

Virtual EarlyON



Feelings After Birth Thursdays at 10am and 2pm

Feelings After Birth (FAB) is a weekly facilitated peer support group for women experiencing challenging emotional adjustment following birth or adoption of a child.

FAB supports improved well-being and strengthens the capacity of group members to improve relationships with themselves, their child and their partner.

To find out more about these programs or to register please email tquail@dufferincounty.ca

Parent Support Tuesday

During this day we will be offering zoom workshops, Facebook live chats, resources sharing and responding to the needs and the caregivers in our community. We are here to listen and support in any way needed!

CUP (Come Understand Parenting) Wednesdays, 1:00-3:00p.m.

CUP is a weekly program which offers the parent, or pregnant mom, the opportunity to learn positive parenting and life skills while having the opportunity to network with other parents and access a variety of community resources. CUP offers an outlet where parents can unwind, share questions, thoughts or concerns in a non-judgmental, emotionally safe space.

FYC (Filling Your CUP) Fridays 10:00a.m.- 12:00p.m.

This weekly program is offered in collaboration with Family Transition Place. Filling Your CUP offers an emotionally safe, confidential and non-judgmental space which focuses on open dialogue, personal wellness, connecting mothers with other mothers, access to guest speakers and resources in the community.

To find out more about these programs or to register please email sdoney@dufferincounty.ca

Facebook and Instagram

We now have a more active and responsive social media outreach. We are able to share community pages, posts and resources through our Facebook page. We have the ability to post videos and pictures to Instagram which is brand new and slowly growing.

Our goal is to provide a balance of support, resources and fun activities that are going on in our community while being responsive to the needs of our families and what they are going through. We are here to link people with what they need, to help people find and obtain the resources, ideas and support they need through as many virtual avenues possible.

'Ask EarlyON' - Mondays 1:00-3:00p.m.

Call us Monday afternoons between 1:00 p.m. -3:00 p.m. to speak with an EarlyON team member who will answer your parenting questions and help find the resources you need. You can reach us at 519-938-0559.

PLEASE NOTE THAT THE ABOVE DAYS AND TIMES MAY BE SUBJECT TO CHANGE