

July 2019





North Renfrew EarlyON Child and Family Centre Tel: 613-602-3593 EarlyON.NorthRenfrew@fcsrenfrew.on.ca

** Please note programming takes place at both St. Mary's School in Deep River as well as the Laurentian Hills Municipal Office in Point Alexander

Thursday Tuesday Wednesday Friday Saturday 2 3 4 5 6 CLOSED \odot \odot \odot \odot DR GRAND Infant Massage® **OPENING** 1:30-2:30 At St. Mary's 10-11am 9 11 13 10 12 CLOSED \odot \odot \odot \odot 16 17 18 19 20 \odot \odot \odot \odot \odot PA 23 24 25 26 27 CLOSED \odot \odot \odot \odot Indigenous **Teachings &** Drumming 30 31 \odot \odot

ONGOING PROGRAMS & SERVICES DETAILS ON BACK

Play and Learn Drop-in (9-11:30) Under One Club (1:30-3:00)

Hours of Operation:

Tues & Thurs (Deep River) 9:00 to 11:30 am 1:30 to 3:00 pm (Tues only)

Wed & Fri (Point Alexander) 9:00 to 11:30am *Infant Massage in Deep River 1:30-2:30

Every Second Saturday 9:00 to 11:30 am DR= Deep River PA= Point Alexander

Please register for programs and services marked with the following

symbol by the dates noted. ®



Visit our Facebook page North Renfrew EarlyON Child and Family Centre

ONGOING PROGRAMS

Play and Learn Drop-in / 0-6yrs

All children 0-6 and their parents and caregivers are invited to come out to this interactive playgroup, and meet other parents/ caregivers and children while having fun and learning together.

Every Tuesday, Wednesday, Thursday & Friday as well as every second Saturday from 9:00 to 11:30 am

Special Guests at Drop in

Join the BIAK EarlyON for Indigenous Teachings and Drumming. They provide activities, games and stories for youth, parents and educators about Indigenous peoples' culture, history and languages. Drumming and singing with the Kichi Sibi Women drummers is encouraged by all using children's hand drums provided by the BIAK EarlyOn.

Wednesday July 24th 10:00 to 11:30am

Please note: Drop-in will be closed on July 3rd for the grand opening, see details below.

Under One Club / 0-12 months

Come out with your baby to play and meet other parents. Facilitated by a Public Health Nurse. Weigh scale and parenting info available.

Every Tuesday from 1:30 to 3:00 pm

INFANT PROGRAMS

Infant Massage

Learn how to massage your baby from head to toe in this 3 session workshop. Health Benefits that will be discussed include:

-comfort for teething and colds

-relief from gas, colic and constipation

-enhances physical and neurological development

Please call or email to register by Tuesday June 18th

Fridays June 21, June 28 and July 5 from 1:30-2:30pm

GRAND OPENING

Please join us for the North Renfrew EarlyON Grand Opening! It will be taking place at St. Mary's School in Deep River on **July 3rd from 10:00 to 11:00am** in the gymnasium. Please follow the link on our Facebook page to RSVP to the event.