

Oakville Parent-Child Centre



# Program Guide

## Winter 2019



**Early**  **ON**

Child and Family Centre

Wednesday January 2nd to Saturday March 30th

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?

## The Iconography of Painting: Making Marks

Nursery program is part of the Artists and Children Together (ACT) Initiative. Children get opportunities to explore with different art mediums. These children found personal meaning in the same art materials. Through the way they worked with paint (which was evident from the paintings they left behind) they revealed something about how they think and what they value.



Does their approach to paint reveal something about each child's unique learning style or something about a personal interest?

### How can I register?

Registration begins **Wednesday November 28th at 6pm**, at [www.op-cc.ca](http://www.op-cc.ca).

Registration information is located on page 15.

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-4:30pm



# Enrichment Programs

## Infant Massage

Join Brenda, 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, Feb 12	NSR- Main	12:30-1:30	\$40/child	3	F515

**Age Group:** Newborn to 12 months

## Musical Babies

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 Mrs. Tanya, Music Director

Start Date	Location	Time	Cost	# Wks	Code
Wed, Jan 9	NSR- Main	1:30-2:30	\$65/child	4	F516
Web, Feb 6	NSR- Main	1:30-2:30	\$65/child	4	F517

**Age Group:** Newborn to 24 months

## 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 Mrs. Tanya, Music Director. **This program can be repeated, as content varies.**

Start Date	Location	Time	Cost	# Wks	Code
Fri, Jan 18	NSR- Main	10:45-11:45	\$95/child	6	F518

**Age Group:** Newborn to 5 years

## Marvelous Music Mondays

Come out to make your Monday moods matter and 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 Mrs. Tanya, Music Director.

**This program can be repeated, as content varies.**

Start Date	Location	Time	Cost	# Wks	Code
Mon, Jan 21	NSR- Main	4:00-5:00	\$80/child	5	F519

**Age Group:** Newborn to 6 years

Registration is required for all enrichment programs

## Spring Fever

It's MUSIC to my ears! Hop on over to come to celebrate the energizing spirit of Spring! In this 2 week program, your child will 'boost' with happiness! Together you will both appreciate being engaged with one another as we sing, dance and utilize musical instruments and feel the rhythm of this beautiful season! What a wonderful opportunity to allow your child to blossom! This class will be taught by a Music Teacher where the music will be accompanied by the electric keyboard and guitar.

Start Date	Location	Time	Cost	# Wks	Code
Wed, March 20	NSR- Main	10:00-11:00	\$32/child	2	F520
Fri, March 22	NSR- Main	10:00-11:00	\$32/child	2	F521

**Age Group:** Newborn to 5 years

## Parent-Baby Yoga

Nurture the parent-baby bond while deepening the awareness of your own body and mind. This class will feature gentle yoga postures that are designed to invite relaxation, create space to breathe, and support your baby's development and connection with you. Blanket and yoga mat required. Join Lisanne, a certified Yoga Instructor, as she leads this program.

Start Date	Location	Time	Cost	# Wks	Code
Wed, Jan 9	NSR - Satellite	1:30-2:30	\$80/child	6	F522
Wed, Feb 20	NSR - Satellite	1:30-2:30	\$68/child	5 No class March 13	F523

**Age Group:** 6 weeks to 8 months

## Mommy & 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 6-week program is taught by a Certified Zumba Instructor. Baby carrier required.

Start Date	Location	Time	Cost	# Wks	Code
Thurs, Jan 24	NSR- Main	1:15-2:00	\$60/child	6	F524

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

**COMING IN THE SPRING!!!**

OPCC is excited to be offering Prenatal Classes facilitated by Caroline, Registered Nurse  
Details to follow!

**NEW!**



# Enrichment Programs



## 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. Program now developed in conjunction with our visual artist.

Start Date	Location	Time	Cost	# Wks	Code
Tues, Jan 8	NSR- Satellite	1:00-2:15	\$80/child	5	F525
Tues, Feb 12	NSR- Satellite	1:00-2:15	\$95/child	6 No class Mach 12	F526

**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 Mrs. Tanya, Music Director. **This program can be repeated, as content varies.**

Start Date	Location	Time	Cost	# Wks	Code
Fri, Jan 11	NSR- Main	9:15-10:15	\$65/child	4	F527
Fri, Feb 8	NSR- Main	9:15-10:15	\$65/child	4	F528

**Age Group:** 6 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 Mrs. Tanya, Music Director. **This program can be repeated, as content varies.**

Start Date	Location	Time	Cost	# Wks	Code
Wed, Jan 9	NSR- Main	10:00-11:00	\$65/child	4	F529
Wed, Feb 6	NSR- Main	10:00-11:00	\$65/child	4	F530

**Age Group:** 18 months to 3 years

## Children's Book Club:

## Authors and Art Together

Welcome to our book club for children and their parents. Each week, we will discover a new author or illustrator, read a book together, and then create an art-related project. Discovering wordless books and learning how to read a picture will be something we will explore together and we may also have fun making up our own stories! Facilitated by Joan, Visual Artist/Teacher, with courses in storytelling and children's literature. **This program can be repeated as content varies.**

Start Date	Location	Time	Cost	# Wks	Code
Tues, Jan 22	NSR- Satellite	4:00-5:00	\$95/child includes supplies	6	F531

**Age Group:** 2 ½ to 6 years

## Healthy Foods, Healthy Kids

Come with your child and discover the 'Top 10 Healthy Eating Tips for Kids'. Children will explore with food by cutting, smelling and tasting; parents will talk with a Registered Holistic Nutritionist, and get answers to your questions about foods and nutrition for your family. This program will include a story time and sing along. Register today as this will fill quickly.

Start Date	Location	Time	Cost	# Wks	Code
Sat, Jan 26	NSR- Main	10:00-11:15	\$80/child Includes supplies	3	F532

**Age Group:** 2 ½ to 6 years

## Stretch, Pose, Play!

Join your child as they begin their yoga journey through movement, music, and play! Connect with your child and experience the amazing benefits of yoga for children. Introducing yoga at a young age is proven to help children control their frustration, learn the meaning of breath, mindfulness and gain appreciation. Lead by a Certified Children's Yoga Teacher.

Start Date	Location	Time	Cost	# Wks	Code
Wed, Feb 6	NSR- Satellite	4:00-5:00	\$63/child	5	F533

**Age Group:** 2½ to 6 years

# 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

### Tickles & Tales

**For children newborn to 6 months.** Don't miss this fun filled hour of baby games, music, rhymes and stories offered in partnership with the Oakville Public Library. Please join us in the afternoon for lots of fun with your little one.

### Calling New Parents

**For children newborn to 8 months.** An excellent opportunity to get out of the house for a couple of hours, let baby explore while you socialize with other new parents. This OPCC group offers the fun of a parent/baby drop in and provides an opportunity to ask questions and learn about the most up to date information from Registered Nurse, Caroline. Caroline will offer a variety of topics to guide the discussion and help you find answers to what you are most interested in. Topics will be posted on our website.

### Mother Goose

**For children newborn to 12 months.** In this program the parent/child relationship is supported through sharing songs, music and rhymes. Remember songs from your own childhood, learn a few more and sing them with your baby. Join us as we relax a little, let go of daily distractions, meet other families, connect and take a bit of time out from the busy day.

### Tiny Explorers

**For children newborn to 18 months.** Whether it's fingers, toes, a box or a nearby toy, babies and toddlers are designed to explore the world. Join us for this morning of fun for your child to discover new things through hands on exploration.

### My Baby & Me

**For children newborn to 18 months.** Join us and take some time with your little one. Meet new friends, share experiences and explore together. Connect with other families, chat and relax in our spacious, well equipped playroom. Occasional guests will join to help with any questions you may have in your parenting journey.

### 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 Services Coordinator will visit from time to time to help answer your questions about this fascinating (and sometimes exhausting) stage of development.

# EarlyON

Child and Family Centre

## Tales and Tunes

**For children 6 to 12 months.** *\*The age has changed for this program.* 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.

## Toddler Time

**For children 12 to 24 months.** Toddlers are researchers and hungry for answers to so many questions. This program offers budding scientists the chance to explore and discover for themselves. Inviting and open-ended materials offer lots of opportunities to try out new ideas and find answers to their wonderings.

## Multi Age Programs

### Cabin Fever

**For children newborn to 6 years.** Drop by when you can and stay awhile. Our Cabin Fever programs offer something for everyone. Wonderful toys and materials chosen to stimulate open ended play are just waiting for your child to explore and discover. Through fun and play, your child will research and learn about the world they live in and the things that they are curious about. We use photos to create stories of children's learning from time to time so get ready to smile and have fun. There is always lots to do, and new friends to meet. We're looking forward to seeing you.



## Moment de Plaisir Ensemble

**For children newborn to 6 years.**

Vient t'amuser avec nous, bricoler, chanter et danser en Français. Programme pour parents—enfants, 0—6 ans.

A moment of fun together, in French. Come drop in and explore with us, create, sing and dance. This program is for parents and children newborn to 6 years.

## 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.

### Centre Closures

#### Family Day

Saturday February 16th & Monday February 18th

*Nursery School does not run during March break, however all EarlyON programs will continue as scheduled*



## 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 hired 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 Board of Education 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 system 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".

# Oakville Parent-Child Centre Schedule of Programs

January 3<sup>rd</sup> to March 30<sup>th</sup>, 2019

NORTH SERVICE ROAD-MAIN						461 North Service Road West, Unit 17
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Toddler Room	Toddler Discovery Station 9:00-11:30	Toddler Discovery Station 9:00-11:30	Toddler Discovery Station 9:00-11:30	Toddler Discovery Station 9:00-11:30	Toddler Discovery Station 9:00-11:30	
Parent Room		Parenting Programs 9:15-11:15 Please see pages 11-13		Mothers Are People Too 9:15-11:15  Mommy & Me Zumba 2 months + 1:15-2:00		Parenting Programs 9:30-11:30 Please see pages 11-13
Music Room	Fun for Little Ones Newborn – 24 mths 9:30-11:30  Marvelous Music Mondays Newborn – 6 years 4:00-5:00	Parenting Programs The children's program 9:15-11:15  Infant Massage Newborn – 12 mths 12:30-1:30	Creative Music 18 mths – 3 years 10:00-11:00  Musical Babies Newborn – 24 mths 1:30-2:30	Mothers Are People Too The children's program 9:15-11:15  Tickles & Tales Newborn – 6 mths 1:00-2:00  My Baby & Me Newborn – 18 mths 2:30-3:30	Exploring Music 6 – 18 mths 9:15-10:15  Music in Bloom Newborn – 5 years 10:45-11:45	
Family Room		Parenting Programs The children's program 9:15-11:15		Mothers Are People Too The children's program 9:15-11:15		
Early Learning Room	Extended Day Discovery Station 9:00-1:00	Toddler Discovery Station 9:00-11:30  Tickles & Tales Newborn – 6 mths 1:00-2:00  Calling New Parents Newborn – 8 mths 2:00-4:00	Extended Day Discovery Station 9:00-1:00	Toddler Discovery Station 9:00-11:30	Extended Day Discovery Station 9:00-1:00	Healthy Foods, Healthy Kids 2½ - 6 years 10:00-11:15
Preschool Room	Discovery Station 9:00-12:00	Discovery Station 9:00-12:00  Ready, Set, School! 1:30-4:00	Discovery Station 9:00-12:00  Moment de Plaisir Ensemble Newborn – 6 years 1:30-3:00	Discovery Station 9:00-12:00  Ready, Set, School! 1:30-4:00	Discovery Station 9:00-12:00	
NORTH SERVICE ROAD-SATELLITE						481 North Service Road West, Unit 25
	Cabin Fever Newborn – 6 years 9:00-2:30  Cabin Fever Newborn – 6 years 4:00-6:30	Cabin Fever Newborn – 6 years 9:00-12:00  Little Creators 6 - 18 mths 1:00-2:15  Children's Book Club: Authors and Art 2½ – 6 years 4:00-5:00	Tiny Explorers Newborn – 12 mths 9:30-12:00  Parent-Baby Yoga 6 wks – 8 mths 1:30-2:30  Stretch, Pose, Play 2½ - 6 years 4:00-5:00	Cabin Fever Newborn – 6 years 9:00-2:30	Cabin Fever Newborn – 6 years 9:00-2:30	Calling All Dads Newborn – 6 years 9:30-11:30
SIXTH LINE						1500 Sixth Line
	Discovery Station 9:00-12:00	Cabin Fever Newborn – 6 years 9:00-12:00	Discovery Station 9:00-12:00  Toddler Time 12 – 24 months 9:30-11:30  Mother Goose Newborn – 12 mths 1:00-2:00  Cabin Fever Newborn – 6 years 4:00-6:30	Cabin Fever Newborn – 6 years 9:00-2:30	Discovery Station 9:00-12:00  Fun for Little Ones Newborn – 24 mths 9:30-11:30  Tales & Tunes 6 – 12 mths 1:00-2:00	Saturday Fun Newborn – 6 years 9:30-11:30
OAKWOOD EARLYON CHILD AND FAMILY CENTRE						357 Bartos Drive (Oakwood Public School)
	Cabin Fever Newborn – 6 years 9:30-1:30		Cabin Fever Newborn – 6 years 9:30-1:30	Cabin Fever Newborn – 6 years 9:30-12:00  Adjusting to Parenthood Group 1:00-3:00	Cabin Fever Newborn – 6 years 9:30-1:30	Saturday Fun Newborn – 6 years 9:30-11:30
COMMUNITY LOCATIONS						16 Mile Sports Complex: 3070 Neyagawa Blvd.   Iroquois Ridge Library: 1051 Glenashton Drive
16 Mile Sports Complex	Cabin Fever Newborn – 6 years 9:00-2:30		Cabin Fever Newborn – 6 years 9:00-2:30			
Iroquois Ridge Library	Tales & Tunes 6 – 12 months 1:30-2:30					

EarlyON drop in programs are indicated in blue, Enrichment programs are indicated in green, 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.

# 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. The dates for the winter are: Thursday January 17th and Saturday February 9th

**ErinoakKids Speech and Language Screening** –ErinoakKids is available for Consultation by appointment only. Appointments are 30 minutes long for children born in 2015 or later. Families interested in booking an appointment can contact the OPCC office.

**The Healthiest Babies Possible** – A Halton Region Public Health Nurse delivers this free prenatal program for expectant parents. To register contact 311.

**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 and ROCK. Please see page 11 for more information.

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

**Public Health Nurse** – A Public Health Nurse visits Sixth Line Drop-in programs monthly throughout the year. The dates for the winter are: Tuesday January 15th, Thursday February 14th, Tuesday March 19th

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



## Upcoming Events

**Breakfast with Santa**  
Sunday December 2nd

**Dads Event - Outdoor Skating**  
Sunday January 20th

*Details about upcoming events to follow!*



## 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 information 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. You will find all this and much more in our family support and information programs.

### Adjusting to Parenthood - Drop In

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 and consultant from Reach Out Centre for Kids and OPCC's Family Service Coordinator will be available for information and support. Child care newborn to 6 years is available. For more information call 905. 849.6366 or drop in and see us.

**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.

### 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 moms and learn something new!

Week Day	Location	Time
Every Thursday	Oakwood	1:00-3:00

Start Date: January 3rd

Start Date	Location	Time	# Wks	Code
Thurs, Jan 10	NSR - Main	9:15-11:15	6	P481
Thurs, Feb 21	NSR-Main	9:15-11:15	6	P482

### Baby Basics- Eat, Sleep & Massage

This three day series workshop will cover the most talked about baby topics "Eating & Sleeping" Facilitated by a Certified IAIM (message) instructor, Certified GSC (sleep coach) and a Registered Nurse.

**Week 1** - you will have the opportunity to ask questions, voice concerns and discuss milestones leading up to baby's first foods. Alternate methods of introducing solids will also be covered to best prepare you for this exciting time for your baby's first foods!

**Week 2** - will focus on Sleep. What does sleep look like in the first year? What does sleeping through the night really mean? We will explore your questions, concerns, sleep myths and sleep safety so that you can apply information to what works for your family.

**Week 3** - will wrap up this series tying in Sleep and Eating with Infant Massage. Massage techniques will be demonstrated to assist with a gassy baby, or a baby needing help to calm before sleeping.

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

### New Year, New Vision - Get your 2019 off to a great start! \*registration required

Join coach and facilitator Darcy Roberts, as she walks you through a review of 2018 and sets you up for success in 2019. With some powerful questions Darcy will get you thinking about what's working well and what needs to change to move your life forward in the most positive way imaginable. In part 2, you will create your very own vision board to inspire and motivate you as you envision the best for your 2019.

Start Date	Location	Time	Cost	# Wks	Code
Tues, Jan 22	NSR- Main	9:15-11:15	\$15/person \$30 with children's program	3	P480

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

Start Date	Location	Time	Cost	# Wks	Code
Tues, Jan 8	NSR - Main	9:15-11:15	\$25 /person \$35 with children's program	2	P483

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



## Parenting & Family Support Programs

### Raising Children in a Digital World

**Week 1** - Grab a coffee and join us as we view part one of Dr. Gordon Neufeld's most thought provoking video about a current trend: the amount of time young children are spending on technology.

**Week 2** - Will focus on, "How much is too much screen time". As a group we will take a closer look at the impact on development, psychosocial & physical health as outlined by The Canadian Paediatric Society. We will also examine ebooks vs. paperback books and discuss ways to apply what we learn to balance our digital world.

**Week 3** - We will view part two of Dr. Neufeld's video and examine his approach on how to make your way through the challenges of raising a family in a digital world. Group discussion will wrap up this series. Focus will be on creating a plan to preparing our children for technology, while preserving what is needed for healthy development.



Start Date	Location	Time	Cost	# Wks	Code
Tues, Feb 12	NSR- Main	9:15-11:15	\$15/person \$30 with children's program	3	P484

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



### Infant and Child CPR

In this 2 hour session, EMS staff from HeartSafe will teach you lifesaving techniques of infant/child CPR and how to recognize and act if your child is choking. You will have the opportunity to practice and ask questions. Hurry, this one fills up quickly, and space is limited.

### Parent Coffee Chat

Let's get together over a cup of coffee and talk about whatever is on your mind. Raising a family comes with daily thought provoking questions and concerns. Taking the time to have meaningful discussions with others and 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, March 19	NSR- Main	9:15-11:15	Free \$5.00 with Children's Program	1	P486

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

### Re-Thinking Play

Are you ready to reassess your views on what is considered play? In this thought provoking workshop we will view Dr. Peter Gray's videos, "The Decline of Play", and "Freedom to Learn". Afterwards we will discuss what "loose parts play" is, and how it supports and enhances children's development. We will make our own "Start up" box of items to begin your own journey with playing with loose parts.

Date	Location	Time	Cost	# Wks	Code
Tues, March 5	NSR-Satellite	9:15-11:15	\$45/person \$50 with children's program	1	P485

Our children's program (formerly childcare) is available at the same time for children newborn to 5 years. Space is limited and registration is required for each child attending.

Start Date	Location	Time	Cost	# Wks	Code
Tues, March 26	NSR- Main	9:15-11:15	\$5/person \$10 with children's program	1	P487

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



# Parenting & Family Support Programs

## Evening & Weekend Workshops

### Terrific Toddlers

This stage of development is often known as the “terrible twos”, with a trend at this age (18-36 months) of encountering defiance, meltdowns, tears and overall confusion. Together we will explore reasons behind these behaviours, which will lead to ways of being creative and understanding of, the wants and needs during this developmental period allowing for a new outlook and renaming this time as the “Terrific Twos”.

Date	Location	Time	Cost	# Wks	Code
Sat, Jan 12	NSR - Main	9:30-11:30	\$5/person	1	P488



### Care4Kids: Natural Wellness

Dr. Scott Clack, ND has practiced for over 21 years. Since his graduation he has witnessed significant challenges that have led to increased rates of Autism, ADHD, allergies, digestive disorders, as well as a proliferation of mental health problems such as anxiety, depression and behavioural disorders. Scientific research and clinical experience are proving more frequently that lifestyle and environment are key factors in these increased health problems in children. This workshop will bring this research to light, along with a discussion of ways that parents can be empowered to act and change their children’s life as well as their own for the better.

Start Date	Location	Time	Cost	# Wks	Code
Mon, Jan 28	NSR - Main	7:00 - 9:00	\$20/person	1	P489

### Infant and Child CPR

In this 2 hour session, EMS staff from HeartSafe will teach you lifesaving techniques of infant/child CPR and how to recognize and act if your child is choking. You will have the opportunity to practice and ask questions. Hurry, this one fills up quickly, and space is limited.

Date	Location	Time	Cost	# Wks	Code
Thurs, Jan 17	NSR-Satellite	7:00-9:00	\$45/person	1	P490

### Stop Arguing with your Kids

#### Collaborative Problem Solving (CPS)

A new and highly effective way of understanding and dealing with problem behavior. CPS can be used with children as young as 3 years of age to teach problem solving and cognitive skills, reduce challenging behavior and build a healthy relationship. Chris Alexiou will be your facilitator. He is a retired Halton School Principal and a Think Kids Certified Practitioner with over 10 years experience using CPS with students, parents and teachers.

Start Date	Location	Time	Cost	# Wks	Code
Thurs, Feb 7	NSR - Main	7:00 - 9:00	\$25/person	1	P491

### 5 Love Languages of Children

Are you speaking your child’s language? According to author Gary Chapman, there are 5 love languages we use to communicate our love for each other. Knowing the secrets of the 5 love languages can help you share your affection in ways that help your children and loved ones really feel how much you love them. In this workshop you will discover your primary love language and also learn the languages of your children, family etc. applying strategies that will help you speak the 5 different love languages.

Start Date	Location	Time	Cost	# Wks	Code
Sat, March 23	NSR - Main	9:30-11:30	\$5/person	1	P492

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

# 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

### What does our program offer?

- Registered Early Childhood Educators (minimum 2 per class)
- 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 at two locations
- 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 Sixth Line Location

**Coming again in Spring 2019 – Ready, Set, School!**

**A program for children starting school in September 2019.  
Watch for details! This program starts in February 2019**

Registration for our Discovery Station Emergent Learning program for September 2019 will begin in February. **Spaces are available in some of our current programs.** To find out what is being offered at each of our locations, please call us at 905-849-6366. Please ask for a copy of our General Information booklet for more information.

## 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, please call the North Service Road office and speak to a Manager.

### 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 nursery school programs. Contact our main location for assistance with refunds

### 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).*

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## Our Locations

### North Service Road - Main

461 North Service Road West, Unit 17  
Main location and administrative offices  
Monday to Friday 8:30am - 4:30pm & Saturday 9:00am - Noon  
Between Fourth Line and Dorval Drive on North Service Road W

### Oakwood EarlyON Child and Family Centre

357 Bartos Drive  
Located inside Oakwood Public School

### Sixth Line

1500 Sixth Line  
South of Upper Middle Road in the Plaza across from Munn's Public School

### North Service Road - Satellite

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

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## 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

# Sponsors and Donations

## Here's how you can get involved:

- Become a site or room sponsor
- Sponsor a Special Event
- Leave your family's mark on OPCC's Giving Tree by purchasing a leaf, dove or stone
- Make a cash donation
- Become a monthly donor
- Provide an auction item for one of our special events



New sponsors and donations are always welcome. 100% of all funds raised through sponsorship, donations and our fundraising efforts, go directly into our centre and will benefit all families using programs. Tax receipts are available for both monetary and in-kind donations over \$25.00.

For more information, contact: [info@op-cc.ca](mailto:info@op-cc.ca)

Thank you to our wonderful **Site and Room Sponsors**. Your support helps us provide programs and services to over 3000 children and 2000 parents annually. Here are our generous sponsors – we encourage you to give them your patronage!



**North Service Road – Main**  
Sponsored by Nachla Law Office



**Toddler Room**  
Sponsored by RBC Royal Bank  
Oakville/Burlington



**Preschool Room**  
Sponsored by The Basement Store



**Music Room**  
Sponsored by Little Kickers  
Oakville



**Parent Room**  
Sponsored by RiteBite  
Orthodontics Oakville



**Early Learning Room**  
Sponsored by Oakville  
Naturopathic Wellness Centre

Sponsorship available—contact us for more details!