

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Little Buddies Playgroup 9:30-11:30	<div style="border: 1px solid black; padding: 5px;"> Family Swim at THEC 11:00-12:00 FREE FOR EarlyON MEMBERS </div>
3	4 Drop in 9:30-11:30 And 1:00 – 3:00	5 Little Picasso 9:30-11:30 Drop in 5:00-7:00	6 Learn, Play Imagine 9:30-11:30 Drop in 1:00-4:00	7 How Does Learning Happen? Workshop 10:00-11:30 SIGN UP REQUIRED	8 Little Buddies Playgroup 9:30-11:30	9 The Weekenders 9:30-11:30
10	11 STORYWALK Meet at the Centre to leave at 9:30am DRESS FOR THE WEATHER	12 FREE POLAR BEAR HABITAT VISIT SIGN UP REQUIRED FITNESS FUN 1:00 to 3:00	13 Little Picasso 9:30-11:30 FREE FAMILY SNOWSHOE HIKE SIGN UP REQUIRED	14 FREE FAMILY SWIM 9:00 to 10:00 SIGN UP REQUIRED Drop In 1:00-4:00	15 Happiness Outreach at Villa Minto 9:30-11:30 WE ARE EXPECTED AT 10:15	16
17	18 Drop in 9:30-11:30 And 1:00 – 3:00	19 Little Picasso 9:30-11:30 Drop in 5:00-7:00	20 Learn, Play Imagine 9:30-11:30 Evening Presentation 5:30 – 7:00 MUST SIGN UP	21 Self-Regulation Workshop 10:00-11:30 SIGN UP REQUIRED	22 Little Buddies Playgroup 9:30-11:30	23 The Weekenders 9:30-11:30
24	25 Drop in 9:30-11:30 And 1:00 – 3:00	26 Little Picasso 9:30-11:30 Drop in 5:00-7:00	27 Learn, Play Imagine 9:30-11:30 Drop in 1:00-4:00	28 Make & Take workshop 10:00-11:30 SIGN UP REQUIRED	29 Little Buddies Playgroup 9:30-11:30	30

HOURS OF OPERATION:

MONDAY: 8:30AM – 4:30PM
 TUESDAY: 8:30AM – 7:00PM
 WEDNESDAY: 8:30AM – 4:30PM
 THURSDAY: 8:30AM – 4:30PM
 FRIDAY: 8:30AM – 4:30PM
 SATURDAY: 9:00AM – NOON (2X/MONTH)

**Cochrane Early ON
Child and Family
Centre**
 435 Tenth Avenue
 Cochrane Ontario
 P0L1C0

Contact us:
 (705) 272-6092
 (705) 272-3030



@EarlyONCochrane



mars 2019

dimanche	lundi	mardi	mecredi	jeudi	vendredi	samedi
					Les p'tits copains 9h30-11h30	Nage gratuite pour familles 11h00-12h00 POUR LES MEMBRES de ON Y VA
3	Programme ouvert 9h30-11h30 Et 1h00-3h00	P'tits Picasso 9h30-11h30 Programme ouverte 5h00-7h00	Apprendre, jouer, imaginer 9h30-11h30 Programme ouvert 1h00-4h00	Séminaire: Apprentissage dirigé par l'enfant 10h00-11h30 INSCRIVEZ-VOUS	Les p'tits copains 9h30-11h30	Les Weekenders 9h30-11h30
10	PROMENADE D'HISTOIRE 9h30-11h30 Habillez-vous pour marcher dehors	OURS POLAIRES INSCRIVEZ-VOUS PLAISIR DE FITNESS 1h00-3h00	P'tits Picasso 9h30-11h30 PROMENADE EN RAQUETTE 1h00-3h00	NAGE GRATUITE 9h00-10h00 Programme ouverte 1h00-4h00	Les p'tits copains à Villa Minto 9h30-11h30 (10h15)	16
17	Programme ouvert 9h30-11h30 Et 1h00 – 3h00	P'tits Picasso 9h30-11h30 Programme ouverte 5h00-7h00	Apprendre, jouer, imaginer 9h30-11h30 Séminaire 5h30 – 7h00 INSCRIVEZ-VOUS	Séminaire: Autorégulation 10h00-11h30 INSCRIVEZ-VOUS	Les p'tits copains 9h30-11h30	Les Weekenders 9h30-11h30
24	Programme ouvert 9h30-11h30 Et 1h00 – 3h00	P'tits Picasso 9h30-11h30 Programme ouverte 5h00-7h00	Apprendre, jouer, imaginer 9h30-11h30 Programme ouvert 1h00-4h00	Séminaire: Faire et prendre 10h00-11h30 INSCRIVEZ-VOUS	Les p'tits copains 9h30-11h30	30

HEURES D'OPÉRATION:

LUNDI: 8:30AM – 4:30PM
 MARDI: 8:30AM – 7:00PM
 MERCREDI: 8:30AM – 4:30PM
 JEUDI: 8:30AM – 4:30PM
 VENDREDI: 8:30AM – 4:30PM

Cochrane Early ON
 Centre pour l'enfant et la famille
 435 Tenth Avenue
 Cochrane Ontario
 P0L1C0

Contactez nous:

(705) 272-6092
 (705) 272-3030



@EarlyONCochrane



Program / Programme	Description
<p>Little Buddies Playgroup (Drop in) Happiness Outreach (10 :15 at Villa Minto)</p>	<p>This program provides an opportunity for children to form friendships as they interact with each other through free play It also provides an opportunity for parents to form connections with one another while being engaged with their children. Once a month we visit Villa Minto long-term care home to interact with the residents there.</p>
<p>Free swim</p>	<p>This program promotes positive family relationships and physical activity in the pool at the Tim Horton Event Centre. Free for EarlyON members</p>
<p>The Weekenders (Drop in)</p>	<p>This program provides an opportunity for children to form friendships as they interact with each other through free play Parents are able to form connections with one another while being engaged with their children.</p>
<p>Little Picasso (Drop in)</p>	<p>Little Picasso is an art program that provides opportunities for children and their families to create process artwork with a variety of art mediums. Through these positive interactions, parents with their children will experience the enjoyment of creative expression</p>
<p>Learn Play Imagine (Drop in)</p>	<p>During this program, participants will take part in activities that encourage children to think about what they know, what they wonder about, and their working theories about the world around them.</p>
<p>Little Buddies Playgroup (Drop in) Happiness Outreach (10 :15 at Villa Minto)</p>	<p>This program provides an opportunity for children to form friendships as they interact with each other through free play It also provides an opportunity for parents to form connections with one another while being engaged with their children. Once a month we visit Villa Minto long-term care home to interact with the residents there.</p>
<p>Evening Presentation: Infant Development Program (Must register by noon March 18th)</p>	<p>Meagan Mitchell BA, B.Ed is the Developmental Consultant with the Infant Development Program. Plan to attend this informative session about child development. Dinner will be provided at 5:30pm Presentation from 6:00pm to 7:00pm SIGN UP REQUIRED. CHILD-MINDING PROVIDED</p>

How Does Learning Happen? Workshop

(Must register by noon March 5th)

Have you ever wondered about the changes we have made in our playroom? Have you noticed some changes in how programs are delivered? Join us for an informative session on How Does Learning Happen? Ontario's pedagogy for child care and Early ON Centres.

SIGN UP REQUIRED. CHILD-MINDING PROVIDED

Self Regulation Workshop

(Must register by noon March 19th)

Self-Regulation refers to how people manage stress, how much energy we expend and how well we recover. Effective self-regulation enhances growth, learning and emotional, social and physical well-being. Mindful self-regulation involves learning to recognize and respond to stress in all its many facets, positive as well as negative, hidden as well as overt, minor as well as traumatic or toxic.

SIGN UP REQUIRED. CHILD-MINDING PROVIDED

Make and Take Workshop

(Must register by noon March 19th)

Please join us for this special make and take workshop that will reinforce our How Does Learning Happen? and Self-Regulation workshops offered this month. This is a parent/caregiver and child interactive activity

SIGN UP REQUIRED.

MARCH BREAK ACTIVITIES

Winter Story Walk

This program combines physical activity with literacy. We will meet at the Early On Centre and embark on an exciting journey through the neighborhood. Please dress for the weather

We will leave together at 9:30am. In the event of inclement weather, the story walk will take place at THEC.

9:30am to 11:30am

Polar Bear Habitat Visit

(Must register by noon March 8th)

This program takes place at the Cochrane Polar Bear Habitat. Meet us at **10:00am**

FITNESS FUN @ THEC

(Must register by noon March 8th)

This program takes place at the Tim Horton Events Centre. Participants will have the opportunity to take part in active play in the banquet hall.

1:00pm to 3:00pm

Little Picasso

(Drop in)

Little Picasso is an art program that provides opportunities for children and their families to create process artwork with a variety of art mediums. Through these positive interactions, parents with their children will experience the enjoyment of creative expression.

9:30am to 11:30 am

Family Snowshoe Hike

Cochrane Cross Country Ski Club

(Must register by noon March 8th)

This program aims to encourage physical activity for parents/caregivers and children alike Through our senses we will explore the snowshoe trails in an effort to ensure an engaging and interesting experience. There are a limited number of snowshoes available to borrow from the ski club, which we can arrange for those who have signed up in advance. Snowshoes are also available from the Cochrane Public Library. (Call 272-4178 for more information)

1:00pm to 3:00pm

Free Family Swim

(Must register by noon March 8th)

This program aims to promote positive family relationships and physical activity in the pool at the Tim Horton Events Centre.

This activity will follow the pool's supervision ratio : children under 6- 2 children to 1 guardian (2 :1)

9:00am to 10:00am