Oakville Parent-Child Centre

opcc
Learn & Grow Together

Program Guide
Winter 2020

EarlyON
Child and Family Centre

Monday January 6th to Tuesday March 31st

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?

Understanding Joy

Here Aria (left photo) is supposed to be painting her page but in one glorious moment of self-adornment, she paints her fingernails instead. Iyla (right photo) is supposed to be cleaning the table, but decides to spray herself with water as she shares her homemade joke with friends. Both of these very young children are still trying to understand silly jokes, happy emotions and the ultimate state of mind: "joy" as part of their emotional intelligence.

In our very busy world, it's important to allow these 'stolen moments' to happen. Joy is a state of mind that children naturally gravitate back to and 'make room for' in their lives.

How can I register?

Registration begins **Wednesday November 27th at 6pm**, at www.op-cc.ca.
Registration information is located on the back of the program guide.

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

Occasional Childcare

Quality childcare when you need it.

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

What occasional childcare offers:

Licensed childcare with Registered Early Childhood Educators

Flexible hourly care

Care for children 18 months to 5 years of age

Affordability

Consistent staff

Nutritious lunch program

Convenient online booking system

Coming Soon!

Care available...

Monday to Friday

8:30am to 5:30pm

Coming Winter 2020

Registration available December 2019

VISIT WWW.OP-CC.CA FOR MORE INFORMATION

Discovery Station

Emergent Learning Program

Where children come to learn through play

What is emergent learning?

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

Why does OPCC utilize this approach?

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

How Does Learning Happen?

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

What will they learn?

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

Registration for our Discovery Station Emergent Learning program for September 2020 will begin in February.

Spaces are available in some of our Fall licensed programs.

For current program availability, contact us at 905-849-6366 or info@op-cc.ca.

Please view our General Information Booklet for more information.

*Previously Discovery Station Nursery School

Discovery Station

Emergent Learning Program

Where children come to learn through play

Come in for a tour and register today!

Our Toddler Room

Coming again in 2020:

Ready, Set, School!

A program for children starting school in Sept 2020. Watch for details! This program starts in **February 2020**.

Our Preschool Room

What does our program offer?

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

Choose from:

- 2, 3 & 5 half day morning programs offered at out NSR-Main location
- 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 half day program is licensed under the Child Care and Early Years Act. Each location is inspected annually by the Ministry of Education. The Child Care and Early Years Act contains requirements specific to staff qualifications and ratios, program content & equipment.

Learn & Grow Together

Enrichment Programs

Registration for all enrichment programs begins Wednesday November 27th at 6pm

Little Creators

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

Start Date	Location	Time	Cost	# Wks	Code
Tues Jan 14	NSR - Main	1:15-2:30	$90/child	5	F600
Tues Feb 18	NSR– Main	1:15-2:30	$75/child	4	F601

Age Group: 6 to 18 months

Exploring Music

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

Start Date	Location	Time	Cost	# Wks	Code
Wed Jan 15	NSR- Main	9:15-10:15	$70/child	4	F602
Wed Feb 12	NSR- Main	9:15-10:15	$70/child	4	F603

Age Group: 3 to 18 months

Creative Music

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

Start Date	Location	Time	Cost	# Wks	Code
Wed Jan 15	NSR- Main	10:45-11:45	$70/child	4	F604
Wed Feb 12	NSR- Main	10:45-11:45	$70/child	4	F605

Age Group: 18 months to 3½ years

Musical Babies

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

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

Start Date	Location	Time	Cost	# Wks	Code
Wed Jan 15	NSR– Main	1:30-2:30	$70/child	4	F606
Wed Feb 12	NSR– Main	1:30-2:30	$70/child	4	F607

Age Group: Newborn to 24 months

Learn & Grow Together

Enrichment Programs

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 instruments each week. Your child will listen to and develop rhythm, enrich their senses through joyful, creative, sweet sounding play. A musical gift is provided. Facilitated by a Music Director. **This program can be repeated, as content varies.**

Start Date	Location	Time	Cost	# Wks	Code
Fri Jan 17	NSR- Main	9:30-10:30	$70/child	4	F608
Fri Feb 14	NSR- Main	9:30-10:30	$70/child	4	F609

Age Group: Newborn to 5 years

Parent & Me Zumba

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

Start Date	Location	Time	Cost	# Wks	Code
Thurs Jan 23	NSR- Main	1:15-2:00	$70/child	6	F610

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

Bonjour Mes Amis!

Let's make learning French fun for all! The early years are a prime time for learning and celebrating languages. Children at a young age are very capable of learning a new language while interacting with others within a positive and nurturing environment. Come out to enrich your child in an exciting introduction to the French language! Experience learning French by stimulating your child's senses through music, games, dance, puppets, props and fun-filled hands on interactive activities. It's time to awaken and peak your child's interest in the French language and share in this joy while accompanied by a parent/caregiver. **No French speaking experience necessary.**

Start Date	Location	Time	Cost	# Wks	Code
Mon Jan 20	NSR– Main	10:00-11:15	$105/child	6 No class Feb 17	F611

Age Group: 6 months to 5 years

Infant Massage

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

Start Date	Location	Time	Cost	# Wks	Code
Tues Feb 4	NSR- Main	12:30-1:30	$45/child	3	F612

Age Group: Newborn to 12 months

Oakville Parent-Child Centre Schedule of Programs

Monday January 6th to Tuesday March 31st, 2020

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	**Adjusting to Parenthood** 1:00-3:00 Please see page 10	Parenting Programs 9:15-11:15 Please see pages 14-15		Mothers Are People Too 9:15-11:15		Parenting Programs 9:30-11:30 Please see pages 14-15
Music Room	**Bonjour Mes Amis!** *6 months - 5 years* 10:00-11:15	Parenting Programs The children's program 9:15-11:15 **Infant Massage** *Newborn – 12 months* 12:30-1:30	**Exploring Music** *3 - 18 months* 9:15-10:15 **Creative Music** *18 months - 3½ years* 10:45-11:45 **Musical Babies** *Newborn – 24 months* 1:30-2:30	Mothers Are People Too The children's program 9:15-11:15 **Parent & Me Zumba** *2 months +* 1:15-2:00	**Music in Bloom** *Newborn – 5 years* 9:30-10:30	
Family Room	**Adjusting to Parenthood Group** 1:00-3:00 Please see page 10	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	Discovery Station 9:00-12:00 **Little Creators** *6 - 18 months* 1:15-2:30	Extended Day Discovery Station 9:00-1:00	Discovery Station 9:00-12:00	Extended Day Discovery Station 9:00-1:00	
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	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

	Occasional Childcare coming soon! *Join our email list and follow us on social media for the most up to date information*					**Calling All Dads** *Newborn – 6 years* 9:30-11:30

QUEEN ELIZABETH PARK COMMUNITY & CULTURAL CENTRE — 2302 Bridge Road

All programs at QE Park begin Thursday September 12th	**Cabin Fever** *Newborn – 6 years* 9:00-2:30	**Cabin Fever** *Newborn – 6 years* 9:00-12:00 **Babytime** *Newborn – 6 months* 1:00-1:30 **New Parent Meet Up** *Newborn – 6 months* 1:30-2:00	**Fun for Little Ones** *Newborn – 24 months* 9:30-11:30 **Cabin Fever** *Newborn – 6 years* 3:30-6:30	**Cabin Fever** *Newborn – 6 years* 9:00-3:00	**Cabin Fever** *Newborn – 6 years* 9:00-2:30	

OAKWOOD EARLYON CHILD AND FAMILY CENTRE — 357 Bartos Drive (Oakwood Public School)

	Cabin Fever *Newborn – 6 years* 9:30-4:00		**Cabin Fever** *Newborn – 6 years* 9:30-4:00	**Cabin Fever** *Newborn – 6 years* 12:30-4:00	**Cabin Fever** *Newborn – 6 years* 9:30-4:00 (Includes outdoor fun)	**Saturday Fun** *Newborn – 6 years* 9:30-11:30

COMMUNITY LOCATIONS

16 Mile Sports Complex 3070 Neyagawa Blvd.	**Cabin Fever** *Newborn – 6 years* 9:15-2:30	**Cabin Fever** *Newborn – 6 years* 9:15-11:45	**Cabin Fever** *Newborn – 6 years* 9:15-2:30	**Cabin Fever** *Newborn – 6 years* 9:15-12:30 **Songs & Snuggles** *Newborn – 12 months* 1:00-2:00 **Baby & Me Meet Up** *Newborn – 18 months* 2:00-2:45		
Iroquois Ridge Library 1051 Glenashton Drive	**Tales & Tunes** *6 – 12 months* 1:30-2:30					
River Oaks Community Centre 2400 Sixth Line	**Jump, Jiggle & Groove** *18 months – 4 years* 9:00-10:30		**Jump, Jiggle & Groove** *18 months – 4 years* 9:00-10:30		**Tales & Tunes** *6 – 12 months* 9:30-10:30 **Baby & Me Meet Up** *Newborn – 18 months* 10:30-11:30	
Location TBD When the location is confirmed it will be posted on our website					**Nature Explorers Club** *Newborn – 6 years* 9:30-11:30	
Oakville Place 240 Leighland Ave	Mall Crawl 9:00-10:00					

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

Descriptions of all programs can be found in our program guide or on our website.

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

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

EarlyON Child and Family Centre

Welcome to OPCC and our EarlyON programs!

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

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

What is EarlyON?

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

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

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

EarlyON Child and Family Centre

What you can expect at an EarlyON program:

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

Please view pages 8 & 9 for program times and locations

Babytime

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

New Parent Meet Up

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

Songs & Snuggles

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

Baby & Me Meet Up

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

Fun for Little Ones

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

Tales and Tunes

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

Jump, Jiggle and Groove

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

EarlyON Child and Family Centre

Multi Age Programs

Cabin Fever

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

Calling All Dads

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

Saturday Fun

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

Nature Explorers Club

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

Adjusting to Parenthood

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

Centre Closures

16 Mile Sports Complex Closure
Thursday January 16th

Family Day
Saturday February 15th & Monday February 17th

Discovery Station does not run during March break, March 16 –20, however all EarlyON programs will continue as scheduled

Be sure to visit the "Program Updates" section on the home page of www.op-cc.ca for the most up to date program information

Community Services & Partnerships

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

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

Adjusting to Parenthood – This postpartum parent support group is a partnership with Halton Region Public Health. Please see page 12 for more information.

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

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

Public Health Nurse – A Public Health Nurse visits select OPCC drop-in programs throughout the year. Refer to www.op-cc.ca under Community Services for visit dates.

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

United Way Halton & Hamilton

Parenting & Family Support Programs

Family Resource Kits

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

DID YOU KNOW?

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

United Way Halton & Hamilton

Parenting & Family Support Programs

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

Registration for all parenting programs begins Wednesday November 27th at 6pm

Mothers are People Too

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

Start Date	Location	Time	# Wks	Code
Thurs Jan 9	NSR - Main	9:15-11:15	6	P525
Thurs Feb 20	NSR-Main	9:15-11:15	5	P526

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

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.

Movie Mania - Making Sense of Play

Join us for this three-series program. We will be viewing Gordon Neufeld's "Making Sense of Play." Play – at least the kind that builds brains and forwards development is becoming an endangered activity. The information presented in this session is thought provoking for parents who wish their young children to become all they are meant to be. Participants will enjoy a balance of video content and conversation on a path to learn what kind of play is most beneficial and how to support this activity in children.

Start Date	Location	Time	Cost	# Wks	Code
Tues Jan 7	NSR– Main	9:15-11:15	FREE $20 with children's program	3	P527

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

Coffee Chat

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

Date	Location	Time	Cost	# Wks	Code
Tues Jan 28	NSR– Main	9:15-11:15	Free $5 with children's program	1	P528
Tues Mar 24	NSR– Main	9:15-11:15	Free $5 with children's program	1	P529

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

Mall Crawl (newborn to 24 months)

A chance to enjoy indoor walking, as we will meet at the mall prior to opening hours. You will have the opportunity to chat about parenting topics with our Family Services Coordinator, Kristine. Stay on at the end of our walk with friends to have a coffee or snack in the food court!

Start Date	Location	Time	# Wks	Code
Mon Feb 3	Oakville Place	9:00-10:00	5 No class Feb 17	P530

United Way Halton & Hamilton

Parenting & Family Support Programs

Book Club: The Happiness Project

Snuggle up with a cup of tea or coffee, and get reading!!! We will get together and review the concepts presented in Gretchen Rubin's "The Happiness Project". Gretchen Rubin says that when it comes to happiness, according to research, how we think and act accounts for 30-40% of our own happiness. Many people find that launching their own happiness project as a part of group is more effective than doing it on their own. Group members encourage each other, share ideas, and hold each other accountable – plus, just being in a group boosts your happiness! *We will contact you prior to the first class to pick up your borrowed copy of the book, or if you prefer you can purchase a copy of the book on your own!

Start Date	Location	Time	Cost	# Wks	Code
Tues Feb 4	NSR– Main	9:15-11:15	FREE $35 with children's program	5	P531

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

Raising Boys

Do you have questions about parenting boys? Are you looking for a better understanding of what they do and want to learn strategies that will help you parent more effectively? This is the program for you! We will explore research on brain development as it relates to the differences between boys and girls. Then we will discuss strategies that will help you respond more effectively in ways that build closeness and communication.

Date	Location	Time	Cost	# Wks	Code
Tues Mar 10	NSR– Main	9:15-11:15	FREE $10 with children's program	1	P532

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

No! And other Toddler Traits

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, leading the way to creative and understanding parenting techniques to help meet the wants and needs during this developmental period, allowing for a new outlook and renaming this time as "Terrific Twos".

Date	Location	Time	Cost	# Wks	Code
Tues Mar 31	NSR– Main	9:15-11:15	FREE $10 with children's program	1	P533

Evening & Weekend Programs

Just for Dads: Understanding Temperament

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

Date	Location	Time	# Wks	Code
Mon Jan 13	NSR– Main	7:00-9:00	1	P534

Parenting through the Stress

Stress is a normal part of everyday life. Stress can be seen as a positive when it contributes as a motivation, however it can also be a hindrance. In this session with life coach Leigh Ann, you will gain awareness of your personal stressors and learn techniques to help manage your daily stress with stress management tools and techniques.

Date	Location	Time	# Wks	Code
Sat Mar 7	NSR– Main	9:30-11:30	1	P535

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

Circle of Security-Abbreviated

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

Start Date	Location	Time	# Wks	Code
Wed Feb 5	NSR– Main	6:30-8:30	4	N/A

Registration for this program will be available here:
rockevents.ca/event/circle-of-security-winter-2020

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

Enrichment & Parenting Program Registration Information

Registration/Becoming a Member

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

Online Registration

When registering online:

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

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

Fees

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

Financial Assistance

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

Withdrawals & Refunds

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

OPCC Philosophy

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

Inclusion Policy

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

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

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

Our Locations

North Service Road - Main

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

North Service Road - Satellite

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

Oakwood EarlyON Child and Family Centre

357 Bartos Drive
Located at Oakwood Public School

Queen Elizabeth Park Community and Cultural Centre

2302 Bridge Road
East of Bronte Road on Bridge Road

Community Locations

Iroquois Ridge Library

1051 Glenashton Drive
Glenashton Drive and Eighth Line

16 Mile Sports Complex

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

River Oaks Community Centre

2400 Sixth Line
South of Dundas Street West on Sixth Line

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