's sleep and relieve gas and other symptoms of infant stress.

| Start Date   | Location  | Time       | Cost       | # Wks | Code |
|--------------|-----------|------------|------------|-------|------|
| Tues Sept 10 | NSR- Main | 12:30-1:30 | \$40/child | 3     | F570 |
| Tues Nov 5   | NSR- Main | 12:30-1:30 | \$40/child | 3     | F571 |

**Age Group:** Newborn to 12 months



## Little Creators

See, touch and create! Come join our fun-filled, hands-on program and have messy fun. Each week you and your child will explore and experience art mediums, colour, texture and music while using fine motor skills, hand-eye coordination and social skills. At the end, you will leave with a collection of your child's creations.

| Start Date   | Location   | Time      | Cost       | # Wks | Code |
|--------------|------------|-----------|------------|-------|------|
| Tues Sept 10 | NSR - Main | 1:15-2:30 | \$95/child | 6     | F572 |
| Tues Oct 29  | NSR- Main  | 1:15-2:30 | \$80/child | 5     | F573 |

**Age Group:** 6 to 18 months

## Exploring Music

Did you know that a baby's brain doubles in size during the first year? What an opportunity to bathe them in the sounds of music! Music and movement can be a tool which can transform a tiresome, upset child into one who's calm and full of joy. Music at this stage of development is what can bridge strong connections. Learn to pick up on your child's cues and experience the benefits of music! A musical gift will be provided. Facilitated by a Music Director. **This program can be repeated, as content varies.**

| Start Date  | Location  | Time       | Cost       | # Wks | Code |
|-------------|-----------|------------|------------|-------|------|
| Wed Sept 11 | NSR- Main | 9:15-10:15 | \$95/child | 6     | F574 |
| Wed Oct 23  | NSR- Main | 9:15-10:15 | \$95/child | 6     | F575 |

**Age Group:** 3 to 18 months

## Creative Music

Strengthen your child's love of music while enhancing their mood in this high-spirited class. Being "in-tune" with your child's musical interests, you will be better equipped to help them to develop their learning potential. Through vocal activities, musical games, line dancing, rhythm drills and musical improvisation, your child will be sparked with enthusiasm. A musical gift will be provided. Facilitated by a Music Director. **This program can be repeated, as content varies.**

| Start Date  | Location  | Time        | Cost       | # Wks                   | Code |
|-------------|-----------|-------------|------------|-------------------------|------|
| Wed Sept 11 | NSR- Main | 10:45-11:45 | \$95/child | 6                       | F576 |
| Fri Sept 13 | NSR- Main | 10:45-11:45 | \$95/child | 6<br>No class<br>Oct 11 | F577 |
| Wed Oct 23  | NSR- Main | 10:45-11:45 | \$95/child | 6                       | F578 |
| Fri Nov 1   | NSR- Main | 10:45-11:45 | \$80/child | 5                       | F579 |

**Age Group:** 18 months to 3½ years



## Music in Bloom

Enrich your child with amazement and recharge before the weekend! It's time to provide your child with the opportunity to build his/her language, literacy and vocal development. You and your child will participate in using different hand-held musical instrument each week. Your child will listen to and develop rhythm, enrich their senses through joyful, creative, sweet sounding play. A musical gift is provided. Facilitated by a Music Director. **This program can be repeated, as content varies.**

| Start Date  | Location  | Time       | Cost       | # Wks                   | Code |
|-------------|-----------|------------|------------|-------------------------|------|
| Fri Sept 13 | NSR- Main | 9:15-10:15 | \$95/child | 6<br>No class<br>Oct 11 | F580 |
| Fri Nov 1   | NSR- Main | 9:15-10:15 | \$80/child | 5                       | F581 |

**Age Group:** Newborn to 5 years

## Parent & Me Zumba

Want to exercise but find it challenging now with a baby? Come dance with your baby (with baby worn in a carrier) to the rhythms of cumbia, salsa, belly-dancing and more! Get your groove back in a fun, high calorie burning Zumba party! This program is taught by a Certified Zumba Instructor. Baby carrier required.

| Start Date  | Location  | Time      | Cost       | # Wks | Code |
|-------------|-----------|-----------|------------|-------|------|
| Thurs Oct 3 | NSR- Main | 1:15-2:00 | \$60/child | 6     | F582 |

**Age Group:** 2 months up to the age/weight you can carry

## Sing a Happy Song!

You and your child will celebrate music through a collection of the happiest songs of today! Let us light up your day with musical instruments and focus on positive energy through dance and movement in this delightful happy program. Musical gift will be provided. Facilitated by a Music Director.

| Start Date  | Location  | Time      | Cost       | # Wks                   | Code |
|-------------|-----------|-----------|------------|-------------------------|------|
| Fri Sept 27 | NSR- Main | 1:30-2:30 | \$65/child | 4<br>No class<br>Oct 11 | F583 |
| Fri Nov 1   | NSR- Main | 1:30-2:30 | \$65/child | 4                       | F584 |

**Age Group:** Newborn to 24 months



## Musical Babies

Are you looking to engage in a positive bonding experience with your child? Research has found "that participants in interactive music classes with their parents smile more, communicate better and show earlier and more sophisticated brain responses to music." - McMaster University

Music provides positive messages to children and supplies us with wonderful ways to strengthen our connection. Through 'meaningful music', learn how you can equip yourself with music which works especially well for babies, toddlers and two's. We will share songs, finger plays, dancing, movement and utilize varied hand-held instruments to bridge a strong link between you and your child. Musical gift will be provided. Facilitated by a Music Director.

| Start Date | Location  | Time      | Cost       | # Wks | Code |
|------------|-----------|-----------|------------|-------|------|
| Wed Oct 2  | NSR- Main | 1:30-2:30 | \$80/child | 5     | F585 |

**Age Group:** Newborn to 24 months



## Evening and Saturday Programs

### Marvelous Music Mondays

Come out to make your Monday moods matter! Allow yourself the opportunity to make time meaningful with your child before nighttime routine unfolds. You and your child will boost with joy as you elevate your emotional state and experience the endless benefits of music with your child/children! Musical gift will be provided. Facilitated by a Music Director

| Start Date | Location  | Time      | Cost       | # Wks | Code |
|------------|-----------|-----------|------------|-------|------|
| Mon Oct 21 | NSR- Main | 4:00-5:00 | \$80/child | 5     | F586 |

**Age Group:** Newborn to 6 years

### Fall-tastic Music

As the season turns, it's time to embrace the Fall festivities! The Autumn harvest and songs of celebration will be among many shared as we come together to sing, shake, dance and play with various hand-held instruments. We will bounce with rhythm and delight in a musical morning carved into your weekend! Let's experience the benefits of music together with your child in this awe-inspiring adventure. A musical gift will be provided. Facilitated by a Music Director.

| Start Date | Location  | Time        | Cost       | # Wks | Code |
|------------|-----------|-------------|------------|-------|------|
| Sat Oct 19 | NSR- Main | 10:00-11:00 | \$65/child | 4     | F587 |

**Age Group:** Newborn to 6 years

## Save the Dates

**Car Seat Clinic**  
Details coming soon!

**Dads Hike**  
Details coming soon!



## Child and Family Centre

### Welcome to OPCC and our EarlyON programs!

We strive to create a warm and caring community where families with young children can learn and grow together. We invite you to become part of our OPCC family and enjoy your time with us.

This fact sheet has been designed to ensure families are aware of what EarlyON is and what you can expect when you are here. The safety and enjoyment of all family members who attend our programs is of the utmost importance to us so please read on to learn more.

#### What is EarlyON?

EarlyON programs are early learning programs that are fully funded by Ontario's Ministry of Education, managed by the Region of Halton and operated in the Oakville area by OPCC. These programs are offered across the province, at a variety of times and locations, including evenings/weekends, and are free of charge. At OPCC, families can enjoy our clean, well equipped spaces where exploration and discovery are encouraged. Professional and knowledgeable educators are always available to help you with your questions, share ideas and experiences and assist families by connecting to each other and community resources.

#### To ensure the health, safety and enjoyment of all families, we ask that you please note the following:

- We regret that we are unable to accommodate children outside of newborn to 6 years due to our funding regulations
- To ensure safe spaces, capacity in programs is based on fire regulations and are not negotiable. Where possible, when programs fill up, we will post full signs for your convenience
- We want children's play areas to be as clean as possible. Please bring indoor shoes. We have very young children in our programs, as well as lots of floor play
- If your child shows signs of illness please keep them home. Should your child become ill during the program we ask that you take them home, so they can rest, recover and not spread illness to others. It is recommended that children who are vomiting or have diarrhea wait 24 hours after symptoms have subsided before joining others
- Your children appreciate your focused and undivided attention. Please put cell phones on vibrate and keep them in your pocket. Our educators are here to support you and your children as you play and interact together, not to provide childminding services. Our programs offer many opportunities for families to connect and build relationships with each other. It is our belief that cell phones and computers hinder this opportunity
- To access programs, you will require an OPCC account. Accounts can be set up through our website. Upon arrival at programs you will be asked to sign in
- We love to hear from you. If you have skills, talents, questions or ideas please share them. You can speak to the educators, email us or contact the office by phone. Your feedback is always welcome
- Inclement weather policy: OPCC will close if the Halton District School Board closes schools. Please check local news stations or social media if you are unsure
- Follow us on social media: Stay in the loop and up to date on what is happening at OPCC. Closures, changes to programs, upcoming events are all communicated electronically through our email list and on social media
- Children must always be accompanied by an adult 18+
- We are attempting to be a nut free facility, so please do not bring nut products or any food items where the ingredient label states "may contain nuts, nut products, or nut oils"



# EarlyON

## Child and Family Centre

### What you can expect at an EarlyON program:

- To be welcomed
- Safe, clean and age appropriate play spaces that promote children's curiosity, and natural desire to explore and learn
- Opportunities to meet other families
- Access to current information about child development, parenting, community resources and other topics that matter to you
- Visits from our Family Support Coordinator and other guests from time to time
- Many of our programs document children's learning through photographs and stories. Be sure to take a look around and see what's happening as children learn through play
- Lots of fun! Music, movement, literacy, songs and stories are part of all of our drop in programs on a regular basis

Please view pages 8 & 9 for program times and locations

### Babytime

**For children newborn to 6 months.** It is never too early to introduce your child to reading. See your baby laugh and smile as you sing, clap, bounce and learn rhymes together. All participants are welcome to stay, play and chat after the session. This program is offered in partnership with the Oakville Public Library.

### New Parent Meet Up

**For children newborn to 6 months.** Are you a new parent who wants to meet other new parents or caregivers in your neighbourhood? Following our weekly Babytime program we will open up our program room for new parents to get together, learn, share, and connect with one another. Not new to parenthood? Join us to share your knowledge and experiences! This program is offered in partnership with the Oakville Public Library.

### Songs & Snuggles

**For children newborn to 12 months.** Formerly Mother Goose. Bring your baby and join in the fun. Meet other parents and babies, learn some new songs/rhymes and be reminded of some familiar ones from your childhood. This program is designed to support your relationship with your baby and help you to discover the magic of singing to help get through the day.

### Baby & Me Meet Up

**For children newborn to 18 months.** Families need each other for support, to share stories and have fun. Babies and toddlers can bring their moms, dads, and other important people to join us, connect, make new friends or hang out with familiar ones. Our well-equipped playroom makes this a fun time for your little one too. Occasional guests will join the group to help with any questions or concerns you may have about your child, resources in the community and lots more!

### Fun for Little Ones

**For children newborn to 24 months.** Babies and toddlers are curious about the world. This is a program designed just for them. A variety of experiences led by the children's interests will encourage them to see, touch and explore what is around them. Our educator will encourage curiosity and wonder and create opportunities for children to learn more about their ideas and their environment. Our Family Support Coordinator will visit from time to time to help answer your questions about this fascinating (and sometimes exhausting) stage of development.

### Tales and Tunes

**For children 6 to 12 months.** Music and stories are an important part of childhood, and essential to opening a child's mind to possibilities. They build a strong foundation for future literacy skills, social and emotional competence and creativity while having lots of fun. Join our educator as she takes you and your child on a journey exploring the best of old and new stories and songs.

### Jump, Jiggle and Groove

**For children 18 months to 4 years.** Children need to move... a lot. This active program encourages children from 18 months – 4 years and their grownups to get up, move and get their groove on. Equipment that encourages big muscle development, balance and co-ordination will be available. In addition, music, games and dancing are part of the fun as children learn about how they can move their bodies, develop motor skills and build healthy habits.



# Oakville Parent-Child Centre Schedule of Programs

Monday September 9<sup>th</sup> to Friday December 20<sup>th</sup>, 2019

| NORTH SERVICE ROAD-MAIN  |  |   |   |   | 461 North Service Road West, Unit 17   |  |
|--|--|---|---|---|--|--|
|  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
| Toddler Room   | Toddler<br>Discovery Station<br>9:00-11:30   | Toddler<br>Discovery Station<br>9:00-11:30  | Toddler<br>Discovery Station<br>9:00-11:30  | Toddler<br>Discovery Station<br>9:00-11:30  | Toddler<br>Discovery Station<br>9:00-11:30   |  |
| Parent Room  | Adjusting to<br>Parenthood<br>1:00-3:00<br>Please see page 10                      | Parenting Programs<br>9:15-11:15<br>Please see pages 14-15  | Strollers, Nature &<br>Healthy Living<br>10:00-11:00  | Mothers Are<br>People Too<br>9:15-11:15   |  | Parenting Programs<br>9:30-11:30<br>Please see pages 14-15 |
| Music Room   | Marvelous Music<br>Mondays<br>Newborn – 6 years<br>4:00-5:00                       | Parenting Programs<br>The children’s program<br>9:15-11:15<br><br>Infant Massage<br>Newborn – 12 months<br>12:30-1:30   | Exploring Music<br>3 - 18 months<br>9:15-10:15<br><br>Creative Music<br>18 months - 3½ years<br>10:45-11:45<br><br>Musical Babies<br>Newborn – 24 months<br>1:30-2:30 | Mothers Are<br>People Too<br>The children’s program<br>9:15-11:15<br><br>Parent & Me Zumba<br>2 months +<br>1:15-2:00   | Music in Bloom<br>Newborn – 5 years<br>9:15-10:15<br><br>Creative Music<br>18 months - 3½ years<br>10:45-11:45<br><br>Sing a Happy Song!<br>Newborn – 24 months<br>1:30-2:30 | Fall-tastic Music<br>Newborn – 6 years<br>10:00-11:00      |
| Family Room  | Adjusting to<br>Parenthood Group<br>1:00-3:00<br>Please see page 10                | Parenting Programs<br>The children’s program<br>9:15-11:15  |   | Mothers Are<br>People Too<br>The children’s program<br>9:15-11:15   |  |  |
| Early Learning<br>Room   | Extended Day<br>Discovery Station<br>9:00-1:00                                     | Discovery Station<br>9:00-12:00<br><br>Little Creators<br>6 - 18 months<br>1:15-2:30  | Extended Day<br>Discovery Station<br>9:00-1:00  | Discovery Station<br>9:00-12:00   | Extended Day<br>Discovery Station<br>9:00-1:00   |  |
| Preschool<br>Room  | Discovery Station<br>9:00-12:00  | Discovery Station<br>9:00-12:00   | Discovery Station<br>9:00-12:00   | Discovery Station<br>9:00-12:00   | Discovery Station<br>9:00-12:00  |  |
| NORTH SERVICE ROAD-SATELLITE   |  |   |   |   |  |  |
|  | Stay tuned to our social media or join our email list for updates on new programs! |   |   |   |  | Calling All Dads<br>Newborn – 6 years<br>9:30-11:30        |
| QUEEN ELIZABETH PARK COMMUNITY & CULTURAL CENTRE                           |  |   |   |   |  | 2302 Bridge Road   |
| All programs at<br>QE Park begin<br>Thursday<br>September 12 <sup>th</sup> | Cabin Fever<br>Newborn – 6 years<br>9:00-2:30                                      | Cabin Fever<br>Newborn – 6 years<br>9:00-12:00<br><br>Babytime<br>Newborn – 6 months<br>1:00-1:30<br><br>New Parent<br>Meet Up<br>Newborn – 6 months<br>1:30-2:00 | Fun for Little Ones<br>Newborn – 24 months<br>9:30-11:30<br><br>Cabin Fever<br>Newborn – 6 years<br>3:30-6:30   | Cabin Fever<br>Newborn – 6 years<br>9:00-3:00   | Cabin Fever<br>Newborn – 6 years<br>9:00-2:30  |  |
| OAKWOOD EARLYON CHILD AND FAMILY CENTRE                                    |  |   |   |   | 357 Bartos Drive (Oakwood Public School)   |  |
|  | Cabin Fever<br>Newborn – 6 years<br>9:30-4:00                                      |   | Cabin Fever<br>Newborn – 6 years<br>9:30-4:00   | Cabin Fever<br>Newborn – 6 years<br>12:30-4:00  | Cabin Fever<br>Newborn – 6 years<br>9:30-4:00  | Saturday Fun<br>Newborn – 6 years<br>9:30-11:30            |
| COMMUNITY LOCATIONS  |  |   |   |   |  |  |
| 16 Mile Sports<br>Complex<br>3070 Neyagawa Blvd.                           | Cabin Fever<br>Newborn – 6 years<br>9:15-2:30                                      | Cabin Fever<br>Newborn – 6 years<br>9:15-11:45  | Cabin Fever<br>Newborn – 6 years<br>9:15-2:30   | Cabin Fever<br>Newborn – 6 years<br>9:15-12:30<br><br>Songs & Snuggles<br>Newborn – 12 months<br>1:30-2:30<br><br>Baby & Me Meet Up<br>Newborn – 18 months<br>2:30-3:30 |  |  |
| Iroquois Ridge<br>Library<br>1051 Glenashton<br>Drive                      | Tales & Tunes<br>6 – 12 months<br>1:30-2:30  |   |   |   |  |  |
| River Oaks<br>Community<br>Centre<br>2400 Sixth Line                       | Jump, Jiggle &<br>Groove<br>18 months – 4 years<br>9:00-10:30                      |   | Jump, Jiggle &<br>Groove<br>18 months – 4 years<br>9:00-10:30   |   | Tales & Tunes<br>6 – 12 months<br>9:30-10:30<br><br>Baby & Me Meet Up<br>Newborn – 18 months<br>10:30-11:30  |  |
| Lions Valley Park<br>Will relocate when<br>the park closes                 |  |   |   |   | Nature<br>Explorers Club<br>Newborn – 6 years<br>9:30-11:30  |  |

EarlyON drop in programs are indicated in **blue**, **Enrichment programs** are indicated in **green**, **Occasional Childcare** is indicated in **blue**, **parenting programs** are indicated in **red**, and Discovery Station Emergent Learning program is indicated in **black**.

Descriptions of all programs can be found in our program guide or on our website.  
While we do our best to ensure accuracy in our program guide, programs sometimes change.  
Please check our website regularly or sign up for our emails to get the most up to date information.



# EarlyON

Child and Family Centre

## Multi Age Programs

### Cabin Fever

**For children newborn to 6 years.** Calling all dads, moms, grandparents, friends and families! Are you looking for a place to relax, meet other families, where your children will be happy and have fun? Drop by when you can, stay a while and enjoy your time together at our Cabin Fever drop in. Our safe, clean and age appropriate classrooms encourage children's creativity and exploration, helps to fosters curiosity and supports children's healthy growth. Our warm, compassionate staff are there to answer questions about your child's development and create a place where families are welcome, can gather, play and learn together.

### Calling All Dads

**For children newborn to 6 years.** We have lots of materials, wide open space and time. When we add children and men, it's a recipe for fun and discovery. We invite dads, grandpas, uncles and other men to bring the kids for some serious playtime. Join us and other families as we help children develop deep curiosity and a love of learning. See you on Saturday!

### Saturday Fun

**For children newborn to 6 years.** Weekends are times to let loose, explore and try something new. Join us for a Saturday morning program where the focus is on family connection, slowing down and taking time to enjoy time spent together. Our well-equipped playrooms and amazing educators will help to ensure you have what you need to learn and grow together.

### Nature Explorers Club

**For children newborn to 6 years.** The research is clear and tells us that being outdoors has numerous benefits for you and your children, including better physical and mental health, improved sleep, reduced stress, a heightened sense of wonder and curiosity, and better developed self-regulation skills. Join us for weekly adventures in nature's classroom, where we will take our time, observe, explore and learn about the world, ourselves and each other. This drop-in program will run rain or shine (except in extreme weather) so be sure to dress for the weather and join us as we play the natural way. You won't melt in the rain or turn into a popsicle when it cools down, we promise, and will leave feeling better than when you arrived.

### Adjusting to Parenthood

New baby in the house? Child under 2? Are you surprised or confused about how you are feeling now that you are a parent? You are not alone. Becoming a parent is a life changing and sometimes a difficult transition and we all need some help along the way. Join us and chat with others on the parenting journey and find out you are not alone. A Public Health Nurse, a consultant from ROCK and OPCC's Family Support Coordinator will be available for information and support. Child care newborn to 6 years is available. For more information call 905-849-6366 ext. 240 or drop in and see us.

### Centre Closures

**No programs, office is open**

Saturday August 31st to Saturday September 7th

**Thanksgiving**

Saturday October 12th & Monday October 14th

**No EarlyON Programs: Professional Development**

Friday November 1st

**Christmas Break**

Saturday December 21st to Sunday January 5th

The office is open Dec 23rd & Jan 2nd & 3rd

Be sure to visit the "Program Updates" section on the home page of [www.op-cc.ca](http://www.op-cc.ca) for the most up to date program information



# Discovery Station



## Emergent Learning Program

Where children come to learn through play

### What is emergent learning?

Emergent learning is a philosophy of educating and planning curriculum that focuses on being responsive to children's interests and creating meaningful learning experiences. Our approach is child-initiated, reflective and active to the children's needs.

### Why does OPCC utilize this approach?

Emergent learning is a superior model of education. It supports the Ontario Ministry of Education's Provincial philosophy and aligns with Halton Public and Catholic School Board's curriculum.

### How Does Learning Happen?

When children are engaged in learning based on their interests, they have a natural motivation to learn. In the early years, children are engaged predominately through play and so it is utilized as a means to develop the foundations they will need to prepare for kindergarten.

### What will they learn?

Through emergent learning, children will be involved in variety of learning opportunities to enhance their discovery and problem solving abilities which builds a strong foundation in all areas; social, emotional, cognitive, physical and language

*Come in for a tour and register today!*

### What does our program offer?

- Registered Early Childhood Educators
- Learning stories of your child's journey with us
- Parenting and Family Supports available to address questions regarding your child's development and needs
- A variety of family events offered throughout the year
- Connections to other families and classroom visits
- Special needs support and collaboration with Halton Region's Resource Consultants
- Financial assistance with support from Halton Region
- Relationship with Halton Public and Catholic School Boards and Transition to School support

### Choose from:

- 2, 3 & 5 half day morning programs
- Toddlers, 18 to 30 months, 9:00-11:30
- Preschool, 2½ to 5 years, 9:00-12:00
- Extended day program, preschool 9:00-1:00 (lunch provided)



Our Preschool Room

Registration for our Discovery Station Emergent Learning program for September 2019 is currently underway.

**Spaces are available in some of our Fall licensed programs.**

To current program availability, contact us at 905-849-6366 or [info@op-cc.ca](mailto:info@op-cc.ca).

Our half day program is licensed under the Child Care and Early Years Act. Each location is inspected annually by the Ministry of Education. The Child Care and Early Years Act contains requirements specific to staff qualifications and ratios, program content & equipment.

# Occasional Childcare

Quality childcare when you need it.

Have you ever wished that there was care for your child that would meet the unique needs of your life?

Coming  
Soon!



## What occasional childcare offers:

Licensed childcare with Registered Early Childhood Educators

Flexible hourly care

Care for children 18 months to 5 years of age

Affordability

Consistent staff

Nutritious lunch program

Convenient online booking system

*Care available...*

Monday to Friday

8:30am to 5:30pm

VISIT [WWW.OP-CC.CA](http://WWW.OP-CC.CA) FOR MORE INFORMATION



# Community Services & Partnerships

**ASK Clinics** – ASK clinics are a community collaborative designed to help families who have questions or concerns about their child's development. They are a drop in format and hosted monthly at EarlyON Centres across Halton. Families can access information and the current schedule at Halton Region's website or by calling their local EarlyON Centre. Refer to [www.op-cc.ca](http://www.op-cc.ca) for dates at OPCC and at other locations in Halton.

**ErinoakKids Speech and Language Screening** – ErinoakKids is available for Consultation by appointment only. Appointments are 30 minutes long for children who are 6 months of age to August 31 of their junior kindergarten year. Families interested in booking an appointment can contact the OPCC office at 905-849-6366.

**Kids & Me** – These neighbourhood programs are offered in partnership with Halton Region Public Health and the Public Library.

**Adjusting to Parenthood** – This postpartum parent support group is a partnership with Halton Region Public Health. Please see page 7 for more information.

**Town of Oakville** – Thanks to a new partnership with the Town of Oakville, you can find us having fun at QE Park Community Centre, 16 Mile Sports Complex and River Oaks Community Centre.

**Oakville Public Library** – OPCC collaborates with the library to deliver programs. The library facilitates programs at OPCC and we utilize library space for OPCC programs.

**Public Health Nurse** – A Public Health Nurse visits select OPCC drop-in programs throughout the year. The dates for the fall are available at [www.op-cc.ca](http://www.op-cc.ca) under Community Services.

\*Please contact the Centre for more information about community services and partnerships.



**United Way**  
Halton & Hamilton

## Parenting & Family Support Programs

### Family Resource Kits

Resource Kits may be borrowed for a 3 week time period, signed out/ returned to NSR-Main location at 461 North Service Rd location. There are 24 topics to choose from such as Self-Regulation, Emotions, Potty Learning, Sleep, Cooking Fun, Family Games Night etc. Contact our Family Services Coordinator, Kristine at 905 849-6366 x 240 for more information or to reserve a kit. Full list of topics available at [www.op-cc.ca](http://www.op-cc.ca)



**DID YOU  
KNOW?**

Our full time Family Services Coordinator is available to support you and help you to find answers to your parenting questions. You can catch up with her in a drop in program, attend a workshop, connect with her by phone or by booking an appointment to meet with her privately. We are here to help. Let us know what we can do.



**United Way**  
Halton & Hamilton

## Parenting & Family Support Programs

At OPCC we believe in the strength and wisdom of families and that everyone comes with knowledge, experience and capabilities. Through our family support and informative programs, you are encouraged to share perspectives, talents and insights with each other in collaborative learning environments and will have ample opportunity to have questions answered and share experiences. We have heard that you want to learn more about topics such as child development, parent/child relationships, understanding and responding to children's behaviour, positive parenting and finding community resources. We offer all of this and more - join us soon!

*Registration for all parenting programs begins Wednesday August 14th at 6pm*

### Mothers are People Too

Our weekly networking series features guest speakers and opportunities to meet new people and discuss the things that you want to talk about. Join OPCC's Mothers are People Too networking series, and connect with other women and learn something new!

**Registered Programs:** Please note that it is important to us that everyone is able to attend our programs when possible. If you find it difficult to pay the fee for our workshops, please connect with our Family Services Coordinator to discuss alternatives.

| Start Date    | Location   | Time       | # Wks | Code |
|---------------|------------|------------|-------|------|
| Thurs Sept 12 | NSR - Main | 9:15-11:15 | 5     | P510 |
| Thurs Oct 17  | NSR-Main   | 9:15-11:15 | 5     | P511 |
| Thurs Nov 21  | NSR - Main | 9:15-11:15 | 5     | P512 |

Our children's program is available at the same time for children newborn to 6 years. Space is limited and registration is required for each child attending.

### Circle of Security

Are you wondering what your child is trying to communicate to you through his or her behaviour? Are you curious to find ways to support your child's exploration? Are you interested to know how to meet their social-emotional needs and support their development? This is the group for you! OPCC and ROCK (Reach out Centre for Kids) will join together in this session for Circle of Security - 4 week Parenting Series.

### Coffee Chat

Raising a family comes with daily thought-provoking questions and concerns. Let's get together over a cup of coffee and talk about whatever is on your mind. Taking the time to have meaningful discussion with others, along with our Family Services Coordinator, Kristine is a great form of support helping guide you down the road of parenting.

| Date       | Location   | Time       | Cost                                      | # Wks | Code |
|------------|------------|------------|---|-------|------|
| Tues Oct 8 | NSR - Main | 9:15-11:15 | Free<br>\$5 with<br>children's<br>program | 1     | P515 |

Our children's program is available at the same time for children newborn to 6 years. Space is limited and registration is required for each child attending.

### Movie Mania - Making Sense of Discipline

Join us for this two-part session. We will be viewing Gordon Neufeld's "Making Sense of Discipline". The focus of Neufeld's attachment and healthy development is at the core of teaching fair lessons, without sabotaging the relationship. You will develop your own understanding, confidence and strategies, as a parent so you are better equipped to handle the small stuff, as well as face the more challenging issues.

| Start Date  | Location   | Time       | Cost   | # Wks | Code |
|-------------|------------|------------|--|-------|------|
| Tues Oct 15 | NSR - Main | 9:15-11:15 | \$5/person<br>\$15 with<br>children's<br>program | 2     | P516 |

Our children's program is available at the same time for children newborn to 6 years. Space is limited and registration is required for each child attending.

### Strollers, Nature & Healthy Living! (newborn to 24 months)

Let's enjoy the beautiful Autumn colours as they reach their peak! We will walk through our neighbourhood and explore the trails adjacent to the Main location, with an opportunity to chat about parenting topics. We will wrap up our morning with refreshments served back at the Centre.

| Start Date  | Location   | Time        | # Wks | Code |
|-------------|------------|-------------|-------|------|
| Wed Sept 11 | NSR - Main | 10:00-11:00 | 6     | P514 |

Babies up to 6 months are able to attend workshops with their parent/guardian.



**United Way**  
Halton & Hamilton

## Parenting & Family Support Programs

### Siblings Without Rivalry

Join us for this 6 week session to discuss the ins and outs of raising siblings. This workshop is based on the groundbreaking book "Siblings Without Rivalry" by Adele Faber and Elaine Mazlish. The series offers practical tools needed to cope with conflict, encourage cooperation, reduce competition and make it possible for children to experience joy with sibling relationships.

| Start Date  | Location  | Time       | Cost  | # Wks | Code |
|-------------|-----------|------------|---|-------|------|
| Tues Oct 29 | NSR- Main | 9:15-11:15 | \$30/person<br>\$60 with children's program | 6     | P517 |

Our children's program is available at the same time for children newborn to 6 years. Space is limited and registration is required for each child attending.

### Infant/Child CPR

In this 2 hour workshop, EMS professionals from Heartsafe will teach you lifesaving techniques of infant/child CPR, as well as recognizing and responding to a child choking. You will have the opportunity to practice and ask questions. Hurry, this one fills quickly, and space is limited.

| Date        | Location  | Time       | Cost  | # Wks | Code |
|-------------|-----------|------------|---|-------|------|
| Tues Dec 10 | NSR- Main | 9:15-11:15 | \$45/person<br>\$50 with children's program | 1     | P518 |

Our children's program is available at the same time for children newborn to 6 years. Space is limited and registration is required for each child attending.

### Resilient Kids

Raising a family is hard work, and we all have our challenges along the way! In this program we will identify and discuss the signs that a child may be struggling. We will focus on healthy attachments and relationships as the foundation to building resiliency in children, with things you can do in your everyday life to build your family's strength.

| Date        | Location  | Time       | Cost                                       | # Wks | Code |
|-------------|-----------|------------|--|-------|------|
| Tues Dec 17 | NSR- Main | 9:15-11:15 | \$5/person<br>\$10 with children's program | 1     | P519 |

Our children's program is available at the same time for children newborn to 6 years. Space is limited and registration is required for each child attending.

Children's Program is not available for evening and weekend programs.

### Evening & Weekend Programs

#### Just for Dads: Self Esteem, Encouraging Skills that Bring out the Best in you & your family

Join us for this session on building self-esteem in our family. We will explore concepts presented by author, Beverly Cathcart-Ross, focusing on what encouragement looks like, the benefits of encouragement vs praise, and skills needed to implement encouragement into everyday life.

| Date        | Location  | Time      | Cost       | # Wks | Code |
|-------------|-----------|-----------|------------|-------|------|
| Wed Sept 18 | NSR- Main | 7:00-9:00 | \$5/person | 1     | P520 |

#### Understanding Temperament

Is your child sensitive, or perhaps extremely active? Is your child moody or struggling with adapting to new situations? In this session we will discuss temperament and how it impacts our daily lives as a family. Discovering a little bit more about your own temperament as well as your child's temperament will help you to understand and cope as a parent.

| Date       | Location  | Time      | Cost       | # Wks | Code |
|------------|-----------|-----------|------------|-------|------|
| Mon Oct 28 | NSR- Main | 7:00-9:00 | \$5/person | 1     | P521 |

#### Family Sleep

Sleep is not a one size fits all! In this workshop we will explore your concerns with family sleep, with focus on babies. Does your child wake too early? What are the most common reasons for early rising? Do formula fed babies really sleep better than breastfed babies? Is your child getting enough sleep? What about naps? Come with your questions – and together we will find answers that will guide you and your family to a better sleep!

| Date       | Location  | Time       | Cost       | # Wks | Code |
|------------|-----------|------------|------------|-------|------|
| Sat Oct 26 | NSR- Main | 9:30-11:30 | \$5/person | 1     | P522 |

#### Understanding ADHD

Join us for this session, with Life Coach, ADHD Specialist Natalie Nolan. In this thought provoking discussion and information session you will develop an understanding of some of the common characteristics children with ADHD struggle with such as impulsivity, attention span, communication, sensitivity and difficulty making choices. Natalie will educate on the "ADHD Paradox" of opposite abilities and behaviours. Exploring these topics will help parents gain perspective on ways to cope as a family.

| Date      | Location  | Time       | Cost       | # Wks | Code |
|-----------|-----------|------------|------------|-------|------|
| Sat Nov 2 | NSR- Main | 9:30-11:30 | \$5/person | 1     | P523 |



## Enrichment & Parenting Program Registration Information

### Registration/Becoming a Member

To become a member and to register for any of our programs, please create an online account. Through an online account you will receive immediate confirmation of registrations – and it is first come, first served. Although program registration is not required for our drop-in programs, you are required to be a member. Please visit [www.op-cc.ca](http://www.op-cc.ca) to register as a member of OPCC.

### Online Registration

When registering online:

- Have your account information (username and password) ready
- Full account payment (if applicable) is required to complete registration. VISA & MasterCard accepted

Once you check out, you are provided with a confirmation email and receipt (if applicable). For more information please review our registration policies and frequently asked questions on our website or through the online registration system.

### Fees

OPCC is the EarlyON Child and Family Centre for the Oakville community, and fees are not charged for these programs. For programs that have a fee, payment is due upon registration.

### Financial Assistance

We would like ALL families to have the opportunity to participate in all of our programs. If you would like to discuss the payment options available to you or if you require a fee subsidy for licensed programs, please contact us at 905-849-6366 or [info@op-cc.ca](mailto:info@op-cc.ca).

### Withdrawals & Refunds

A \$25.00 administration fee is charged for all refund and change requests. Refunds & changes are only available if requested 5 business days before program starts. No refunds or changes are possible after program begins. This excludes licensed programs. Contact our main location at 905-849-6366 or [info@op-cc.ca](mailto:info@op-cc.ca) for assistance with refunds and changes.

### OPCC Philosophy

Our programs provide a safe, positive and nurturing environment for you and your children. Children are seen as competent, capable of complex thinking, curious and rich in potential. We strive to encourage the growth of independence, self-confidence and respect for others at a level appropriate to each child's development. We believe that a child learns through play. Our programs offer many varied opportunities for play, which will cultivate natural curiosity and love for knowledge. "How Does Learning Happen? Ontario's Pedagogy for the Early Years" (2014) guides our programs, ensuring high quality experiences that lead to positive outcomes in relation to children's learning, development, health and well-being.

### Inclusion Policy

Our Centre takes pride in offering our programs to all children, regardless of the level of their need. All children are welcomed into our programs and our staff promotes inclusive social play and full participation in all routines and activities in the classroom. Our program includes children with extra supports in approximate proportion to their presence in the population. Our philosophy fosters an environment of mutual respect and understanding which supports the whole family during their preschool journey. OPCC is also committed to supporting you when you experience unique challenges as the parent of a child with special needs. Please contact our North Service Road - Main location if you require additional assistance.

Working collaboratively with professionals from Children's Resource Services, Halton Region and our community partners, our staff strives to ensure a positive outcome for all families and children. If you would like to participate with your child with special needs, in any of our programs and have any questions, please ask!

*OPCC is committed to providing accessible programs, services and facilities to ensure people of all abilities can participate in all aspects of our programming. If you require this document in an alternate format, please contact us at 905-849-6366 or [info@op-cc.ca](mailto:info@op-cc.ca).*

## Our Locations

### North Service Road - Main

461 North Service Road West, Unit 17  
Main location and administrative offices  
Monday to Friday 8:30am - 4:00pm  
Between Fourth Line and Dorval Drive on North Service Road W

### North Service Road - Satellite

481 North Service Road West, Unit 25  
Between Fourth Line and Dorval Drive on North Service Road W

### Oakwood EarlyON Child and Family Centre

357 Bartos Drive  
Located at Oakwood Public School

### Queen Elizabeth Park Community and Cultural Centre

2302 Bridge Road  
East of Bronte Road on Bridge Road

## Community Locations

### Iroquois Ridge Library

1051 Glenashton Drive  
Glenashton Drive and Eighth Line

### 16 Mile Sports Complex

3070 Neyagawa Blvd.  
North of Dundas on Neyagawa, on the upper level

### River Oaks Community Centre

2400 Sixth Line  
South of Dundas Street West on Sixth Line