

# Your Guide

## HALDIMAND & NORFOLK

*for Families, Children & Teens*

Your Guide is  
made possible by the  
following supporters:



Ontario Early Years Centres  
A Place for Parents And Their Children



Centres de la Petite enfance  
Un endroit pour les parents et leurs enfants



The Children's Aid Society  
of Haldimand & Norfolk



Lansdowne  
Children's Centre  
*Growing children and growth with special needs*



Your Guide is a

### COMMUNITY RESOURCE BOOKLET

filled with courses, workshops, events and  
group services for families, children & teens.

Also available online:

[www.contactbrant.net/yourguide](http://www.contactbrant.net/yourguide)



**January 1 to April 30, 2017**

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♻️ PLEASE SHARE & RECYCLE

**Flip YOUR GUIDE  
for Brant!**



If you have a question about one of the programs in this guide, please call the number listed. Inclusion of a group or program in this flyer does not imply endorsement by Your Guide, or any of its sponsors. Every effort is made to ensure the accuracy of information in this flyer; however we cannot be responsible for errors or omissions. Call Contact Brant at 519-758-8228 for information about submissions to Your Guide.

Ontario Early Years Centres  
A Place For Parents And Their Children.



Centres de la Petite enfance  
Un endroit pour les parents et leurs enfants.



## **WELCOME** **to the Ontario Early Years Centre - Haldimand & Norfolk** **A Unit of H-N REACH**

### **A place for children to:**

- Play and learn with their parents/caregivers
- Explore and experience activities to stimulate brain development
- Interact and play with other children
- Programs for school-aged children up to age 12

### **A place for parents/caregivers to:**

- Drop in with children to participate in play-based learning activities
- Interact with your child and program staff
- Attend workshops and learn parenting tips
- Meet other parents and caregivers
- Borrow resources from the Resource Room / Library
- Information about the importance of early learning and child care programs
- Information and referrals to other community early learning programs/services like Haldimand-Norfolk REACH, HN Health Unit, HN Preschool Speech and Language Program and many more.

**To Play~To Learn~To Grow!      Our services are free!**

### **Not Feeling well?**

- Be thoughtful about everyone's health.
- If you or your child is not feeling well, do not come to the centre.

### **Allergy Awareness:**

Ontario Early Years Centre is proactive in reducing the use of Scents and Nuts in the centre. The side effects can be debilitating to some, please be aware of what scents and food items are being brought into the centre.



### **Photo Consent:**

- OEYC H&N may take photos of children playing, or at Parent/Child programs and may use those photos for learning purposes within the Centre or for training purposes with other Early Years professionals.
- If it is the intention for photo to go into the public such as newsletters, flyers or on our website, you will be contacted and asked to sign for the specific photo.

### **Duty to Report**

- The law states that as professionals we have a duty to report any suspicions that a child's safety or well being is at risk to a child protection agency.

**Registration Start Date: Monday, December 5, 2016 from 9:00 a.m.**  
**Call - 519-429-2875 or 905-765-1661 or email: [oeyc@hnreach.on.ca](mailto:oeyc@hnreach.on.ca)**

**See page 3 for holiday closures.**

### Workshop Registration:

- Register by:
  - calling 1-866-463-2759 or 905-765-1661
  - complete the section below and drop in to one of our sites
  - email [oeyc@hnreach.on.ca](mailto:oeyc@hnreach.on.ca)
- Register at least one week before the date of the workshop
- If the workshop is full, your name will be added to a waiting list
- All cheques made out to HN REACH for cost recovery fees.
- Refunds will not be given unless one weeks notice has been given. An alternative person may attend. Workshops may be cancelled one week prior if registration is low.
- For workshops with no cost attached please call to cancel at least 24 hours before the workshop so that someone else may attend.

### Registration Information: (please print clearly)

| Adult  |  | Children |     |       |     |
|--------|--|----------|-----|-------|-----|
| Name:  |  | Name:    | Age | Name: | Age |
| Name:  |  | A        |     | D     |     |
| Phone: |  | B        |     | E     |     |
| Email: |  | C        |     | F     |     |

### Programs at a Glance:

| ✓ | Program                          | Location | Time | Children (i.e., A, B, C, D...) |
|---|----------------------------------|----------|------|--------------------------------|
|   | Baby Picasso – February 15       | Houghton |      |                                |
|   | Baby Picasso – February 24       |          |      |                                |
|   | Baby Picasso – April 21          |          |      |                                |
|   | Car Seat Safety Check            |          |      |                                |
|   | Feeding Your Baby 101            |          |      |                                |
|   | Gym Time                         |          |      |                                |
|   | Infant Massage                   |          |      |                                |
|   | Parent Literacy Cafe             |          |      |                                |
|   | Mix It up Toddlers               |          |      |                                |
|   | Parent Infant Mother Goose       |          |      |                                |
|   | Parent Child Mother Goose        |          |      |                                |
|   | Out In the Community-Pizza Pizza |          |      |                                |
|   | 123 Look at Me                   |          |      |                                |
|   |                                  |          |      |                                |

### Holiday Closures:

- Monday January 2 - New Years Holiday, All sites
- Saturday February 18 -Monday February 20 – Family Day, All Sites
- Monday March 13 – Hagersville Site, March Break
- Wednesday March 15 – Cayuga Site, March Break
- Friday April 14 to Monday April 17 Inclusive – Easter Holiday, All sites

## Parent & Child Free Interactive Drop-in Programs - January to April, 2017

### HN REACH, Ontario Early Years Centre – Haldimand & Norfolk - Play and Learn for Children 0-6 years

An opportunity for families, caregivers and children to Play, to Learn, to Grow. Sensory experiences, songs, rhymes and stories are provided for continued growth.

| Location                                                                                  | Mon          | Tues                           | Wed                            | Thurs                           | Fri | Sat          | Note                                                                                  |
|-------------------------------------------------------------------------------------------|--------------|--------------------------------|--------------------------------|---------------------------------|-----|--------------|---------------------------------------------------------------------------------------|
| <b>Caledonia Site</b> – 905-765-1661<br>Notre Dame Elementary, 35 Braemar Ave             | 9:00 - 11:30 |                                | 9:00 - 3:00 and<br>5:30 - 7:30 | 9:00 - 11:30 and<br>1:00 - 3:00 |     |              |                                                                                       |
| <b>Cayuga Site</b> – 1-866-463-2759<br>J.L. Mitchener School, 60 Munsee St, S             |              |                                | 9:30 - 12:00                   |                                 |     |              |                                                                                       |
| <b>Delhi Site</b> – 519-428-7879<br>Delhi United Church, 105 Church St, E                 | 9:00 - 11:30 |                                |                                | 9:00 - 1:00                     |     |              |                                                                                       |
| <b>Dunnville Site</b> – 905-701-9572<br>Fairview Ave Public School<br>223 Fairview Ave, W |              | 8:30 - 11:30                   | 8:30 - 11:30                   |                                 |     | 9:00 - 12:00 | 2 <sup>nd</sup> Saturday of each month.                                               |
| <b>Hagersville Site</b> – 1-866-463-2759<br>St. Mary's School, 92 Main St, S              | 9:00 - 12:00 |                                |                                |                                 |     |              |                                                                                       |
| <b>Houghton Site</b> – 519-875-3205<br>Houghton Public School<br>505 Fairground Side Rd   |              | 9:00 - 12:00                   | 9:00 - 12:00                   | 9:00 - 12:00                    |     |              |                                                                                       |
| <b>Port Dover Site</b> – 1-866-463-2759<br>Lakewood Elementary, 713 St. George St         | 9:00 - 12:00 |                                | 9:00 - 12:00                   |                                 |     |              |                                                                                       |
| <b>Port Rowan Site</b> – 1-866-463-2759<br>St. John's Anglican Church, 46 Front Rd        |              |                                |                                | 9:30 - 12:00                    |     |              |                                                                                       |
| <b>Simcoe Site</b> – 519-429-2875<br>12 Colborne St, N                                    | 9:00 - 11:30 | 9:00 - 3:00 and<br>5:30 - 7:30 |                                | 9:00 - 3:00                     |     | 9:00 - 12:00 | 1 <sup>st</sup> & 3 <sup>rd</sup> Sat of each month,<br>closed February 18 & April 15 |
| <b>Waterford Site</b> – 1-866-463-2759<br>Waterford United Church, 135 Main St, S         |              | 9:00 - 12:00                   |                                |                                 |     |              |                                                                                       |

### HN REACH, Ontario Early Years Centre – Haldimand & Norfolk – Baby Play

Make new friends and observe baby's first friendships. Participate in a special circle time for baby.

| Location                                                       | Mon | Tues | Wed | Thurs       | Fri | Sat | Note |
|----------------------------------------------------------------|-----|------|-----|-------------|-----|-----|------|
| <b>Caledonia Site</b><br>Notre Dame Elementary, 35 Braemar Ave |     |      |     | 1:00 - 3:00 |     |     |      |
| <b>Simcoe Site</b><br>12 Colborne St, N                        |     |      |     | 1:00 - 3:00 |     |     |      |

## HN REACH, Ontario Early Years Centre – Haldimand & Norfolk – Well Baby / Breastfeeding Drop-In

In Partnership with Haldimand Norfolk Health Unit.

An excellent support and resource for parents of infants and toddlers. Have your baby weighed and measured. Talk with Public Health Nurse about breastfeeding your infant and child concerns. Meet your Early Years Facilitator and have your questions answered.

| Location                                                                   | Mon | Tues         | Wed          | Thurs         | Fri | Sat | Note                                                                                       |
|----------------------------------------------------------------------------|-----|--------------|--------------|---------------|-----|-----|--------------------------------------------------------------------------------------------|
| <b>Caledonia Site</b><br>Notre Dame Elementary, 35 Braemar Ave             |     | 9:00 - 12:00 |              |               |     |     | Nurse on site 9:30 – 11:30                                                                 |
| <b>Delhi Site</b><br>Delhi United Church, 105 Church St, E                 |     |              |              | 10:00 - 11:00 |     |     | Held on 2 <sup>nd</sup> Thurs of month only. Nurse on site 10:00-11:00                     |
| <b>Dunnville Site</b><br>Fairview Ave Public School<br>223 Fairview Ave, W |     |              |              | 9:00 - 11:30  |     |     | Nurse on site 9:30 -11:30                                                                  |
| <b>Simcoe Site</b><br>12 Colborne St, N                                    |     |              | 9:00 - 11:30 |               |     |     | Nurse on site 9:30-11:30.<br>Nurse is not on site on the 3 <sup>rd</sup> Wed of each month |

## HN REACH, Ontario Early Years Centre – Haldimand & Norfolk - Story Time with the Librarian

The Librarian leads a fun interactive story time. Together explore letters, numbers and so much more through books, songs and rhymes.

| Location                                                    | Mon           | Tues        | Wed | Thurs         | Fri | Sat | Note                                                     |
|-------------------------------------------------------------|---------------|-------------|-----|---------------|-----|-----|----------------------------------------------------------|
| <b>Delhi Site</b><br>Delhi United Church, 105 Church St, E  |               |             |     | 11:30 - 12:00 |     |     | 4 <sup>th</sup> Thursday of each month.                  |
| <b>Hagersville Site</b><br>St. Mary's School, 92 Main St, S | 11:00 - 11:30 |             |     |               |     |     | 2 <sup>nd</sup> Monday of each month.                    |
| <b>Simcoe Site</b><br>12 Colborne St, N                     |               | 2:30 - 3:00 |     |               |     |     | 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of each month. |

## Programs offered by Haldimand Norfolk Health Unit - Well Baby / Breastfeeding Program

In Partnership with Norfolk Pregnancy Care Centre.

An excellent support and resource for parents of infants and toddlers. Have your baby weighed and measured. Talk with Public Health Nurse about breastfeeding of your infant and child concerns.

| Location                                                       | Mon | Tues | Wed          | Thurs | Fri | Sat | Note                                     |
|----------------------------------------------------------------|-----|------|--------------|-------|-----|-----|------------------------------------------|
| <b>Norfolk Pregnancy Care Centre</b><br>37 Robinson St, Simcoe |     |      | 9:00 - 11:30 |       |     |     | 3 <sup>rd</sup> Wednesday of each month. |

## Parent / Caregiver and Child age 0-6 programs

### Baby Picasso

Ontario Early Years Centre -  
Haldimand & Norfolk

#### Registration Opens:

Monday December 5 at 9:00 am  
Call OEYC at 519-429-2875 or  
905-765-1661  
Email [oeyc@hnreach.on.ca](mailto:oeyc@hnreach.on.ca)

#### Caledonia Site

Friday, February 24 and April 21  
9:00 am to 10:00 am

#### Dunnville Site

Friday, February 24 and April 21  
9:30 am to 10:30 am

#### Houghton Site

Wednesday, February 15  
1:30 pm to 2:30 pm

#### Simcoe Site

Friday, February 24 and April 21  
9:00 am to 10:00 am

- **0-12 months**
- Engage with your baby and explore the benefits of early sensory play
- Encourage baby's creativity through a range of stimulating activities
- Messy babies at play... please dress for fun!

### Infant Massage

Ontario Early Years Centre -  
Haldimand & Norfolk

#### Registration Opens:

Monday December 5 at 9:00 am  
Call OEYC at 519-429-2875 or  
905-765-1661  
Email [oeyc@hnreach.on.ca](mailto:oeyc@hnreach.on.ca)

#### Caledonia and Simcoe Site

Monday, February 27 to March 27  
1:00 pm to 2:00 pm

#### Dunnville Site

Monday February 27 to March 27  
10:00 am to 11:00 am



- **0-12 months**
- Infant massage teaches caregivers to connect with their infant through touch
- Provides a sense of belonging and well being between the child and parent
- Adults are able to socialize with other caregivers and give each other support

Facilitated by

Certified Infant Massage Instructor

### Parent-Infant

#### Mother Goose Program

Ontario Early Years Centre -  
Haldimand & Norfolk

#### Registration Opens:

Monday December 5 at 9:00 am  
Call OEYC at 519-429-2875 or  
905-765-1661  
Email [oeyc@hnreach.on.ca](mailto:oeyc@hnreach.on.ca)

#### Caledonia Site

Monday, January 9 to February 13  
1:30 pm to 2:30 pm

#### Simcoe Site

Monday, January 9 to February 13  
1:00 pm to 2:00 pm



- **0-12 months**
- Together we will focus on the pleasure and power of rhymes, songs, and stories
- This is an interactive program for parents and their infants

### Feeding Your Baby 101

Ontario Early Years Centre -  
Haldimand & Norfolk

#### Registration Opens:

Monday December 5 at 9:00 am  
Call OEYC at 519-429-2875 or  
905-765-1661  
email [oeyc@hnreach.on.ca](mailto:oeyc@hnreach.on.ca)

Facilitated by

Haldimand Norfolk Health Unit  
Registered Dietitian

#### Caledonia Site

Tuesday, March 21

#### Delhi Site

Thursday, March 9

#### Dunnville Site

Thursday, March 23

#### Simcoe Site

Wednesday, March 15

- **0-12 months**
- Everything you need to know about starting solids and beyond
- First foods, textures and food safety
- Learn skills to prevent picky eating and take home sample menus

All sites 10:00 am to 11:00 am



This symbol means the course is an “evidence-based intervention”. That means the course has been developed by professionals, uses a manual to provide consistent learning, and has been evaluated for effectiveness. For further details, see [www.communityed.ca/training.cfm](http://www.communityed.ca/training.cfm)



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| <p><b>Well Baby Visit – CPR</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>No Registration Required</b></p> <p>Facilitated by<br/>Certified CPR Instructor</p>                                                                                                                                                                                                    | <p><b>Caledonia Site</b><br/>Tuesday, February 28</p> <p><b>Delhi Site</b><br/>Thursday, February 9</p> <p><b>Dunnville Site</b><br/>Thursday, February 23</p>                                                                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>• <b>0-18 months</b></li> <li>• An opportunity to meet with a certified CPR instructor</li> <li>• You will be provided with valuable information regarding infant choking and CPR and answers to questions you may have</li> </ul>                                                                                                      |
| <p><b>123 Look at Me!</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>Registration Opens:</b><br/>Monday December 5 at 9:00 am<br/>Call OEYC at 519-429-2875 or<br/>905-765-1661<br/>Email <a href="mailto:oeyc@hnreach.on.ca">oeyc@hnreach.on.ca</a></p> <p>Facilitated by Resource Consultant or<br/>Infant &amp; Child Development Worker<br/>from HN REACH</p> | <p><b>Simcoe Site</b><br/>Wednesday, February 15</p> <hr/> <p><b>Caledonia Site</b><br/>Tuesday, January 17</p> <p><b>Delhi Site</b><br/>Thursday, January 12</p> <p><b>Dunnville Site</b><br/>Thursday, January 26</p> <p><b>Simcoe Site</b><br/>Wednesday, January 18</p>                                                                                                                                                                                                             | <p>All sites 10:00 am to 11:00 am</p> <hr/> <ul style="list-style-type: none"> <li>• <b>0-18 months</b></li> <li>• In a 45 minute session, your child will receive a brief developmental screen</li> <li>• You will be able to discuss key milestones and your child's development with a professional</li> </ul> <p>All sites 9:00 am to 12:00 pm</p>                         |
| <p><b>Mix it Up Toddlers</b><br/>Ontario Early Years Centre –<br/>Haldimand &amp; Norfolk</p> <p><b>Registration Opens:</b><br/>Monday December 5 at 9:00 am<br/>Call OEYC at 519-429-2875 or<br/>905-765-1661<br/>Email <a href="mailto:oeyc@hnreach.on.ca">oeyc@hnreach.on.ca</a></p> <p>Facilitated by<br/>Early Literacy Specialist</p>                                                   | <p><b>Caledonia Site</b><br/>Friday, February 3</p> <p><b>Simcoe Site</b><br/>Friday, February 17</p>                                                                                                                                                                                                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>• <b>24 – 36 months</b></li> <li>• Inspired by the interactive book by Herve Tullet</li> <li>• Opportunities for children to explore language and literacy through play, supports strong language abilities</li> <li>• We will explore how colours can mix and change. Dress for mess!</li> </ul> <p>Both sites 9:30 am to 10:30 am</p> |
| <p><b>Literacy Guest</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p>Facilitated by<br/>Early Literacy Specialist</p>                                                                                                                                                                                                                                                 | <p><b>Caledonia Site</b><br/>Thursday, January 19</p> <p><b>Cayuga Site</b><br/>Wednesday, January 18</p> <p><b>Delhi Site</b><br/>Monday, January 9</p> <p><b>Dunnville Site</b><br/>Tuesday, January 10</p> <p><b>Hagersville Site</b><br/>Monday, January 30</p> <p><b>Port Dover Site</b><br/>Monday, January 23</p> <p><b>Port Rowan Site</b><br/>Thursday, February 2</p> <p><b>Simcoe Site</b><br/>Thursday, January 26</p> <p><b>Waterford Site</b><br/>Tuesday, January 24</p> | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Today our Early Literacy Specialist will bring a story to share with us</li> <li>• Read, sing and talk together</li> <li>• Feel free to bring any questions you may have about early literacy</li> </ul> <p>All sites 10:00 am to 11:30 am</p>                                                            |

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| <p><b>Talking Child Development</b><br/>Ontario Early Years Centre –<br/>Haldimand &amp; Norfolk</p> <p>Registration is not required</p> <p>Facilitated by<br/>Resource Consultant or<br/>Infant &amp; Child Development Worker<br/>from HN REACH</p>                                                                                                                                             | <p><b>Cayuga Site</b><br/>Wednesday, February 8</p> <p><b>Hagersville Site</b><br/>Monday, February 6</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Talk with a Resource Consultant or an Infant and Child Development worker about Child Development</li> <li>• A scheduled appointment can be arranged if required</li> </ul> <p>Both sites 10:00 am to 11:00 am</p> |
| <p><b>123 Look at Me!</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>Registration Opens:</b><br/>Monday December 5 at 9:00 am<br/>Call OEYC at 519-429-2875 or<br/>905-765-1661<br/>Email <a href="mailto:oeyc@hnreach.on.ca">oeyc@hnreach.on.ca</a></p> <p>Facilitated by<br/>Resource Consultant or<br/>Infant &amp; Child Development Worker<br/>from HN REACH</p> | <p><b>Caledonia Site</b><br/>Monday, February 13<br/>9:00 am to 12:00 pm</p> <p>Wednesday, February 22<br/>5:30 pm to 7:30 pm</p> <p>Wednesday, April 19<br/>9:00 am to 12:00 pm</p> <p><b>Delhi Site</b><br/>Monday, March 6<br/>9:00 am to 12:00 pm</p> <p><b>Dunnville Site</b><br/>Tuesday, February 14<br/>Wednesday March 30<br/>Saturday, April 8<br/>9:00 am to 12:00 pm</p> <p><b>Port Dover Site</b><br/>Wednesday, March 29<br/>9:00 am to 12:00 pm</p> <p><b>Simcoe Site</b><br/>Tuesday, March 7<br/>Thursday, April 27<br/>9:00 am to 12:00 am</p> <p>Tuesday, April 4<br/>5:30 pm to 7:30 pm</p> | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• In a 45 minute session, your child will receive a brief developmental screen</li> <li>• You will be able to discuss key milestones and your child's development with a professional</li> </ul>                     |
| <p><b>Parent - Child<br/>Mother Goose Program</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>Registration Opens:</b><br/>Monday December 5 at 9:00 am<br/>Call OEYC at 519-429-2875 or<br/>905-765-1661<br/>Email <a href="mailto:oeyc@hnreach.on.ca">oeyc@hnreach.on.ca</a></p>                                                                                      | <p><b>Caledonia and Simcoe Site</b><br/>Friday March 17 to Apr 7<br/>9:00 am to 10:00 am</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Join us for a fun time of songs, rhymes and stories</li> <li>• This is an interactive program for parents, caregivers and their children</li> </ul>                                                                |
| <p><b>Family Literacy Day Celebration</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>Registration Required</b><br/>Monday December 5 at 9:00 am<br/>Call Norfolk County Library at<br/>519-426-3506<br/>In Partnership with<br/>Norfolk County Library</p>                                                                                                            | <p><b>Norfolk County Library</b><br/>46 Colborne Street S<br/>Saturday, January 28<br/>10:30 am to 12:00 pm</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Let's celebrate Literacy together!</li> <li>• Stories, songs, games, snacks and prizes</li> </ul>                                                                                                                  |



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| <p><b>Gym Time</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>Registration Opens:</b><br/>Monday December 5 at 9:00 am<br/>Call OEYC at 519-429-2875 or<br/>905-765-1661<br/>Email oeyc@hnreach.on.ca</p> | <p><b>Gateway Church</b><br/><b>15 Haldimand 66, Caledonia</b><br/>Tuesdays<br/>January 10<br/>February 14<br/>March 14<br/>10:00 am to 11:30 am</p> <p><b>Dunnville Site</b><br/>Tuesday, January 17<br/>Tuesday, February 21<br/>6:00 pm to 7:00 pm</p> <p><b>First Baptist Church</b><br/><b>129 Young Street, Simcoe</b><br/>Wednesdays<br/>January 11 and 25<br/>February 8 and 22<br/>March 8 and 22<br/>10:00 am to 11:30 am</p> | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Join your child in dodging, hopping, skipping, jumping, catching, dribbling and many other fundamental movement skills though a variety of games and activities</li> <li>• Enhance your child's physical literacy</li> <li>• Dress for active play, indoor shoes required</li> </ul> |
| <p><b>Music Time</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>Registration is not required</b></p> <p>All Sites 9:30 am to 10:30 am except<br/>Caledonia</p>                                            | <p><b>Caledonia Site</b><br/>Wednesday, April 12<br/>1:30 pm to 2:30 pm</p> <p><b>Cayuga Site</b><br/>Wednesday, April 12</p> <p><b>Delhi Site</b><br/>Thursday, April 27</p> <p><b>Simcoe Site</b><br/>Tuesday, April 25</p>                                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Join us as we explore music through expression and engagement</li> <li>• Children are active and engaged learners who explore the world with mind, body and senses</li> <li>• We will make a rhythm instrument and express ourselves through music</li> </ul>                        |
| <p><b>Community Visitor - Fire Fighter</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>Registration is not required</b></p> <p>Presented by Norfolk County Fire<br/>Department</p>                         | <p><b>Simcoe Site</b><br/>Tuesday, January 17<br/>10:00 am to 11:00 am</p>                                                                                                                                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Meet your local firefighter, they are helpers in times of emergency</li> <li>• Children will get a chance to become comfortable with a uniformed firefighter</li> <li>• Provides families with a sense of belonging and engagement within our neighbourhood</li> </ul>               |
| <p><b>Community Visitor - Explore Nature</b><br/>Ontario Early Years Centre –<br/>Haldimand &amp; Norfolk</p> <p><b>Registration is not required</b></p> <p>Facilitated by Nature Enthusiast</p>                                      | <p><b>Delhi Site</b><br/>Thursday, February 2<br/>10:00 am to 11:00 am</p>                                                                                                                                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Join us for a morning of discovery and investigation</li> <li>• Using a variety of tools and creatives to explore and nurture their curiosity</li> <li>• Get cozy in a natural literacy corner and engage in a nature stories and songs</li> </ul>                                   |
| <p><b>Community Visitor - Paramedic</b><br/>Ontario Early Years Centre –<br/>Haldimand &amp; Norfolk</p> <p>Facilitated by<br/>Emergency Medical Services Norfolk</p>                                                                 | <p><b>Simcoe Site</b><br/>Tuesday, April 11<br/>10:00 am to 11:00 am</p>                                                                                                                                                                                                                                                                                                                                                                | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Come meet local Paramedics who are helpers in times of emergency</li> <li>• Children are given a chance to become comfortable with a uniformed paramedic</li> <li>• Provides families with a sense of belonging and engagement within our neighbourhood</li> </ul>                   |

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| <p><b>Out in the Community</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>Registration Opens:</b><br/>Monday December 5 at 9:00 am<br/>Call OEYC at 519-429-2875 or<br/>905-765-1661<br/>Email <a href="mailto:oeyc@hnreach.on.ca">oeyc@hnreach.on.ca</a></p>                                                    | <p><b>Pizza Pizza</b><br/>345 Argyle St S, Caledonia<br/>Tuesday, January 24 and January 31<br/>9:00 am to 10:00 am</p> <p>Limited number of spaces available</p>                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Engage with your child as we visit a local business and discover how to make pizzas</li> <li>• A hands on opportunity for children to ask questions and get involved in preparing their own snack</li> </ul>                  |
| <p><b>Fun With Food</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>Registration is not required</b></p>                                                                                                                                                                                                          | <p><b>Caledonia Site</b><br/>Wednesday, February 1 and April 5</p> <p><b>Delhi Site</b><br/>3rd Thursday of each month</p> <p><b>Dunnville Site</b><br/>Wednesday, January 11 and March 8<br/>Tuesday, February 7</p> <p><b>Houghton Site</b><br/>Thursday, January 19, February 16 and<br/>March 16<br/>Wednesday, April 19</p> <p><b>Simcoe Site</b><br/>Thursday, February 16 and April 13</p> | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Kids are capable and competent</li> <li>• Fun with food gives them an opportunity to measure, pour, mix, follow a recipe, decorate and more</li> </ul> <p>All sites 10:00 am to 11:00 am</p>                                  |
| <p><b>School Age Activity</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>Registration Opens:</b><br/>Monday December 5 at 9:00 am<br/>Call OEYC at 519-429-2875 or<br/>905-765-1661<br/>Email <a href="mailto:oeyc@hnreach.on.ca">oeyc@hnreach.on.ca</a></p> <p>Facilitated by<br/>Early Literacy Specialist</p> | <p><b>Caledonia Site</b><br/>Wednesday, March 15<br/>9:00 am to 11:00 am</p> <p><b>Simcoe Site</b><br/>Tuesday, March 14<br/>9:00 am to 11:00 am</p>                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>• <b>4-10 years</b></li> <li>• We will explore light in many ways: light boxes, neon light and black light</li> <li>• Science, math, communication, vocabulary, and learning about the world around us</li> <li>• Optics is the science of light</li> </ul> |
| <p><b>Car Seat Safety Check</b></p> <p>To book an appointment call<br/>Karin Marks at 905-318-5367 x3371</p> <p>In Partnership with<br/>Haldimand Norfolk Health Unit</p>                                                                                                                                                                    | <p><b>Caledonia Site</b><br/>Thursday, March 2<br/>4:30 pm to 6:30 pm</p> <p><b>Simcoe Site</b><br/>Wednesday, March 1<br/>4:30 pm to 6:30 pm</p>                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• <b>0-8 years</b></li> <li>• Is your child's car seat installed correctly?</li> <li>• Trained car seat technicians will educate, demonstrate and help you make your child as safe as possible in your vehicle</li> </ul>                                   |
| <p><b>Trip to Sugar Bush</b><br/>Ontario Early Years Centre -<br/>Haldimand &amp; Norfolk</p> <p><b>Registration Opens:</b><br/>Monday December 5 at 9:00 am<br/>Call OEYC at 519-429-2875 or<br/>905-765-1661<br/>Email <a href="mailto:oeyc@hnreach.on.ca">oeyc@hnreach.on.ca</a></p>                                                      | <p><b>Richardson`s Farm</b><br/>131 River Road, Dunnville<br/>Friday, March 10<br/>10:00 am to 12:00 pm</p>                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>• <b>All Ages</b></li> <li>• Enjoy a wagon ride and a walk in the sugar bush to explore where maple syrup comes from</li> <li>• Small cost to cover cost of pancake snack</li> </ul>                                                                        |

## Parenting Programs / Community Supports

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| <b>Parent Literacy Café</b><br>Ontario Early Years Centre -<br>Haldimand & Norfolk<br><br><b>Registration Opens:</b><br>Monday December 5 at 9:00 am<br>Call OEYC at 519-429-2875 or<br>905-765-1661<br>Email oeyc@hnreach.on.ca<br><br>Facilitated by Early Literacy Specialist | <b>Caledonia Site</b><br>Wednesday, April 5<br>7:00 pm to 8:00 pm<br><br><b>Simcoe Site</b><br>Resource Room<br>Tuesday, March 28<br>7:00 pm to 8:00 pm | <ul style="list-style-type: none"> <li>• <b>0-4 years</b></li> <li>• Free Book , snacks and refreshments</li> <li>• Explore some new titles and children's authors that you can share with your preschooler</li> <li>• Learn simple things you can do to help build a foundation for your child's future success</li> </ul> |
| <b>Moms Talk</b><br><br><b>Registration Required</b><br>For more information or to register, call Barb Sutcliffe 519-587-2441 or 1-800-265-8087 ext. 405                                                                                                                         | <b>Simcoe Site</b><br>every Wednesday<br>1:00 pm to 3:00 pm                                                                                             | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Are you looking for support and a break? Moms get together to talk about the things that matter to them including relationships, parenting, feeling alone, and friendship</li> <li>• Child care provided</li> </ul>                                    |
| <b>Beyond the Basics</b><br><br><b>Registration Required</b><br>For more information or to register, call Barb Sutcliffe 519-587-2441 or 1-800-265-8087 ext. 405                                                                                                                 | <b>Simcoe Site</b><br>every Wednesday<br>February 15 to April 5<br>10:00 am to 12:00 pm                                                                 | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• A group for parents with children involved with the Children's Aid Society</li> <li>• Learn new approaches to parenting through play based learning, discussion and problem solving</li> </ul>                                                         |
| <b>COPE</b><br><br><b>Registration Required</b><br>For more information or to register, call Barb Sutcliffe 519-587-2441 or 1-800-265-8087 ext. 405                                                                                                                              | <b>Caledonia Site</b><br>every Monday<br>February 27 to April 3<br>6:30 pm to 8:00 pm                                                                   | <ul style="list-style-type: none"> <li>• <b>0-6 years</b></li> <li>• Put confidence into your parenting by building positive skills to address your child's challenging behaviours.</li> </ul>                                                                                                                              |
| <b>Positive Discipline in Everyday Parenting</b><br><br><b>Registration Required</b><br>For more information or to register, call Barb Sutcliffe 519-587-2441 or 1-800-265-8087 ext. 405                                                                                         | <b>Caledonia Site</b><br>every Thursday<br>April 6 to May 25<br>6:30 pm to 8:00 pm                                                                      | <ul style="list-style-type: none"> <li>• <b>0-12 years</b></li> <li>• Raising your child, not your voice</li> <li>• Parents learn to set boundaries and use teachable moments to provide their children with the skills for success</li> </ul>                                                                              |
| <b>Fetal Alcohol Spectrum Disorder (FASD) Caregiver Support Group</b><br><br>For information call 519-587-2441<br>Michelle Wingrove ext. 285<br>Shannon Staley ext. 274                                                                                                          | <b>Haldimand-Norfolk REACH</b><br><b>101 Nanticoke Pkwy, Townsend</b><br>1 <sup>st</sup> Tuesday<br>6:45 pm to 8:45 pm                                  | <ul style="list-style-type: none"> <li>• <b>Families or Caregivers</b></li> <li>• Group provides a safe environment to discuss experiences, develop skills to manage their needs, support other community member, and share resources.</li> </ul>                                                                           |
| <b>REACH Counselling Program Single Session Therapy Clinic</b><br><br><b>Appointment Required</b><br>To book the next available appointment call 1-800-265-8087 ext. 239                                                                                                         | <b>Haldimand-Norfolk REACH</b><br><b>101 Nanticoke Pkwy, Townsend</b><br>every Tuesday<br>(alternate dates may be arranged)                             | <ul style="list-style-type: none"> <li>• <b>Individuals, couples &amp; families</b></li> <li>• Provides quick access to therapy.</li> <li>• For a wide variety of personal, emotional and relationship issues.</li> </ul>                                                                                                   |



# HOPEMORE.CA

**Hopemore.ca** is for your people in Brant, Haldimand & Norfolk who want to access assistance or information about mental health, and personal wellbeing

**Be Safe** helps youth connect with Haldimand-Norfolk mental health and addictions resources. It will:

- Help youth to make a safety plan
- Informs about local resources
- Give options for getting help
- Informs how to wait for help safely

Download your **FREE** app for iOS and Android at [mindyourmind.ca/interactives/be-safe](http://mindyourmind.ca/interactives/be-safe)

Pick: Region - Haldimand Norfolk or Brant



Haldimand-Norfolk  
**REACH**

*supporting children, families, communities*

## Healthy Moms Eating Well for 2

A Prenatal Nutrition Program designed to help you  
**"give your baby the healthiest start in life."**

### We offer free:

- ✓ Home visits
- ✓ Prenatal vitamins
- ✓ Food gift certificates for milk products, fruits & vegetables
- ✓ Meeting with our Dietitian
- ✓ Breastfeeding information and support



**For more information, please contact the Outreach Worker at 519-587-2441 or 1-800-265-8087 ext. 407**

We are seeking

## Host Family Respite Providers

to provide overnight respite in their homes on a fee for service basis to individuals with Developmental Disabilities. Reimbursement for service provided is based on a 24-hour block of time. Screening, approval and ongoing support is provided by a Family Support Coordinator.

### Family Respite Services of Haldimand-Norfolk REACH

For more information contact  
Kim Huffman 1-800-265-8087 ext. 267



### Call **Contact Haldimand-Norfolk**

(a division of H-N REACH) for more for information about services in Haldimand-Norfolk for children and youth under the age of 18.

**519-587-2441 or 1-800-265-8087 ext. 350**  
or visit [www.hnreach.on.ca](http://www.hnreach.on.ca)

## Are you in Crisis?

Child & Youth Crisis Service is available 24  
hours a day, 7 days a week for  
children, youth and families

**1-866-32-REACH (1-866-327-3224)**

Our team is also available through a pager  
at 905-540-2718

Haldimand and Norfolk

**TAPP-C**



### The Arson Prevention Program for Children **Fire Setting is Serious Business**

If you know of a child who is playing with fire please contact  
1-800-265-8087 for support



**TAPP-C is a registered trademark of the Ontario Ministry of  
Community Safety and Correctional Services**





See us at  
Haldimand-Norfolk REACH  
Ontario Early Years Centre Simcoe &  
Dunnville Sites

**To learn more:**  
[www.lansdownecentre.ca](http://www.lansdownecentre.ca)  
519-753-3153 ext. 206

**NEW French Immersion**



BRANT HALDIMAND NORFOLK  
Catholic District School Board

# Kindergarten registration



*Watch him explore!*

Call 519.756.6369 or visit [www.bhncdsb.ca](http://www.bhncdsb.ca)



## Register for Kindergarten!

Telephone: 519-756-6301 | Toll Free: 1-888-548-8878 | Email: [info@granderie.ca](mailto:info@granderie.ca)

Learn what you need to register, locate the program and school of choice,  
and order your *Welcome to Kindergarten* guide online... [granderie.ca](http://granderie.ca)

**SUCCESS** for Every Student

Follow and join the conversation @GEDSB on Twitter and Facebook.



The Children's Aid Society  
of Haldimand & Norfolk

*Vision: A community that  
nurtures the lives and  
dreams of children*

Ensuring child safety is everyone's  
responsibility. If you have a concern for a child  
or would like to help you can:  
Volunteer, Mentor, Foster, Adopt or Donate

1-888-CAS-KIDS [www.cashn.on.ca](http://www.cashn.on.ca)

## Haldimand Norfolk One List

**Finding Childcare just got easier in Haldimand & Norfolk.**

The Counties of Haldimand and Norfolk are pleased to offer OneList, an online centralized childcare registry and information service that simplifies the process of applying for child care. It's safe, fast and convenient. To find out more, or to complete an application, visit: [www.HaldimandNorfolkOneList.ca](http://www.HaldimandNorfolkOneList.ca) or call: 1-888-722-1540



**COMMUNITY INFORMATION**  
Brant, Haldimand & Norfolk

**Community Information Database for Brant, Haldimand & Norfolk**

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Call 211 Live Answer 24/7 or visit [211Ontario.ca](http://211Ontario.ca)