


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

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>Snack & Circle Time</u> Nutritious Snack Mon-Thu 10:30 Song & Rhyme Circle Mon-Thu 10:45 <u>Parent Relief</u> Tue to Thu 9:30 – 2:30 pm			
Labour Day Holiday Centre Closed	3735 Dundas West 9-3pm Play & Learn Drop In 10 am - Visit by PHN discussion on Supporting your child's Language and Learning	3735 Dundas West 9-1pm Play & Learn Drop In 1 – 2:30 pm Baby Time	3735 Dundas West 9-3pm Play & Learn Drop In	
Lambton Park Community School EarlyON Child & Family Centre 9 – 2:30 pm Play & Learn Drop-in	3735 Dundas West 9-3pm Play & Learn Drop In	3735 Dundas West 9-3pm Play & Learn Drop In 1 – 2:30 pm Baby Time/ La Leche League Breastfeeding Support Group	3735 Dundas West 9-3pm Play & Learn Drop In	
Lambton Park Community School EarlyON Child & Family Centre 9 – 2:30 pm Play & Learn Drop-in Open House – Visit by PHN Supporting your child's Language and Learning	3735 Dundas West 9-3pm Play & Learn Drop In	3735 Dundas West 9-3pm Play & Learn Drop In 1 – 2:30 pm Baby Time	3735 Dundas West 9-3pm Play & Learn Drop In	In partnership with Birthmark "Sprout" Discussion with LGBTQSIA families
Lambton Park Community School EarlyON Child & Family Centre 9 – 2:30 pm Play & Learn Drop-in	3735 Dundas West 9-3pm Play & Learn Drop In	3735 Dundas West 9-3pm Play & Learn Drop In 1 – 2:30 pm Baby Time	3735 Dundas West 9-3pm Play & Learn Drop In 11:30 – 12:30 Healthy Eating with the Dietitian	
Lambton Park Community School EarlyON Child & Family Centre 9 – 2:30 pm Play & Learn Drop-in				

All 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.

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. Infant Circle Time at 2:00 pm

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.

Healthy Eating with the Dietitian

The Dietitian from 4-Villages Community Health Centre will present information and tips on nutrition, safe and healthy food preparation, and healthy eating for the whole family.

Locations:

Lambton Park Community School

EarlyON Child & Family Centre

Monday

Drop In 9:00 – 2:30 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)