

College-Montrose Children's Place

Gooch FRP

December 2018

Monday	Tuesday	Wednesday	Thursday
<u>Snack & Circle Time</u> Nutritious Snack Mon to Thu 10:30 – 10:45 am Song & Rhyme Circle Mon to Thu 10:45 – 11:15 am		<u>Parent Relief</u> Tue to Thu 9:30 – 2:30 pm	29 3735 Dundas West 9 – 3 Play & Learn Family Drop In 12:00 Community Kitchen Lunch/Healthy Eating with the Dietitian
3 Lambton Park Community School 9:00-2:30 Play & Learn Family Drop-in	4 3735 Dundas West 9 – 3 Play & Learn Family Drop In	5 3735 Dundas West 9 – 3:00 Play & Learn Family Drop In 10 – 10:30 Kids In the Kitchen 10:00 am Visit by the Public Health Nurse Topic: Flu Prevention 1:00 – 2:30 Baby Time	6 3735 Dundas West 9 – 3 Play & Learn Family Drop In 12:00 Community Kitchen Lunch
10 Lambton Park Community School 9:00-2:30 Play & Learn Family Drop-in	11 3735 Dundas West 9 – 3 Play & Learn Family Drop In	12 3735 Dundas West 9 – 3:00 Play & Learn Family Drop In 1:00-2:30 Baby Time/La Leche League Breast Feeding Support Group	13 3735 Dundas West 9 – 3 Play & Learn Family Drop In 12:00 Community Kitchen Lunch
17 Lambton Park Community School 9:00-2:30 Play & Learn Family Drop-in	18 3735 Dundas West 11 – 3 Play & Learn Family Drop In	19 3735 Dundas West 9 – 3:00 Play & Learn Family Drop In 1:00-2:30 Baby Time	20 3735 Dundas West 9 – 3 Play & Learn Family Drop In 10:45-11:30 Reading Time with the Librarian 11:30 – 1:00 Holiday Celebration Potluck
The centre is closed for holidays from Saturday, December 22 to Sunday, January 6. The centre re-opens on Monday January 7, 2019 We wish all our participants a happy and safe holidays!			

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

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.

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 you're your baby, connect with others and learn some songs and rhymes. Once a month we will cover specific topics of interest in a Mat Chat.

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.

Community Kitchen Lunch/Healthy Eating with the Dietician

Join us every Thursday in the Community Room at 3725 Dundas for a hearty and healthy lunch prepared by a team of peer parents and volunteers. On the last Thursday of the month the dietician from 4-Villages will join us to give information on healthy eating and nutrition. No registration required. Sign up if you wish to volunteer.

Visit with the 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.

Locations:

Monday	<u>Lambton Park Community School</u> Drop In 9 – 2:30 pm 50 Bernice Crescent
Tues to Thurs	<u>Gooch Program</u> 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)