



# March 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Please bring your indoor shoes to programs.</b></p> 		<p><b>ABC</b> All Babies Count – A Prenatal Nutrition program. To register call 1-877-516-3715</p> <p><b>Infant Sing &amp; Sign-1</b> Birth-12 months 2:00-3:00 pm **Registered Program</p>	<p><b>Toddlers Exploring</b> 13-30 months 9:30-11:00 am</p> <p><b>Bounce Back &amp; Thrive (3)</b> 1:30-3:30 pm Parenting Program *Registered program Program Full.</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>
<p><b>Family Fun</b> “Sensory” Birth-6 years 9:30-11:30 am</p> <p><b>My Baby and Me</b> 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><b>Come Sing with Me in Mandarin</b> Birth-6 years 2:00-3:00 pm</p> <p><b>Family Fun</b> 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><b>Infant Sing &amp; Sign-2</b> Birth-12 months 2:00-3:00 pm **Registered Program</p>	<p><b>Toddlers Exploring</b> 13-30 months 9:30-11:00 am</p> <p><b>Bounce Back &amp; Thrive (4)</b> 1:30-3:30 pm Parenting Program *Registered program Program Full.</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> <p>Daylight saving time... <b>Turn clocks ahead!!</b></p>
<p><b>Family Fun</b> “Sensory” Birth-6 years 9:30-11:30 am</p> <p><b>My Baby and Me</b> 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><b>Come Sing with Me in Mandarin</b> Birth-6 years 2:00-3:00 pm</p> <p><b>Family Fun</b> 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><b>March Break Special Program</b> <b>Music and Literacy</b> Birth-6 years 2:00-3:30 pm</p>	<p><b>Toddlers Exploring</b> 13-30 months 9:30-11:00 am</p> <p><b>Bounce Back &amp; Thrive (5)</b> 1:30-3:30 pm Parenting Program *Registered program Program Full.</p>	<p><b>Family Fun</b> “Loose Parts” Birth-6 years 9:30-11:30 am</p> <p><b>March Break Special Program</b> <b>Family Yoga</b> (3.5-6 years) 2:00pm-3:00pm</p> <p>St. Patrick's Day </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> “Sensory” Birth-6 years 9:30-11:30 am</p> <p><b>My Baby and Me</b> Birth-15 months 2:00-3:30 pm</p> <p><b>Iranian New Year</b> </p>	<p><b>Transition to Parenting Group</b> To register call Health Connection at 1-800-361-5653</p> <p><b>Come Sing with Me in Mandarin</b> Birth-6 years 2:00-3:00 pm</p> <p><b>Family Fun</b> 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><b>Infant Sing &amp; Sign-3</b> Birth-12 months 2:00-3:00 pm **Registered Program</p>	<p><b>Toddlers Exploring</b> 13-30 months 9:30-11:00 am</p> <p><b>Bounce Back &amp; Thrive (6)</b> 1:30-3:30 pm Parenting Program *Registered program Program Full.</p>	<p><b>Family Fun</b> “Loose Parts” Birth-6 years 9:30-11:30 am</p> <p><b>Iranian New Year (Nowruz) Celebration</b> Birth-6 years 1:30pm-3:00pm</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> “Sensory” Birth-6 years 9:30-11:30 am</p> <p><b>My Baby and Me</b> 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><b>Come Sing with Me in Mandarin</b> Birth-6 years 2:00-3:00 pm</p> <p><b>Family Fun</b> 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><b>Infant Sing &amp; Sign-4</b> Birth-12 months 2:00-3:00 pm **Registered Program</p>	<p><b>Toddlers Exploring</b> 13-30 months 9:30-11:00 am</p> <p><b>Bounce Back &amp; Thrive (7)</b> 1:30-3:30 pm Parenting Program *Registered program Program Full.</p>	<p><b>Family Fun</b> “Loose Parts” Birth-6 years 9:30-11:30 am</p>	<p><b>Spring</b> First day of Spring March 20<sup>th</sup></p>

To request a copy of our calendar email us @ [oeyc.oakridges@ymcagta.org](mailto:oeyc.oakridges@ymcagta.org) or visit <https://ymcagta.org/child-care/family-support-programs>

<b><u>My Baby and Me Time</u></b>	<b>Monday 2:00–3:30 pm</b>	<b>Birth–15 months</b>
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.		
<b><u>Transition to Parenting Group</u></b>	<b>Tuesday 10:00 am–12:00 pm</b>	
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. <b>To register call Health Connection at 1-800-361-5653.</b>		
<b><u>Come Sing with Me in Mandarin</u></b>	<b>Tuesday 2:00-3:00 pm</b>	<b>Birth–6 years</b>
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 Mandarin.		
<b><u>Infant Sing and Sign</u></b>	<b>Wednesday 2:00–3:00 pm</b>	<b>Birth–12 month</b>
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. <b>March 1, 8, 22, 29</b>		
<p><b>**Registration starts Wednesday, February 15<sup>th</sup>.</b>  <b>If you wish to join Infant Sing &amp; Sign, email us at <a href="mailto:oeyc.oakridges@ymcagta.org">oeyc.oakridges@ymcagta.org</a></b>  <b>Please include: first &amp; last name, membership number and birthdate of child.</b></p> <p style="text-align: center;"><b>Confirmation email will be sent to you by Wednesday February, 22<sup>nd</sup>.</b></p>		
<b><u>Toddlers Exploring</u></b>	<b>Thursday 9:30-11:00 am</b>	<b>13–30 months</b>
During the Toddlers Exploring program participants will have the opportunity to engage in a variety of activities. Language and early literacy skills will be encouraged through the use of rhymes, songs, activities and stories.		
<b><u>Bounce Back &amp; Thrive</u></b>	<b>Thursday 1:30–3:30 pm</b>	<b>Parenting Program</b>
<b>Bounce Back &amp; Thrive! (BBT) is a 10-week evolving evidence-based resiliency skills training program</b> for parents with children under 8 years. BBT skills <i>help parents help their children</i> build the resilience necessary to handle life's inevitable bumps in the road and make use of opportunities to grow and learn. <b>February 16- April 20</b> <b>*Program is led by Public Health Nurse (RNs) and OEYC RECE</b>		
For other locations, <a href="http://www.york.ca">www.york.ca</a> search Bounce Back & Thrive or call Health Connections at 1-800-361-5653		<b>Program Full.</b>
<b><u>Music and Literacy</u></b>	<b>Wednesday, March 15<sup>th</sup> 2:00-3:30 pm</b>	<b>Birth–6 years</b>
This program is for parents/caregivers and their children to experience a variety of songs, rhymes and musical activities that promote children's language and early literacy skills.		
<b><u>Family Yoga</u></b>	<b>Friday, March 17<sup>th</sup> 2:00-3:30 pm</b>	<b>3.5–6 years</b>
Join us with your children as we begin to explore the calming world of yoga. You and your child will be introduced to some beginner postures, breathing and relaxation exercises, all the while enjoying a good stretch! Music and movement components are a part of this program. This gentle approach is intended to be a fun and interactive introduction! Please wear comfortable clothing as we will bend, stretch and move to the music. <u>We will have fun together.</u>		
<b><u>Iranian New Year Celebration</u></b>	<b>Friday, March 24<sup>th</sup> 1:30-3:00 pm</b>	<b>Birth–6 years</b>
Come & join us for this traditional Iranian celebration. Participants will have the opportunity to experience traditional songs and activities. Families are invited to share stories and traditions with the group.		
<b><u>Dad, Grandpa, Uncle and Me</u></b>	<b>Saturday 9:15–11:15 am</b>	<b>Birth–6 years</b>
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 <u>men</u> 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.		
<b><u>Family Fun “Play to Learn, Learn to Play”</u></b>		<b>Birth–6 years</b>
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.		