








# February 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Groundhog Day is February 2<sup>nd</sup>.</b> It is said that if the groundhog sees his shadow, there will be six more weeks of bad weather, and if he doesn't, that spring will be here soon.</p> 	<p><b>*ABC</b> All Babies Count – A Prenatal Nutrition program. To register call 1-877-516-3715</p> <p><u>Toddlers Exploring</u> 13-30 months 2:00-3:30 pm</p>	<p><b>Family Fun</b> Birth-6 years 9:30-11:30 am</p> <p><b>Triple P Tip Sheets Behaviour Management</b> 1:45-3:30 pm <b>*Registered Parenting Program</b></p>	<p><b>Family Fun</b> “Loose Parts” Birth-6 years 9:30-11:30 am</p> <p><u>Come Sing with Me in Farsi</u> Birth-6 years 1:30-2:30 pm</p>	<p><b>Dad, Grandpa, Uncle and Me</b> Birth-6 years 9:15 -11:15 am</p> <p><b>Family Fun</b> Birth-6 years 12:30-2:00 pm</p>
<p><b>Family Fun</b> “Self-Help Skills” Birth-6 years 9:30-11:30 am</p> <p><u>My Baby and Me</u> Birth-15 months 2:00-3:30 pm</p>	<p><b>*Transition to Parenting Group</b> To register call Health Connection at 1-800-361-5653</p> <p><u>Infant Sing &amp; Sign (1)</u> <b>Birth-12 months</b> <b>2:00-3:00 pm</b> <b>**Registered Program</b></p> <p><u>Family Fun</u> Birth-6 years 4:30-7:00 pm</p>	<p><b>•ABC</b> All Babies Count – A Prenatal Nutrition program. To register call 1-877-516-3715</p> <p><u>Toddlers Exploring</u> 13-30 months 2:00-3:30 pm</p>	<p><b>Family Fun</b> Birth-6 years 9:30-11:30 am</p> <p><u>Chinese New Year Celebration</u> Birth-6 years 2:00-3:30 pm</p> 	<p><b>Family Fun</b> “Loose Parts” Birth-6 years 9:30-11:30 am</p> <p><u>Come Sing with Me in Farsi</u> Birth-6 years 1:30-2:30 pm</p>	<p><b>Dad, Grandpa, Uncle and Me</b> Birth-6 years 9:15 -11:15 am</p> <p><b>Family Fun</b> Birth-6 years 12:30-2:00 pm</p>
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<p><b>Centre Closed</b></p> <p>Happy Family Day!</p> 	<p><b>*Transition to Parenting Group</b> To register call Health Connection at 1-800-361-5653</p> <p><u>Infant Sing &amp; Sign (3)</u> <b>Birth-12 months</b> <b>2:00-3:00 pm</b> <b>**Registered Program</b></p> <p><u>Family Fun</u> Birth-6 years 4:30-7:00 pm</p>	<p><b>•ABC</b> All Babies Count – A Prenatal Nutrition program. To register call 1-877-516-3715</p> <p><u>Toddlers Exploring</u> 13-30 months 2:00-3:30 pm</p>	<p><b>Family Fun</b> Birth-6 years 9:30-11:30 am</p> <p><b>Bounce Back &amp; Thrive (2)</b> 1:30-3:30 pm Parenting Program <b>*Registered program</b></p>	<p><b>Family Fun</b> “Loose Parts” Birth-6 years 9:30-11:30 am</p>	<p><b>Dad, Grandpa, Uncle and Me</b> Birth-6 years 9:15 -11:15 am</p> <p><b>Family Fun</b> Birth-6 years 12:30-2:00 pm</p>
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<p>To request a copy of our calendar email us @ <a href="mailto:oeyc.oakridges@ymcagta.org">oeyc.oakridges@ymcagta.org</a> or visit <a href="https://ymcagta.org/child-care/family-support-programs">https://ymcagta.org/child-care/family-support-programs</a></p>					

**My Baby and Me Time****Monday 2:00–3:30 pm****Birth–15 months**

This program is for parents and caregivers with children birth to 15 months and will include the opportunity to network as well as time for engaging in songs, rhymes and activities.

**Transition to Parenting Group****Tuesday 10:00 am–12:00 pm**

The TTP is designed as an educational and support group for perinatal women and their families adjusting to the transition to parenthood and or coping with Perinatal Mood Disorder, such as an anxiety or depression. This program provides opportunities to increase parents' confidence, knowledge of PMD, share experiences and connect with people who have had similar situations.

**To register call Health Connection at 1-800-361-5653.**

**Infant Sing and Sign****Tuesday 2:00–3:00 pm****Birth–12 month**

This 4 week program enhances early literacy and brings children closer to their parents through songs and rhymes. Families will also be introduced to a few ASL signs to be used with songs. **February 10, 17, 24, 31**

For registration, please email us at [oeyc.oakridges@ymcagta.org](mailto:oeyc.oakridges@ymcagta.org) starting **Wednesday, January 18<sup>th</sup>**  
Please include: first & last name and membership number of each person your wish to register.  
**Confirmation email will be sent NO earlier than Thursday, January 26<sup>th</sup>.**

**Bounce Back & Thrive****Thursday 1:30–3:30 pm****Parenting Program**

**Bounce Back & Thrive! (BBT)** is a **10-week evolving evidence-based resiliency skills training program** for parents with children under 8 years. BBT skills *help parents help their children* build the resilience necessary to handle life's inevitable bumps in the road and make use of opportunities to grow and learn.

**\*Program is led by Public Health Nurse (RNs) and OEYC RECE**

**February 16- April 20**

**\*\*20 spaces available**

**\*\*Limited child minding available.**

For registration, please email us at [oeyc.oakridges@ymcagta.org](mailto:oeyc.oakridges@ymcagta.org) starting **Wednesday, January 18<sup>th</sup>**  
Please include: first & last name and membership number of each person your wish to register.  
**Confirmation email will be sent NO earlier than Thursday, January 26<sup>th</sup>**  
**\*\*Limited child minding is available.**

For other locations, [www.york.ca](http://www.york.ca) search Bounce Back & Thrive or call Health Connections at 1-800-361-5653

**Come Sing with Me in Farsi****Friday 1:30–2:30 pm****Birth–6 years**

This program will introduce participants to songs, nursery rhymes and musical experiences. Parents/caregivers will learn how to incorporate music into their child's everyday play experiences and to encourage language and early literacy skills. Program will be in Farsi.

**Chinese New Year Celebration****Thursday, February 9<sup>th</sup> 2:00–3:30 pm****Birth–6 years**

Come and join us to celebrate the Chinese New Year with songs and stories, arts and crafts and dance to traditional music. 2017 is the year of the Rooster.

**Dad, Grandpa, Uncle and Me****Saturday 9:15–11:15 am****Birth–6 years**

This program is only for children, birth to six years and a male figure in their life. Our goal is to provide a comfortable environment for the men to build a special one on one bond with their child as well as to share and network together with other men. Activities may include arts and crafts, music, movement, science and discovery.

**Family Fun “Play to Learn, Learn to Play”****Birth–6 years**

This program is designed to encourage quality interactions between you and your child from birth to 6 years as well as, providing the parent/caregiver opportunities to network and share with other adults. You and your child will have many opportunities to explore and learn through a play-based environment. The activities provided are child-focused and age-appropriate.

“By being involved together, adults and children get interested in each other's activities and learn to communicate. Play nurtures sharing and growth.” FRP Canada.

