




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

| Monday  | Tuesday   | Wednesday   | Thursday  |
|---|---|---|---|
|  | <p style="text-align: center;"><u>Snack &amp; Circle Time</u><br/> <b>Nutritious Snack Mon-Thu 10:30</b><br/> <b>Song &amp; Rhyme Circle Mon-Thu 10:45</b><br/> <b>Baby Time Circle Wed 2:00 pm</b><br/> <u>Parent Relief</u><br/> <b>Tue to Thu 9:30 – 2:30 pm</b></p> | Last day at Lambton will be June 24 starting July 8 <sup>th</sup> , 2019<br>please join us at Florence Gell park on Varsity Rd on Mondays |   |
|  |   |   | <b>3735 Dundas West</b><br>9-3pm Play & Learn Drop In<br>11:00-1:00 Healthy Eating with the Dietitian and Community Kitchen Lunch |
| 5<br><b>Civic Holiday<br/>Centre Closed</b>                                       | 6<br><b>3735 Dundas West</b><br>9-3pm Play & Learn Drop In  | 7<br><b>3735 Dundas West</b><br>9-1pm Play & Learn Drop In<br>1 – 2:30 pm Baby Time/La Leche League Breastfeeding Support Group           | 8<br><b>3735 Dundas West</b><br>9-3pm Play & Learn Drop In  |
| 12<br>9:30 – 2:30 pm<br>Drop in at Florence Gell Park                             | 13<br><b>3735 Dundas West</b><br>9-3pm Play & Learn Drop In   | 14<br><b>3735 Dundas West</b><br>9-3pm Play & Learn Drop In<br>1 – 2:30 pm Baby Time  | 15<br><b>3735 Dundas West</b><br>9-3pm Play & Learn Drop In   |
| 19<br>9:30 – 2:30 pm<br>Drop in at Florence Gell Park<br>11:00 Visit by PHN       | 20<br><b>3735 Dundas West</b><br>9-3pm Play & Learn Drop In   | 21<br><b>3735 Dundas West</b><br>9-3pm Play & Learn Drop In<br>1 – 2:30 pm Baby Time<br>11 am – 12 pm<br>Visit to Jane/Dundas Library     | 22<br><b>3735 Dundas West</b><br>9-3pm Play & Learn Drop In   |
| 26<br>9:30 – 2:30 pm<br>Drop in at Florence Gell Park                             | 27<br><b>3735 Dundas West</b><br>9-3pm Play & Learn Drop In   | 28<br><b>3735 Dundas West</b><br>9-3pm Play & Learn Drop In<br>1 – 2:30 pm Baby Time  | 29<br><b>3735 Dundas West</b><br>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.

### Baby Time

Parents and caregivers with infants 0-12 months are invited to join us in the infant area every Wednesday afternoon to spend time with your baby, connect with others and learn some songs and rhymes. There is information and resources available on topics of interest to caregivers of infants.

### 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.

### 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

Drop In 9:00 – 2:30 pm

**July/August: Florence Gell Park**  
**85 Varsity Rd**

**9:30-2:30**

(In case of rain join us at 3735  
Dundas St West)

Monday

Gooch Program

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)

Tues to Thurs