**EarlyON Program Descriptions June 2025**

**Infant Massage** – For newborns to pre-crawling infants, this five-week program is facilitated by a certified Infant Massage Instructor. It offers parents and caregivers a gentle, nurturing opportunity to bond with their little ones through the power of touch, promoting relaxation, connection, and well-being.

**Infant Connection** – Facilitated by an Early Childhood Educator, Infant Connection provides a welcoming space for new parents and caregivers to connect, access helpful resources, and enjoy engaging activities and songs with their babies. Join us to build community and support during these early months.

**Arabic Songs and Stories** - (0-6 years) An interactive program for parents, caregivers, and their children ages 0-6 years, focusing on the pleasure and power of rhymes, songs and stories in Arabic. No Arabic experience needed, just get ready to sing along!

**Songs and Stories** **(0-12 mos)** An interactive program for parents, caregivers, and their baby from birth to 12 months, focusing on the pleasure and power of rhymes, songs and stories together.

**Songs and Stories (0-6 years)** An interactive program for parents, caregivers, and their children ages 0-6 years, focusing on the pleasure and power of rhymes, songs and stories together.

**Macassa Lodge (all ages**) - An interactive intergenerational program for parents, caregivers, and their children to share the pleasure and power of rhymes, songs and stories with the residents at Macassa Lodge.

**Spanish Songs and Stories** - **(0-6 years)** An interactive program for parents, caregivers, and their children ages 0-6 years, focusing on the pleasure and power of rhymes, songs and stories in Spanish. No Spanish experience needed, just get ready to sing along!

**Nature Yoga** - Specifically designed for children, Nature yoga incorporates traditional yoga poses, breathing exercises, and relaxation techniques adapted to suit the developmental needs and interests of children. Join us to promote physical, mental, and emotional well-being in a playful and age appropriate manner.

**Stroller Walk** – Facilitated by an EearlyON facilitator, join us for a stroll around the neighbourhood as we take time to support our physical and mental well-being. This is a great opportunity to connect with other parents and caregivers, while sharing ideas and conversations about child development and the early years of life.

**Bookmobile** - The Bookmobile is HPL's branch on wheels. It makes stops throughout the city to ensure everyone can enjoy library materials and services. Download the HPL app or visit www.hpl.ca to have books delivered to your stop.

**Community Meal** - Come join us as we deepen our community connections through food. Each week, we’ll share a nutritious meal together, enjoy meaningful conversations, and create a welcoming space for everyone.

**Recycled Art** – Join us as we turn everyday objects and discarded materials into creative works of art. Through hands-on exploration, we’ll transform what might otherwise be waste into something beautiful and meaningful. This activity not only sparks creativity but also helps reduce the amount of material ending up in landfills. Come discover how art and sustainability go hand in hand!

**Story Time in the Forest** – An interactive outdoor program for parents, caregivers, and children of all ages. Gather with us in nature as we explore the joy and power of rhymes, songs, and stories. This enriching experience encourages early literacy, fosters connection, and celebrates the magic of storytelling in a natural setting.

**Sensory Exploration** – Join us for a session of sensory exploration designed to engage and stimulate the senses. Through hands-on activities, children will have the opportunity to explore different textures, sounds, sights, and more. These experiences support the development of important skills and help children learn how to respond to the sensory information in their environment.

**Creative Exploration** – Join us for a hands-on journey into the world of art! Children will have the opportunity to explore a variety of art mediums while discovering the creative process through colour, texture, movement, and rhythm. This open-ended experience encourages self-expression, curiosity, and a love for making art.

**Outdoor Exploration** – Join us as we play and discover using loose parts in the natural world. This outdoor experience encourages curiosity, creativity, and connection with nature through open-ended exploration.

**STEM Exploration** - Join us in our space where we will tinker and investigate through inquiry-based exploration to help children make connections, and make meaning of the world around them.

**Preschool Connect** - Please join us for Preschool Connect! Through hands-on learning, and guided play, children build the skills they need for a smooth and successful transition to kindergarten. Parents and caregivers are active partners in the process, with regular opportunities to connect, learn, and grow alongside their child.

**Let’s Cook Together** – Join us for a fun and interactive cooking experience as we explore foods from around the world. Together with your child, you’ll learn basic kitchen skills and safety while preparing a simple, healthy snack. It’s a wonderful way to connect, learn, and enjoy the joy of cooking as a family.

**Gym Time** – Join us in the recreation centre gym for fun and energetic big-body movement activities. This session is designed to help children develop coordination, strength, and confidence through active play. Come ready to move, jump, and have a great time!

**Little Artist** – (0-12mos) An interactive program for parents, caregivers, and their infants to explore a variety of art mediums together. Through colour, texture, movement, and rhythm, we’ll discover the joy of the creative process in a gentle, playful way. Come and create with us!

**Building a Relationship with your Baby Parent Session** – Join us for a heartwarming session designed to help parents cultivate deep, meaningful connections with their little ones. In this interactive session, we will explore the essential principles of attachment theory and the importance of early relationships in your baby’s development. Zoom information will be emailed to you before the workshop begins.

**Toilet Readiness Parent Session** – This session is designed to guide you through the ups and downs of your child’s journey toward toilet readiness. Our EarlyON facilitator will share helpful information, offer support, and answer all your questions to make this important milestone a little easier for you and your child. A zoom link will be emailed to you before the workshop begins.

**Drop-in Program Locations**

**Waterdown:** The Waterdown EarlyON is located in a Historical Home at 315 Dundas St. E, between the Marshall Arts Studio and Village Theatre (blue sign). The parking lot to the EarlyON program is accessible to the right of the Village theatre (please look for the municipal parking lot sign) and turn left into the EarlyON parking lot. The entrance to the EarlyON is at the back of the house with ramp access.

* [315 Dundas Street East, Waterdown](https://goo.gl/maps/bR7qNRorva4jzd6Q9),ON L0R 2H0  
  [Call 905-574-9344 ext. 1162](tel:905-574-9344p1162)  
  Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**C.B Stirling**: The EarlyON is located in CB Stirling School at 340 Queen Victoria Dr. Please enter the parking lot next to the Kindergarten play yard off Queen Victoria Dr. and drive to the back of the parking lot turning right at the side of the school. Parking is available next to the grey door with the EarlyON Child and Family Centre logo. Please knock on the door for entry.

* [340 Queen Victoria Drive, Hamilton](https://www.google.com/maps/place/Cecil+B.+Stirling+Elementary+School/@43.2032578,-79.8445554,17z/data=!4m13!1m7!3m6!1s0x882c9a17bc5a4d13:0x64fcadcf6eb93db3!2s340+Queen+Victoria+Dr,+Hamilton,+ON+L8W+1T9!3b1!8m2!3d43.2032578!4d-79.8423667!3m4!1s0x882c9a17bc3c9fe1:0xe95851992ee8dd09!8m2!3d43.2034813!4d-79.8421017), ON L8W 1T9  
  [Call 905-574-9344 ext. 1162](tel:905-574-9344p1162)  
  Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Dundas Driving Park**: The Dundas Driving Park Outdoor EarlyON is located at 71 Cross St across the street from Pavilion 1.

* [71 Cross Street, Dundas](https://www.google.com/maps/place/Dundas+Driving+Park/@43.2719708,-79.9531661,17z/data=!3m1!4b1!4m5!3m4!1s0x882c849d61cd9dd3:0x1a40b5ea22baa939!8m2!3d43.2719708!4d-79.9509774), ON L9H 2R5  
  [Call 905-574-9344 ext. 1139](tel:905-574-9344p1162)  
  Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Dundas Lions Memorial**: The Dundas EarlyON is located on the second floor of the community centre at 10 Market St S. Accessible with elevator access.

* [10 Market Street, South, Dundas](https://www.google.ca/maps/place/10+Market+St+S,+Dundas,+ON+L9H+1V6/@43.2674719,-79.9657908,17z/data=!3m1!4b1!4m5!3m4!1s0x882c84875bf5e9c3:0x846d052c32fd73e9!8m2!3d43.2674719!4d-79.9635968), ON L9H 5G4  
  [Call 905-574-9344 ext. 1139](tel:905-574-9344p1162)  
  Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Dundas Library:** This program is only open for Infant massage, not drop in, registered program.

* 18 Oglivie Street, Dundas, L9H 2S2  
  905-574-9344 ext. 1162

Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Fieldcote**: The Fieldcote Park outdoor EarlyON is located at 64 Sulphur Springs Rd, Ancaster. Fieldcote EarlyON is a fully outdoor program with 8 acres of natural green spaces, walking trails, and wooded areas. Overflow parking is available at the public library located at 300 Wilson St E. Please join us while we play and explore with loose parts in the natural world! Washroom access is available on-site.

* [64 Sulphur Springs Road, Ancaster](https://www.google.ca/maps/place/64+Sulphur+Springs+Rd,+Ancaster,+ON+L9G+1L8/@43.2263865,-79.979938,19.5z/data=!4m13!1m7!3m6!1s0x882c85ba07a0c2c5:0x84422cefa1718c5e!2s64+Sulphur+Springs+Rd,+Ancaster,+ON+L9G+1L8!3b1!8m2!3d43.2264!4d-79.97989!3m4!1s0x882c85ba07a0c2c5:0x84422cefa1718c5e!8m2!3d43.2264!4d-79.97989)  
  [Call 905-574-9344 ext 1139](tel:9055749344p1162)  
  Email: [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**G.L Armstrong**: The G.L Armstrong EarlyON is located at 460 Concession St. Participants can access the building using the side doors on East 19th St (the doors face Shoppers Drug Mart). There is an intercom located on the left hand side of the doors, please ring the doorbell for entry.

* [460 Concession Street, Hamilton](https://www.google.com/maps/place/George+L.+Armstrong+Elementary+School/@43.2407555,-79.8585793,17z/data=!3m1!4b1!4m5!3m4!1s0x882c9bbef5d99621:0x41f6b9fb43cc9acb!8m2!3d43.2408158!4d-79.856412)  
  [Call 905-574-9344 ext. 1139](tel:905-574-9344p1162)  
  Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Greendale:** The Greendale EarlyON is located at 44 Greendale Dr. with the entrance on the driveway side of the Child Care building next to the community pantry. Please enter through the gates and make your way to the last door on the left.

* [44 Greendale Drive, Hamilton](https://www.google.ca/maps/place/44+Greendale+Dr,+Hamilton,+ON+L9C+5Z4/@43.22186,-79.9087775,17z/data=!3m1!4b1!4m5!3m4!1s0x882c9adaed6b9f09:0x2ff3527d7626d027!8m2!3d43.22186!4d-79.9065888), L9C 5Z4  
  [Call 905-574-9344 ext. 1162](tel:905-574-9344p1162)  
  Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Helen Detwiler:** The Helen Detwiler EarlyON is located at320 Brigade Dr. The entrance is on the south side of the building by the playground.

* [320 Brigade Drive, Hamilton](https://goo.gl/maps/MkbqjrrD7p2qfXeX8), L9B 2E3  
  [Call 905-574-9344 ext. 1139](tel:905-574-9344p1162)  
  Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Hill Park (Temporary location for Huntington Park Huntington)** The EarlyON is located outside the Hill Park Recreation Centre at 305 S Bend Rd E.

* 305 South Bend Road East, Hamilton, ON L9A 4R4  
  (905) 574-9344 ext. 1139  
  Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Sherwood:** Sherwood library is located at 467 Upper Ottawa. Please join us in the basement recreation room. Elevator access available

* 467 Upper Ottawa Street, Hamilton, ON L8T 3T3  
  (905) 574-9344 ext. 1162

Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Kanetskare:** The Kanétskare EarlyON program is located in Kanétskare Recreation Centre at 251 Duke Street. It is the second door on the right past the front desk. Stroller parking is available in the third room on right past the program room entrance.

* 251 Duke Street, Hamilton, ON L8P 1Y3  
  [Call 905-574-9344 ext. 1162](tel:905-574-9344p1162)  
  Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Macassa Lodge**: Macassa Lodge is located at 701 Upper Sherman Ave in Hamilton. Macassa Adult Day Program entrance is located at the side of the building on the red brick wall. There is a metal sign on the wall which says 'Senior's Day Program' as well as two ferns out front of our door. Once you go through the door, please ring the doorbell once on the wall to the left and a team member will let you in!

* 701 Upper Sherman Ave, Hamilton, ON L8V 3M7
* 905 574-9344 ext. 1139

Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Ancaster Library**: The Ancaster branch is located at 300 Wilson St E, Ancaster, ON L9G 2B9. 

* 300 Wilson Street, Ancaster, ON L9G 2B9

(905) 574-9344 ext. 1162.

Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Concession Library**: Enter through main entrance, EarlyON is located on the 2nd floor

* 565 Concession Street, Hamilton, ON L8V 1A8  
  (905) 574-9344 ext. 1162

Email [earlyon@todaysfamily.ca](mailto:earlyon@todaysfamily.ca)

**Lakewood:** Port Dover- Grace and Woodhouse United Church

* Grace United Church 18 Chapman Street West, Port Dover, ON N0A 1N0

844-547-9344 Ext. 1855

Email: [earlyon@hnreach.on.ca](mailto:earlyon@hnreach.on.ca)