



Questions?

Please call: 705-324-7900

EarlyON Drop-In Programs

City of Kawartha Lakes

For parents and children 0 - 6 years

* note changes to summer schedule

Lindsay - 55 Mary Street West

Tuesday 9:30 - 3:30
 Wednesday 9:30 - 1:00
 3:45 - 5:45
 Thursday 9:30 - 3:30
 Friday 9:30 - 1:00
 Saturday 10:00 - 12:00

* no programs July 2 - 6

Fenelon - Fenelon Falls Secondary School

Tuesday - Thursday 9:00 - 12:30
 * no programs August 20, 21, 22, 27, 28, 29

Omeme - Lady Eaton Public school

Monday & Wednesday 9:00 - 12:00
 * no programs August 19, 21, 26, 28

Pontypool Community Centre

Tuesday 10:00 - 12:00
 * no program August 27

Bobcaygeon - Royal Canadian Legion

Thursday 10:00 - 12:00
 * no program August 29

Janetville - Janetville United Church

1st & 3rd Friday each month 10:00 - 11:30

Woodville - Woodville Legion

Friday 10:00 - 11:30
 * no program July 5, August 23, 30

Adelaide Place - 84 Adelaide St. S, Lindsay

2nd Friday each month 10:00 - 11:30

CKL Libraries

Dalton - 1st, 3rd, 5th Monday 10:30 - 12:00

Little Britain - 2nd & 4th Monday 10:30 - 11:30

Kinmount - 2nd & 4th Tuesday 10:00 - 11:00

Norland - 2nd & 4th Tuesday 11:30 - 12:30

Bethany - 2nd Wednesday 10:30 - 11:30

Coboconk - 2nd & 4th Thursday 10:00 - 11:30

Kirkfield - 4th Thursday 10:30 - 11:30

For Haliburton County locations see our website:
www.oeyc.ca



Child and Family Centre

EarlyON child and family centres offer free drop-in programs for children from birth to 6 years with their parents, grandparents and caregivers.

Come play, explore and learn with your child, get information about child development and parenting to support your role as a parent.



Child and Family Centre

City of Kawartha Lakes
SUMMER 2019

FREE programs for families with children 0-6 yrs!

CALL to register
 705-324-7900



55 Mary Street West
 Lindsay, ON K9V 5Z6
 705-324-7900
www.oeyc.ca

SUMMER Programs 2019 *Please call to register for all programs.

Programs are located at the Lindsay EarlyON Centre unless otherwise stated.
55 Mary Street West, Lindsay, Ontario • 705-324-7900 • www.oeyc.ca

Monday

Bright Starts Parents and Parents-To-Be

For parents-to-be, parents & children 0 - 18 m

Get the best start for you and your baby!

- Prenatal/postnatal information on pregnancy, birth, breastfeeding, parenting
- Food certificates and prenatal vitamins available
- Lunch provided
- Free transportation

July 8 - August 26

***no program August 5**

9:30 am - 12:30 pm

Please call 705-324-7900 to register

Co-Facilitated with HKPR District Health Unit

**Canada Prenatal Nutrition Program (CPNP)
Community Action Program for Children (CAPC)**



Tuesday

Back to Basics Parenting Program

For parents and children 0 - 6 years

Parenting program: parents discuss a variety of topics that support everyday living/parenting.

Children's program: Children explore a variety of materials that support their learning, sense of discovery and healthy development.

- light supper provided
- free transportation

July 9 - August 27

3:30 pm - 6:30 pm



Please call 705-324-7900 to register

Community Action Program for Children (CAPC)



Breastfeeding Cafe

Tuesday July 16, August 20

1:00 - 3:00 pm

An informal gathering to provide breastfeeding discussion and support.

Wednesday

Mother Goose for Infants

Location: Lindsay Library, 109 Kent Street W

For parents & babies 0 - 12 months

Connect with your baby!

- Encourage language and early literacy development by learning rhymes and songs together in a fun, relaxed group setting.
- Siblings welcome, supervised by parent.

July 10 - August 28 ***no program July 24**

10:15 am - 11:15 am



Food, Friends & Feeding Baby La Leche League

For breastfeeding moms, pregnant women and their families.

- Dinner and breastfeeding discussion
- Discussion: 5:00 pm
- Dinner: 6:30 pm

Monday, July 8

Wednesday, August 7

5:00 pm - 7:30 pm

Thursday

Infant Massage

Location: Path to Stillness Yoga Studio
55 Mary Street W, Suite 204

For parents & babies 0 - 6 months (or not crawling)

Learn and practice massage techniques in a relaxed environment.

Infant Massage may help your baby:

- sleep longer and deeper
- reduce fussy times, colic, constipation and congestion
- childcare not available for siblings

July 11 - August 15

10:00 am - 11:30 am

Young Parent Program/L.E.A.P.

For parents & children 0 - 6 yrs

Connect with other young parents!

- Light supper provided
- L.E.A.P. Program is sponsored by the City of Kawartha Lakes.
- **For information call, 705 324-9870 ext. 3237**

July 11 - August 29

3:30 pm - 6:30 pm



Fathering Program

Just for Dads!

- Fathers are introduced to parenting tools that will assist in developing healthy, happy, resilient children.
- Light supper provided
- Childcare not available

July 11 - August 29

5:30 pm - 6:30 pm

Please call 705-324-7900 to register