



# College-Montrose Children's Place Lambton Park EarlyOn CFC & Gooch FRP April 2019

Monday	Tuesday	Wednesday	Thursday
	<u>Snack &amp; Circle Time</u>  <b>Nutritious Snack Mon-Thu 10:30</b> <b>Song &amp; Rhyme Circle Mon-Thu 10:45</b>	<u>Parent Relief</u>  <b>Tue to Thu 9:30 – 2:30 pm</b>	
1 Lambton Park Community School EarlyON Child & Family Centre  9 – 3 pm Play & Learn Drop-in	2 3735 Dundas West  9-3pm Play & Learn Drop In	3 3735 Dundas West  9-3pm Play & Learn Drop In 1 – 2:30 pm Baby Time	4 3735 Dundas West  9-3pm Play & Learn Drop In
8 Lambton Park Community School EarlyON Child & Family Centre  9 – 3 pm Play & Learn Drop-in	9 3735 Dundas West  9-3pm Play & Learn Drop In	10 3735 Dundas West  9-3pm Play & Learn Drop In  1:00-2:30 La Leche League Breast Feeding Support Group	11 3735 Dundas West  9-3pm Play & Learn Drop In
15 Lambton Park Community School EarlyON Child & Family Centre  9-3 pm Play & Learn Drop-in Visit by PHN Topic: Playground and Outdoor Safety	16 3735 Dundas West  9-3pm Play & Learn Drop In	17 3735 Dundas West  9-1pm Play & Learn Drop In 1 – 3 pm Make the Connection Week 1 (Pre-registered) Drop In Closed	18 3735 Dundas West  9-3pm Play & Learn Drop In  9:30 -12:30 pm Community Kitchen (Pre-registered)
22 Lambton Park Community School EarlyON Child & Family Centre  <b>Easter Monday Centre Closed</b>	23 3735 Dundas West  9-3pm Play & Learn Drop In	24 3735 Dundas West  9-1+pm Play & Learn Drop In 1 – 3 pm Make the Connection (Week 2)(Pre-registered) Drop In Closed	25 3735 Dundas West  9-3pm Play & Learn Drop In  9:30 – 12:30 pm Community Kitchen (Pre-registered)
29 Lambton Park Community School EarlyON Child & Family Centre  9-3 pm Play & Learn Drop-in	30 3735 Dundas West  9-3pm Play & Learn Drop In		

All our Programs are FREE of Cost.

For more information please call 416-358-0031 or 416-532-8100 for main site or  
visit our website at [www.cmcp.ca](http://www.cmcp.ca)

## Programs

### Play & 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!

### Rhyme & Song Circle

This program introduces pre-reading and early literacy through songs, rhymes and stories. Enjoy singing and reading together with a diverse group of families in a relaxed environment.

### Information and Referrals

We offer assistance with referrals, questions and accessing community information and resources over the phone and in person. The program has pamphlets, books and parenting magazines for anyone to access. A Family Support Worker from 4-Villages Community Health Centre is available to meet families by appointment on request.

### Parent Relief/Occasional Child Care

We offer temporary child care services for a negotiated time. Children are provided with a safe, warm and nurturing environment where they can interact and fully participate in early year's activities.

### La Leche League Breast Feeding Support Group

The second Wednesday of each month during Baby Time we will hold a breastfeeding support group with a certified La Leche League leader. No pre-registration required.

### Visit by Public Health Nurse

The Public Health Nurse will come to the drop-in and give information on various topics regarding healthy child development. Families will also have the opportunity to ask questions and discuss with her any aspects of health, child development, and Toronto Public Health services.

### Make the Connection

This 8 week registered program is offered in partnership with Toronto Public Health. Come and learn about helping your baby to: feel loved and secured, "talk" to you, saying "no" with love, discover their world and being the best parent you can be

### Community Kitchen – Pre-registered

If you like cooking and sharing recipes, sign-up for our Community Kitchen pre-registered program. A small group will meet each week to cook, eat, share, and enjoy, with information sessions from the dietitian from 4-Villages. Ask staff if you would like to join, or you would like more information.

### Locations:

Lambton Park Community School

EarlyON Child & Family Centre

Monday

Drop In 9 – 3 pm

50 Bernice Crescent

Gooch Program

Tues to Thurs

Drop In 9:00 – 3 pm

3735 Dundas Street West, buzz 244  
(In the Rec Room of the apartment building. Major intersection is Dundas St. W. and Scarlett Road)