

St Helen Program

December 2018

Mon	Tue	Wed	Thu	Fri	Sat
					1 Play & Learn Family Drop In at 180 Shaw St site 10-1:00
3 9-3:00 Play & Learn Family Drop-in 10:15 Nutritious Snack 10:45 Circle Time	4 9 - 3:00 Play & Learn Family Drop-in 10:15 Nutritious Snack 10:45 Reading Circle 1:30 - 3 Baby Connect & Circle Time	5 9:00-11:30 Kinder-gym: 11:00 Song Circle in the gym 11:30-3:00 Play & Learn Family Drop-in 1 - 2 pm Baby Gym	6 Drop-in Closed Play & Learn Family Drop In at 180 Shaw St site 9-3:00	7 Drop-in Closed Play & Learn Family Drop In at 180 Shaw St site 9-12:30	8 11 am – 1:30 pm Winter Celebration 180 Shaw St
10 9-3:00 Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Circle Time 2:15 Infant Song Circle	11 9 - 3:00 Play & Learn Family Drop-in 10:15 Nutritious Snack 10:45 Reading Circle 1:30 - 3 Baby Connect & Circle Time	12	13	14	15
17	18 9 - 3:00 Play & Learn Family Drop-in 10:15 Nutritious Snack 10:45 Reading Circle 1:30 - 3 Baby Connect & Circle Time	19	20	21	22 Closed for Holidays

We are closed for Holidays from December 22 to January 6, 2019.
The centre reopens on Monday, January 7
We wish our participants Happy and Safe Holidays!

66 Sheridan Ave, 1st floor

All our Programs are FREE of Cost. For more information please call: 416-533-2829 or 416-532-8100

Play and Learn Family Drop In

Parents/Caregivers and children are welcome to drop in to the program and enjoy our friendly atmosphere. This is a community based program, designed and planned to facilitate family/caregiver support where children and families/caregivers can interact, learn and play together. Families/caregivers have an opportunity to expand their social support networks and strengthen their parenting/care giving skills. Come join us at our drop in!

Reading Circle

The Reading Circle is a program to encourage family literacy in an early learning environment. It introduces pre-reading and early literacy through play, props and other interactive activities. This is an opportunity for children to use different senses to explore with books. Families will explore interesting stories, sharing their feelings and experiences together.

Parent Information and Referral Services

We offer assistance with referrals, questions and accessing community information and resources over the phone and in person. Pamphlets, books and parenting magazines are available in program and can be signed out of our Resource Lending Library for a 2 week period.

Circle Time

This program introduces pre-reading and early literacy through play, puppetry, props and other interactive activities. Learn new songs and enjoy singing with a diverse group of families in a relaxed environment.

Mat Chat

Parents/caregivers join us for an informal, interactive and informative discussion on various parenting topics by Toronto Public Health, CMCP staff and other guests. Topics may include: Healthy Sleep Routines, Introducing Solids, choosing childcare, Coping with Stress, Toddler Temperament, and Importance of Play etc. Please let staff know if you have a suggestion for a Mat Chat topic.

Baby Connect and Circle Time

Parents/Caregivers join us for informal, interactive and informative discussions on various parenting topics; Healthy Sleep Routines, Introducing Solids, Toddler Temperament, Importance of Play, etc. Stay for the final Infant Circle Time when we focus on baby rhymes, songs and stories!

Program Hours:

Monday to Wednesday from 9 am – 3 pm.

For more information call St Helen's @416-533-2829

Or main site @416-532-8100