



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

Monday	Tuesday	Wednesday	Thursday
	<p><u>Snack & Circle Time</u></p> <p>Nutritious Snack Mon-Thu 10:30 Song & Rhyme Circle Mon-Thu 10:45</p>	<p><u>Parent Relief</u></p> <p>Tue to Thu 9:30 – 2:30 pm</p>	
<p style="text-align: right;">4</p> <p>Lambton Park Community School EarlyON Child & Family Centre</p> <p style="text-align: center;">9-3pm Play & Learn Family Drop-in</p>	<p style="text-align: right;">5</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In</p>	<p style="text-align: right;">6</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In</p> <p style="text-align: center;">1 – 3 pm Living and Learning with Baby (Week 1)</p>	<p style="text-align: right;">7</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In</p>
<p style="text-align: right;">11</p> <p>Lambton Park Community School EarlyON Child & Family Centre</p> <p style="text-align: center;">9-3pm Play & Learn Family Drop-in</p> <p style="text-align: center;">10 am Visit by PHN</p>	<p style="text-align: right;">12</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In</p>	<p style="text-align: right;">13</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In 1:00-2:30 Baby Time/La Leche League Breast Feeding Support Group</p> <p style="text-align: center;">1 – 3 pm Living and Learning with Baby (Week 2)</p>	<p style="text-align: right;">14</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In</p>
<p style="text-align: right;">18</p> <p>Lambton Park Community School EarlyON Child & Family Centre</p> <p style="text-align: center;">9-3pm Play & Learn Family Drop-in</p>	<p style="text-align: right;">19</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In</p> <p style="text-align: center;">11:30 – 1:30 pm Peer Nutrition in Spanish (Week 1)</p>	<p style="text-align: right;">20</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In</p> <p style="text-align: center;">1 – 3 pm Living and Learning with Baby (Week 3)</p>	<p style="text-align: right;">21</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In</p>
<p style="text-align: right;">25</p> <p>Lambton Park Community School EarlyON Child & Family Centre</p> <p style="text-align: center;">9-3pm Play & Learn Family Drop-in</p>	<p style="text-align: right;">26</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In</p> <p style="text-align: center;">11:30 – 1:30 pm Peer Nutrition in Spanish (Week 2)</p>	<p style="text-align: right;">27</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In</p> <p style="text-align: center;">1 – 3 pm Living and Learning with Baby (Week 4)</p>	<p style="text-align: right;">28</p> <p>3735 Dundas West</p> <p>9-3pm Play & Learn Family Drop In 11:30 – 12:30 Healthy Eating with the Dietician</p>

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.

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 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.

Living and Learning with Baby

Living and Learning with baby from 6 weeks to 6 months. Come meet other parents and talk about: adjusting to parenthood, infant nutrition, growth and development, caring for a sick child, keeping your child safe and access community resources

Peer Nutrition Program for Spanish Speaking Families

“Nutricion” es un programa de pre registro con una duración de 6 semanas que se ofrece en compañía de Toronto Public Health en español, para padres Ó cuidadores de niños entre 0-6 años. Este programa se enfoca al crecimiento y desarrollo para niños de esta edad, así como nutrición para toda la familia, la compra Y selección de alimentos saludables Y la preparación de snacks rapidos Y nutritivos. Se ofrecerá valees de comida, TTC Y el cuidado de los niños durante el programa. Para registrarse, llamar a: 416-358-0031 or 416-532-9485 x 221 Ó al e-mail: mbernstein@cmcp.ca Cupo limitado!

Locations:

Lambton Park Community School

EarlyON Child & Family Centre

Monday

Drop In 9 – 3 pm

50 Bernice Crescent

Tues to Thurs

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)