



College-Montrose Children's Place EarlyON Child & Family Centres August 2019



College-Montrose Children's Place EarlyON Child & Family Centres provides safe, stimulating, learning environments for children, parents and caregivers with a focus on: supporting healthy child development, strengthening parenting knowledge and skills, breaking down isolation and fostering mutual aid and peer support.

Important Information

Stroller Parking: Please park strollers outside, between the ramp and the building (at the front) and remember to bring a lock and cover for your strollers.

Indoor Shoes: Please bring indoor shoes if it is wet weather outside. Please bring a pair of socks to wear on the baby mats.

Maximum Capacity: In order to ensure we are providing families' quality early learning and support services, CMCP EarlyON CFC will limit participation to approximately 100 individuals at any one time.

Please note we are a **nut-free, sesame-free** and **scent-free space**.

Registered Programs:

Note: Registered programs are subject to change. To register call 416-532-8100 or email dkhambati@cmcp.ca

- **Nurturing Development:** on-going program to offer extra support to you and your family and provide a quiet space to nurture your child. Every Monday from 10 – 12:30 pm
- **Mat Chat:** August 20th, 2019 from 10:45 – 11:45 am. Topic: General Q & A with PHN
- **Nobody's Perfect:** Tuesday, July 2nd to August 20th, from 1 – 3 pm, for parents and caregivers with children' 6 and under
- **School Readiness Program:** Is your child starting school this September? Free School Readiness Program for the whole family. August 1, 8, 15 & 22 from 5:30 – 7:30 pm. For more information call 416-532-9485 x 221

Family Fun Festival: The Family Fun Festival presented by **LiUNA Local 183** and **LiUNA OPDC** brings together hundreds of families across Toronto for a day of live entertainment, face painting, children's activities, delicious food and our ever popular Big Toddle. **Held at Trinity Bellwoods Park, Saturday, August 10 from 10:30am – 2pm. Talk to staff or visit cmcp.ca for more info.**

Upcoming Programs: We are excited to inform you that starting September, Drop In will be offered at the main site on Monday from 9 am – 12:30 pm




College-Montrose Children's Place EarlyON Child & Family Centre Main Site
180 Shaw St, Artscape Youngplace, LL2
Toronto, ON M6J 2W5
Tel: 416-532-9485

CMCP website: www.cmcp.ca

Email: info@cmcp.ca

Like us on Facebook at <https://www.facebook.com/CollegeMontroseChildrenPlace>

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Infant Song Circle: Tue, Thu, Fri 11:30 Toddler /Preschooler Circle: Tue, Thu, Fri 10:30 Family Song Circle: Tues 2:30, Wed 10:45 & 2:30 Thurs 2:30 Sat 11 am</p> <p style="text-align: center;"><u>Children's Snacks served 15 minutes before Circle times</u></p>				<p><u>Fun In The Park</u> Drop in at Fred Hamilton Park for fun-filled outdoor activities every Wednesday and Saturday in July & August!</p> <p style="color: red; font-size: small;"><i>P.S. In event of rain or Extreme Heat Alert, Program will be inside. Visit our Facebook Page for updates.</i></p>	
			<p style="text-align: right;">1</p> <p style="text-align: center;">9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wriggle & Roll 5:30 – 7:30 pm School Readiness Program</p>	<p style="text-align: right;">2</p> <p style="text-align: center;">9 – 12:30 pm Play & Learn Drop-in</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">Long Weekend Centre Closed</p>
<p style="text-align: right;">5</p> <p style="text-align: center;">Civic Day Holiday Centre Closed</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science 1 -3 pm Nobody's Perfect (Week 6)</p>	<p style="text-align: right;">7</p> <p style="text-align: center;">9:30 – 3 pm Play & Learn Drop-in at Fred Hamilton Park</p>	<p style="text-align: right;">8</p> <p style="text-align: center;">9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wriggle & Roll 5:30 – 7:30 pm School Readiness Program</p>	<p style="text-align: right;">9</p> <p style="text-align: center;">9 – 12:30 pm Play & Learn Drop-in</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">Family Fun Festival Trinity Bellwoods' Park 10:30 am – 2 pm</p>
<p style="text-align: right;">12</p> <p style="text-align: center;">9 – 11:30 am Early Abilities</p> <p style="text-align: center;">4 - 6 pm Nurturing Development</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science</p> <p style="text-align: center;">1 -3 pm Nobody's Perfect (Week 7)</p>	<p style="text-align: right;">14</p> <p style="text-align: center;">9:30 – 3 pm Play & Learn Drop-in at Fred Hamilton Park 11:15 Family Yoga in the Park</p>	<p style="text-align: right;">15</p> <p style="text-align: center;">9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wriggle & Roll</p> <p style="text-align: center;">5:30 – 7:30 pm School Readiness Program</p>	<p style="text-align: right;">16</p> <p style="text-align: center;">9 – 12:30 pm Play & Learn Drop-in</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">10 – 1 pm Play and Learn Drop In at Fred Hamilton Park</p>
<p style="text-align: right;">19</p> <p style="text-align: center;">9 – 11:30 am Early Abilities</p> <p style="text-align: center;">4 - 6 pm Nurturing Development</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science 10:45 – 11:45 Mat Chat with PHN</p> <p style="text-align: center;">1 -3 pm Nobody's Perfect (Week 8)</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">9:30 – 3 pm Play & Learn Drop-in at Fred Hamilton Park 10:45 – 11:15 Librarian visit in the park</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wriggle & Roll</p> <p style="text-align: center;">5:30 – 7:30 pm School Readiness Program</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">9 – 12:30 pm Play & Learn Drop-in</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">10 – 1 pm Play & Learn Drop-in at Fred Hamilton Park</p>
<p style="text-align: right;">26</p> <p style="text-align: center;">9 – 11:30 am Early Abilities</p> <p style="text-align: center;">4 – 6 pm Nurturing Development</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">9:30 – 3 pm End of Summer Picnic Play & Learn Drop-in at Fred Hamilton Park</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wriggle & Roll</p>	<p style="text-align: right;">30</p> <p style="text-align: center;">9 – 12:30 pm Play & Learn Drop-in</p>	<p style="text-align: right;">31</p> <p style="text-align: center;">Long Weekend Centre Closed</p>

Program Descriptions

<p align="center">Play and Learn Drop-in</p>	<p align="center">Family Science</p>
<p>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!</p>	<p>Tuesdays from 9-10:15 am adults and children can enjoy science focused activities together. Explore cause and effect, make hypotheses and discover outcomes. Participate in experiments, incorporate basic math concepts, find science in your everyday routines and have loads of fun in the toddler/preschool room.</p>
<p align="center">Nurturing Development</p>	<p align="center">Wriggle & Roll</p>
<p>This is an interactive on-going program for children and parents/caregivers with specific support needs. The program is designed to offer extra support for you and your child and provide a quiet space to use play to nurture your child's development. Early Abilities and other community agencies will occasionally partner with CMCP to provide resources when needed. Space will be limited to 8-10 families. Registration is required.</p>	<p>Wriggle and Roll is a drop-in gross motor program where infants, toddlers and their parents/caregivers can explore a variety of toys and stations on the mats in the infant room. In this interactive program activities are designed to strengthen and develop large muscle groups and encourage engagement in processes of cognitive development.</p>
<p align="center">Early Abilities</p>	<p align="center">Circle Time</p>
<p>CMCP partners with Early Abilities to provide support services for families who have concerns about their child's speech and language skills. Please call us at 416-532-8100 for more information.</p>	<p>Join us with your baby/toddler/preschooler and take pleasure in songs, rhymes and stories. Enjoy singing with a diverse group of families in a relaxed environment. Separate Circle Times are held in the morning for Toddler/Preschoolers and for Infants. In the afternoons a "Family Song Circle" for all age groups. Please note that Circle Time has a capacity of 35 children.</p>
<p align="center">Mat Chat</p>	<p align="center">Fun In The Park</p>
<p>Parents/caregivers join us for an informal, interactive and informative discussion on various parenting topics by Toronto Public Health, CMCP staff and other guests. Topics may include: Healthy Sleep Routines, Introducing Solids, Choosing Childcare, Coping with Stress, Toddler Temperament, and Importance of Play etc. Please let staff know if you have a suggestion for a Mat Chat topic.</p>	<p>Parents/Caregivers and children join us in fun filled outdoor activities, arts and crafts, sing song circle, parachute fun and lots of different activities every Wednesday and Saturday at Fred Hamilton Park</p>
<p align="center">Nobody's Perfect</p>	<p align="center">Parent Information & Referral Services</p>
<p>Parents will talk about children's growth and learning, children's behavior, health and safety and parenting stress. Groups meet once a week for 8-10 weeks. Childminding and books are included. TTC tokens (if needed)</p>	<p>We offer assistance with referrals, questions and accessing community information and resources over the phone and in person. Pamphlets, books and parenting magazines are available in program and can be signed out of our Resource Lending Library for a 2 week period.</p>
<p align="center">School Readiness Program</p>	
<p>Discuss strategies to support your child's development in areas of self-help, separation anxiety, self-regulation, math & literacy. Your children will be engaged in school readiness activities during workshops. Child minding for siblings also available. Dinner is provide for the family.</p>	

Other CMCP Directly Operated Sites

Liberty Village EarlyOn Child & Family Centre 25 Liberty St	Mon	10:30am to 1:30pm
St Helen's EarlyOn Child & Family Centre Mary McCormick Recreation Centre 66 Sheridan Ave	Mon to Wed	9 am to 3 pm
Lambton Park Community School EarlyOn Child & Family Centre 50 Bernice Crescent	Mon	9 am to 3 pm
Gooch Family Resource Program 3735 Dundas St West, Buz #244	Tues to Thu	9 am to 3 pm

CMCP EarlyON Child & Family Centres Satellites

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cecil Community Centre 10 – 1 Family Drop In TCCSA 10 – 12 Melody ABC 1 – 5 Family Drop In	Waterfront Neighbourhood Centre 1 – 3 Baby Drop In 5 – 8 Family Drop In	Cecil C.C. 10 – 1 Family Drop In	TCCSA 10 – 12 & 1-3 Family Drop In	Cecil Community Centre 10 – 1 Family Drop In

Satellites Sites

Cecil Community Centre	58 Cecil St	416-392-1090
Waterfront Neighbourhood Centre	627 Queens Quay W	416-392-1509
St Alban's Boys & Girls Club	843 Palmerston Ave	416-543-8461
Toronto Cross Cultural Services Ass.	302 Spadina Ave, #206	416-977-4026

Programs and Resources in the community:

- **Toronto Early Child Development and Parenting Resource System Pathway:**
<http://www.healthykidstoronto.ca/>
- **2-1-1 telephone help line** or www.211ontario.ca
- **City of Toronto - Children, Parenting and Youth Services:**
<https://www.toronto.ca/community-people/children->