



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



January 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.

Participant 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
- **Young Parents Connect:** Thursday January 24, 12-2:30pm. Explore parenting styles by using journaling and scrapbooking to express yourself creatively and reflect and discuss with other parents.
- **Sunday drop-in:** Sunday January 27th 2-5pm in partnership with Down Syndrome Association of Toronto (DSAT) for families with children 0-12 years that have Down syndrome
- **Living & Learning with Baby:** 6 weeks-6 months, Tuesdays, January 29 - Mar 5, 2019, 1 – 3 pm
- **Mat Chat:** Tuesday January 29th 11:45 – 12:30 pm, Language and Communication with PHN


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>

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Infant Song Circle: Tue, Thu, Fri 11:30 Toddler /Preschooler Song Circle: Tue, Thu, Fri 10:30 Family Song Circle: Tues 2:30, Wed 4pm, Thurs 2:30 Saturdays Toddler/Preschool Song Circle: 11 am Infant Song Circle: 11:45 <p style="text-align: center;"><u>Children's Snacks served 15 minutes before circle times</u></p>					
7	8	9	10	11	12
10 – 12:30 pm Nurturing Development 10:30-1:30 Liberty Littles	9 – 3 pm Play & Learn Family Drop In 9 – 10:15 Family Science	2 – 6 pm Play & Learn Family Drop In	9 – 3 pm Play & Learn Family Drop-in 9 – 11:15 Wiggle & Roll	9 – 12:30 pm Play & Learn Family Drop-in	10 – 1 pm Play & Learn Family Drop-in
14	15	16	17	18	19
9 – 11:30 am Early Abilities 10 – 12:30 pm Nurturing Development 10:30-1:30 Liberty Littles	9 – 3 pm Play & Learn Family Drop In 9 – 10:15 Family Science	2 – 6 pm Play & Learn Family Drop In	9 – 3 pm Play & Learn Family Drop In 9 – 11:15 Wiggle & Roll	9 – 12:30 pm Play & Learn Family Drop In	10 – 1 pm Play & Learn Family Drop In
21	22	23	24	25	26
9 – 11:30 am Early Abilities 10 – 12:30 pm Nurturing Development 10:30-1:30 Liberty Littles	9 – 3 pm Play & Learn Family Drop In 9 – 10:15 Family Science	2 – 6 pm Play & Learn Family Drop In	9 – 3 pm Play & Learn Family Drop In 9 – 11:15 Wiggle & Roll 12 – 2:30 Young Parents Connect	9 – 12:30 pm Play & Learn Family Drop In	10 – 1 pm Play & Learn Family Drop In
Family Literacy week Jan 21-26. See programs for special activities					
28	29	30	31	Sunday Drop In	
9 – 11:30 am Early Abilities 10 – 12:30 pm Nurturing Development 10:30-1:30 Liberty Littles	9 – 3 pm Play & Learn Family Drop In 9 – 10:15 Family Science 11:45 – 12:30 Mat Chat Language and Communication with PHN 1 – 3 pm (Week 1) Living & Learning with Baby	2 – 6 pm Play & Learn Family Drop In	9 – 3 pm Play & Learn Family Drop In 9 – 11:15 Wiggle & Roll	Sunday, January 27, 2019 - 2 pm to 5 pm Drop In for families with children 0-12 yrs. that have Down Syndrome To register please call: 416-532-9485 x 221 by email dkhambati@cmcp.ca	

Program Descriptions

<p align="center">Play and Learn Family 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>Beginning September 18th, every Tuesday 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">Liberty Littles</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>This program is run in partnership with Liberty Grace Church and CMCP at 25 Liberty St. This is an outreach program to serve that community, 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 align="center">Living & Learning with Baby</p>	<p align="center">Young Parent Connect</p>
<p>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</p>	<p>This season, Young Parents Connect will offer 3 sessions to build and strengthen your parenting skills through art. Explore parenting styles this month by using journaling and scrapbooking to express yourself creatively and reflect and discuss with other parents. Build friendships and community.</p>

EarlyOn Child & Family Centres Satellite Locations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
St Alban's Boys & Girls Club 9:30 – 12:30 Family Drop In	St Alban's Boys & Girls Club 9:30 – 12:30 Family Drop In Cecil Community Centre 10 – 1 Family Drop In TCCSA 10 – 12 Melody ABC 1 – 5 Family Drop In	St Alban's Boys & Girls Club 9:30 – 12:30 Family Drop In Waterfront Neighbourhood Centre 1 – 3 Baby Drop In 5 – 8 Family Drop In	St Alban's Boys & Girls Club 9:30 – 12:30 Family Drop In Cecil C.C. 10 – 1 Family Drop In	St Alban's Boys & Girls Club 9:30 – 12:30 Family Drop In Waterfront Neighbourhood Centre 1 – 3 Baby Drop In TCCSA 10 – 12 & 1-3 Family Drop In	St Alban's Boys & Girls Club 9:30 – 12:30 Family Drop In Cecil Community Centre 10 – 1 Family Drop In

Main Site: 180 Shaw St 416-532-8100

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

Other CMCP Sites:

St Helen at Mary McCormick Recreation
 66 Sheridan Ave 416-533-2829

 Gooch Family Resource Program
 3735 Dundas St West 416-358-0031

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-parenting/>



Pour Tous Les Francophones: Le Centre francophone de Toronto offer des programmes diversifies pour vos enfants en francais. Centre francophone de Toronto,

555, Richmond St W. Ph: 416-922-2672 ou visitez leur site web au <https://www.centrefranco.org/en/cft/centre-francophone-de-toronto/>