



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



June 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](mailto: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 Parent Connect:** Every Thursday, from April 4 – June 6, 12 – 2:30 pm
- **Annual General Meeting:** June 15<sup>th</sup>, 10:30 am – 11:30 pm. Registration required. Brunch to follow
- **Mat Chat:** June 25<sup>th</sup>, 2019 from 9:30 – 10:30 am. Topic: Summer Safety
- **Healthy Children Screening,** Wednesday, June 26, 2019, 9:30 – 1:30. To register please email [dkhambati@cmcp.ca](mailto:dkhambati@cmcp.ca)
- **Sunday Drop In:** Sunday, June 23rd, 2 – 4 pm in partnership with Down Syndrome Association of Toronto (DSAT) for families with children 0 - 12 years that have Down Syndrome

## Upcoming Workshop:

*Nobody's Perfect: Tuesday, July 2<sup>nd</sup> to August 20<sup>th</sup>, 2019 from 1 – 3 pm, for parents and caregivers with children 6 and under.*



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](http://www.cmcp.ca)

Email: [info@cmcp.ca](mailto:info@cmcp.ca)

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

## June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Infant Song Circle:</b> Tue, Thu, Fri 11:30  <b>Toddler /Preschooler Circle:</b> Tue, Thu, Fri 10:30  <b>Family Song Circle:</b> Tues 2:30, Wed 4:15pm, Thurs 2:30  <b>Saturday</b>  <b>Toddler/Preschool Song Circle:</b> 11 am  <b>Infant Song Circle:</b> 11:45</p> <p style="text-align: center;"><u><b>Children's Snacks served 15 minutes before Circle times</b></u></p>				<p><b>Sunday Drop In</b>  <b>Sunday, June 23<sup>rd</sup>, 2019 - 2 pm to 4 pm</b>                      Drop In for families with children 0-12 yrs. with Down Syndrome                      To register please call: 416-532-9485 x 221                      by email <a href="mailto:dkhambati@cmcp.ca">dkhambati@cmcp.ca</a></p>		
  			 			
3	4	5	6	7	8	
<p><b>9 – 11:30 am</b> Early Abilities  <b>10 – 12:30 pm</b> Nurturing Development  <b>10:30-1:30</b> Liberty Littles</p>	<p><b>9 – 3 pm</b> Play &amp; Learn Drop-in  <b>9 – 10:15</b> Family Science</p>	<p><b>2 – 6 pm</b> Play &amp; Learn Drop-in</p>	<p><b>9 – 3 pm</b> Play &amp; Learn Drop-in  <b>9 – 11:15</b> Wriggle &amp; Roll  <b>12 – 2:30 pm</b> Young Parent Connect</p>	<p><b>Centre Closed</b></p> <p><b>Staff Professional Development Day</b></p>	<p><b>10 – 1 pm</b> Play &amp; Learn Drop-in</p>	
10	11	12	13	14	15	
<p><b>9 – 11:30 am</b> Early Abilities  <b>10 – 12:30 pm</b> Nurturing Development  <b>10:30-1:30</b> Liberty Littles</p>	<p><b>9 – 3 pm</b> Play &amp; Learn Drop-in  <b>9 – 10:15</b> Family Science</p>	<p><b>2 – 6 pm</b> Play &amp; Learn Drop-in</p>	<p><b>9 – 3 pm</b> Play &amp; Learn Drop-in  <b>9 – 11:15</b> Wriggle &amp; Roll  <b>12 – 2:30 pm</b> Young Parent Connect</p>	<p><b>9 – 12:30 pm</b> Play &amp; Learn Drop-in</p>	<p><b>10:30 am – 11:30 pm</b>  <b>Annual General Meeting</b>                      (Regular Drop-in closed)</p>	
17	18	19	20	21	22	
<p><b>9 – 11:30 am</b> Early Abilities  <b>10 – 12:30 pm</b> Nurturing Development  <b>10:30-1:30</b> Liberty Littles</p>	<p><b>9 – 3 pm</b> Play &amp; Learn Drop-in  <b>9 – 10:15</b> Family Science  <b>1 – 3 pm</b></p>	<p><b>2 – 6 pm</b> Play &amp; Learn Drop-in</p>	<p><b>9 – 3 pm</b> Play &amp; Learn Drop-in  <b>9 – 11:15</b> Wriggle &amp; Roll    <b>12 – 2:30 pm</b> Young Parent Connect</p>	<p><b>9 – 12:30 pm</b> Play &amp; Learn Drop-in</p>	<p><b>10 – 1 pm</b> Play &amp; Learn Drop-in</p>	
24	25	26	27	28	29	
<p><b>9 – 11:30 am</b> Early Abilities  <b>10 – 12:30 pm</b> Nurturing Development  <b>10:30-1:30</b> Liberty Littles</p>	<p><b>9 – 3 pm</b> Play &amp; Learn Drop-in  <b>9 – 10:15</b> Family Science  <b>9:30 – 10:30</b> Mat Chat                      Topic: Summer Safety</p>	<p><b>9:30 – 1:30</b>  <b>Healthy Child Screening</b>    <b>2 – 6 pm</b> Play &amp; Learn Drop-in</p>	<p><b>9 – 3 pm</b> Play &amp; Learn Drop-in  <b>9 – 11:15</b> Wriggle &amp; Roll    <b>12 – 2:30 pm</b> Young Parent Connect</p>	<p><b>9 – 12:30 pm</b> Play &amp; Learn Drop-in</p>	<p><b>Long Weekend Centre Closed</b></p>	

## Program Descriptions

<p align="center"><b>Play and Learn Drop-in</b></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 align="center"><b>Family Science</b></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"><b>Nurturing Development</b></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 align="center"><b>Wriggle &amp; Roll</b></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"><b>Early Abilities</b></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 align="center"><b>Circle Time</b></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"><b>Mat Chat</b></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 align="center"><b>Liberty Littles</b></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"><b>Nobody's Perfect</b></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 align="center"><b>Young Parent Connect</b></p> <p>This season at Young Parents Connect Join us to chat about and eat healthy, budget friendly, and culturally diverse foods. Be a part of a learning community that wants to bring the value of nutritious food to their selves and families. Childcare, vouchers and TTC tokens provided.</p>
<p align="center"><b>Healthy Child Screening Day</b></p> <p>Free check-up for children 18 mos. – 6 years of age. An opportunity to speak to health care providers about your child's healthy development. For more information or to make an appointment call 416-532-9485 x 221 or email <a href="mailto:dkhambati@cmcp.ca">dkhambati@cmcp.ca</a></p>	<p align="center"><b>Annual General Meeting</b></p> <p>Join us to meet and elect our volunteer Board Members and to give feedback to the organization. Presentation by Carla Weinstein on "Using Mindfulness in everyday parenting/caregiver situations. Brunch will be served at close of the meeting. Childcare provided.</p>

## Other CMCP Directly Operated Sites

<b>Liberty Village EarlyOn Child &amp; Family Centre</b> 25 Liberty St	Mon	10:30am to 1:30pm
<b>St Helen's EarlyOn Child &amp; Family Centre</b> Mary McCormick Recreation Centre 66 Sheridan Ave	Mon to Wed	9 am to 3 pm
<b>Lambton Park Community School EarlyOn Child &amp; Family Centre</b> 50 Bernice Crescent	Mon	9 am to 3 pm
<b>Gooch Family Resource Program</b> 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
<b>St Alban's Boys &amp; Girls Club</b> 9:30 – 12:30 Family Drop In	<b>St Alban's Boys &amp; Girls Club</b> 9:30 – 12:30 Family Drop In  <b>Cecil Community Centre</b> 10 – 1 Family Drop In  <b>TCCSA</b> 10 – 12 Melody ABC 1 – 5 Family Drop In	<b>St Alban's Boys &amp; Girls Club</b> 9:30 – 12:30 Family Drop In  <b>Waterfront Neighbourhood Centre</b> 1 – 3 Baby Drop In 5 – 8 Family Drop In	<b>St Alban's Boys &amp; Girls Club</b> 9:30 – 12:30 Family Drop In  <b>Cecil C.C.</b> 10 – 1 Family Drop In	<b>St Alban's Boys &amp; Girls Club</b> 9:30 – 12:30 Family Drop In  <b>Waterfront Neighbourhood Centre</b> 1 – 3 Baby Drop In  <b>TCCSA</b> 10 – 12 & 1-3 Family Drop In	<b>St Alban's Boys &amp; Girls Club</b> 10 – 12:00 Family Drop In     <b>Cecil Community Centre</b> 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](http://www.211ontario.ca)
- **City of Toronto - Children, Parenting and Youth Services:**  
<https://www.toronto.ca/community-people/children->