

## New Programs



Join us for **Bounce Back & Thrive<sup>PM</sup> (BBT)** resiliency skills training for parents (and those in a parenting role) of children under the age of 8.



BBT helps parents navigate everyday stress and role model these skills in daily interactions with their children helping them and their children to bounce back and thrive.

Wednesdays 1:00 – 3:00pm  
January 5<sup>th</sup> to March 9<sup>th</sup>  
Email or call to register for this virtual program  
[earlyon@guelphchc.ca](mailto:earlyon@guelphchc.ca) 519 821-6638 option 4



To learn more please visit  
[www.wellington.ca/riro](http://www.wellington.ca/riro)

Official Mark of The Corporation of the County of Wellington

### “Voices, Learning Together”

Virtual  
7:00 – 8:00pm

Join Rachel on **Thursday** evening, for a lively discussion, sharing parenting experiences and ideas with the group. Bring your questions and your laughter to support the parenting of your children.

## WE ARE HERE TO HELP!

**Jacqueline Blundell**  
[jblundell@shelldale.ca](mailto:jblundell@shelldale.ca)

**Sabil Arif**  
[sarshad@shelldale.ca](mailto:sarshad@shelldale.ca)

**Lory Buela**  
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**Erika Adam**  
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**Rachel Pearson**  
[rpearson@shelldale.ca](mailto:rpearson@shelldale.ca)

Check out 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:



## Program Schedule

January 2022



**SHELLDALE**  
FAMILY GATEWAY

## 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

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>In-person Programming is now OPEN!!!</b>
<b>PROGRAMS EARLYON</b>	<p><b>Sing Along with Erika!</b></p> <p><b>10:00-10:30 am</b></p> <p><b>Virtual</b></p> <p><i>Join us for Sing along with our staff Erika</i></p>	<p><b>Drop - in Morning</b></p> <p>with Sabil &amp; Rachel</p> <p><b>11:00 am-12 pm</b></p> <p><b>Virtual</b></p> <p><i>Join us online for a fun- filled time of songs, story-time, activities &amp; art ideas, and interactive circle time.</i></p>	<p><b>Parent Chat Program</b></p> <p><b>1:30-2:30pm</b></p> <p><b>Virtual</b></p> <p>Topics: January 5<sup>th</sup> (Erika) “Gearing up for Winter” January 12<sup>th</sup> (Lory) “Make it together” January 19<sup>th</sup> (Rachel) “Picky Eaters” January 26<sup>th</sup> (Sabil) “ Promoting Literacy in young children”</p>	<p><b>Toddler Day</b></p> <p>with Sabil &amp; Freweini</p> <p><b>Outdoor</b></p> <p><b>10:00 –11:00am</b></p> <p><b>Registered Program</b></p> <p><b>Family Literacy Day</b></p> <p><b>January 27th</b></p> <p><b>Learning in the Great Outdoors</b></p> <p><b>TBA</b></p> <p><b>Drop-in with Lory</b></p> <p><b>4:00-5:00 pm</b></p> <p><b>Virtual</b></p> <p><i>Join us online for a fun- filled time of songs, story-time, activities &amp; art ideas, and interactive circle time.</i></p>	<p><b>Music &amp; Movement with Lory</b></p> <p><b>Outdoor</b></p> <p><b>10:00 –11:00am</b></p> <p><b>Registered Program</b></p> <p><i>Join us for an active morning outdoors filled with dance, yoga, marching songs and active games.</i></p>	<ul style="list-style-type: none"> <li>Indoor Programming We offer single family visits in our Playroom at Shelldale EarlyON for 1 hour.</li> <li>Outdoor Program Outdoor Stroller walks on trails around the city with our ECE staff.</li> </ul> <p>Toddler Day on Thursday’s Sign up for an active outdoor program with your toddler <b>Dress in warm outdoor clothes</b></p> <p>Music and Movement on Friday’s Sign up for active outdoor program <b>Dress in warm outdoor clothes</b></p> <p>Registration and screening required. Families can attend in-person programs once every 7 days.</p> <p>Please email us at <a href="mailto:rpearson@shelldale.ca">rpearson@shelldale.ca</a></p> <p>Or call us at <b>519 824 8498</b> to register for in-person program</p>
	<p><b>Bedtime Stories</b></p> <p><b>Time: 7:00-7:20 PM</b></p> <p><b>Virtual</b></p> <p>January 3 Rachel January 10 Sabil January 17 Lory January 24 Erika</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.</i></p>	<p><b>Infant Massage</b></p> <p><b>New Time</b></p> <p><b>2:00pm – 3:00pm</b></p> <p><b>Virtual</b></p> <p>Birth – Pre crawlers 4 weeks duration <b>Start Date:Jan 4th</b> <b>Prior Registration required.</b></p>	<p><b>New Program</b></p> <p><b>Bounce Back &amp; Thrive</b></p> <p>Wednesdays 1:00 to 3:00 pm January 5 to March 9 Email or call to register for this virtual program <a href="mailto:earlyon@guelphchc.ca">earlyon@guelphchc.ca</a> 519-821-6638 Option 4</p>	<p><b>Drop-in with Lory</b></p> <p><b>4:00-5:00 pm</b></p> <p><b>Virtual</b></p> <p><i>Join us online for a fun- filled time of songs, story-time, activities &amp; art ideas, and interactive circle time.</i></p> <p><b>New Program</b></p> <p><b>Virtual</b></p> <p><b>7:00 – 8:00pm</b></p> <p>“Voices, Learning Together”</p>	<p><b>Baby Day Morning</b></p> <p>With Erika</p> <p><b>10:00 –11:00am</b></p> <p><b>Virtual</b></p> <p><b>Come join us with your babies to sing songs, rhymes, and listen to stories. Explore all your questions as you parent your baby in this first year of life</b></p>	

**To join virtual programs on Microsoft Teams, email Rachel at [rpearson@shelldale.ca](mailto:rpearson@shelldale.ca)**