

## How can we help?

- Breastfeeding Support from WEBREASTFEED Volunteers for new mothers through our Virtual Baby Day Program.
- Opportunity to connect both in a group setting as well as one to one support available from our staff
- Regular information and support regarding various resources in the city
- **NEW Program: Infant Massage**  
Infant Massage connects you deeply with your baby. It helps you to understand your baby and respond with love and respectful listening. You and your child will love the special time together! This program is for baby's birth to pre crawling.
- **Parent Chat program**  
A platform where each week our staff holds discussion around interesting topics related to child development and helping parents to engage in healthy interactions

While our Centre may be closed you can connect with our staff for support

**WE ARE HERE TO HELP!**

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## Virtual Programs Schedule

**January 2021**



**SHELLDALE**  
FAMILY GATEWAY

*"Working Together for a Thriving Community"*

## SHELLDALE FAMILY GATEWAY

20 Shelldale Crescent,  
Guelph, ON N1H 1C8  
[www.shelldale.ca](http://www.shelldale.ca)  
[info@shelldale.ca](mailto:info@shelldale.ca)  
**(519) 824-8498**

Check out fun videos made by our EarlyON staff on our Website and Facebook Page!




[www.shelldale.ca](http://www.shelldale.ca)



Shelldale Family Gateway  
(@ShelldaleFG)

Thank you to our funders:



<b>V I R T U A L  P R O G R A M S  E A R L Y O N</b>	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Registration Details</b>
	<p style="text-align: center;"><b>!!!NEW!!!</b></p> <p style="text-align: center;"><b>Infant Massage</b></p> <p>Infant Massage with Jacqueline  <b>11:00am - 12:00pm</b>                      Birth-Pre crawlers                      5 weeks duration  <b>Start Date:</b>  <b>January 11<sup>th</sup>, 2021</b></p> <p><i>Prior Registration required. All participants will get an email the week before for things they will need for the class.</i></p> <hr/> <p style="text-align: center;"><b>Bedtime Stories</b></p> <p><b>Time: <u>7:00-7:20 PM</u></b></p> <p>Jan 4 : Lory                      Jan 11: Erika                      Jan 18: Sabil                      Jan 25: Rachana</p> <p><i>This Evening Drop-In program is for your children to enjoy and warm up to a nice Bedtime Story before saying Goodnight. So come and join us as our staff brings a new story for you each week!</i></p>	<p style="text-align: center;"><b>Baby Day Mornings</b></p> <p>Group 1:Baby Day Morning with Erika &amp; Freweini  <b>11am-12 pm</b></p> <p>Group 2:Baby Day Morning with Sabil and Rachana  <b>11am-12 pm</b></p> <p><i>Come join us with your babies to learn songs and rhymes, short stories &amp; board books, and make new friends. Discussion around interesting topics. This is a time to meet our staff and learn about how they can support you and your baby.</i></p>	<p style="text-align: center;"><b>Parent Chat Program</b> </p> <p style="text-align: center;"><b>Time: <u>1:30-2:30 PM</u></b></p> <p><b>Topics:</b>                      Jan 6 – The importance of songs (Erika)</p> <p>Jan 13 – Play with me (Lory)</p> <p>Jan 20 – Understanding your child’s cues (Sabil)</p> <p>Jan 27 – Effects of screen time (Erika)</p>	<p style="text-align: center;"><b>Drop-In Programs</b></p> <p>Toddler Drop-In with Sabil  <b>11am-12 pm</b></p> <p>Drop-in with Lory  <b>2 – 3 pm</b></p> <p><i>Join us online for a fun-filled time of songs, story-time, activities &amp; art ideas, and interactive circle time. A warm and supportive group is created for you and your child to engage and for parents to ask questions/seek support from our ECE Staff</i></p> <hr/> <p style="text-align: center;"><b>Special Event Literacy Party</b></p> <p><b>When: <u>Thursday Jan.28, 2021</u></b>  <b>Time: <u>5:00 to 6:00 PM</u></b></p> <p><i>Come dressed in your pajamas or comfy clothing to bond with your child(ren) to read some wonderful books with us and enjoy other fun activities</i></p>	