



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



March 2020

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 Wednesday from 10 am – 12:30 pm
- **Young Parents Connect:** Every Thursday, from Jan. 16-Mar.5, 12 – 2:30 pm
- **Seed & Sprout:** Tuesday March 10 & 24, 4-6 pm.
- **Participant Brunch:** Wednesday March 11 11:30-12:30.
- **Salsa Babies:** Tuesday March 17 2-2:45 pm. Movement class facilitated by Salsa Babies Toronto West. Please note: Babies must be in a carrier.
- **Salsa Tots:** Thursday March 19 11-11:45 am. Movement class facilitated by Salsa Tots Toronto
- **Kid Recipe Taste & Share:** March 25 3-4:00 pm. Bring your favourite kids recipe to share.

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>

March 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|
| Infant Song Circle: Mon, Tue, Thu, Fri 11:30 Toddler /Preschooler Circle: Mon, Tue, Thu, Fri 10:30 Family Song Circle: Tues 2:30, Wed 4:15pm, Thurs 2:30 Saturday 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> | | | |  | |
| 2 | 3 | 4 | 5 | 6 | 7 |
| 9 – 12:30 pm Play & Learn Drop-in 9 – 11:30 Early Abilities | 9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science | 10 am – 12:30 pm Nurturing Development 2 – 6 pm Play & Learn Drop-in 4:15 Family Literacy Circle Time | 9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wriggle & Roll 12-2:30 Young Parents Connect | 9 – 12:30 pm Play & Learn Drop-in 11:30 Infant Literacy Circle Time Women’s Day Celebration | 10 – 1 pm Play & Learn Drop-in |
| 9 | 10 | 11 | 12 | 13 | 14 |
| 9 – 12:30 pm Play & Learn Drop-in 9 – 11:30 Early Abilities | 9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science 4-6 pm “Seed & Sprout” 2SLGBTQIA Make and Take Play Dough | 10 am – 12:30 pm Nurturing Development 11:30-12:30 Participant brunch 2 – 6 pm Play & Learn Drop-in 4:00 Family Literacy Circle | 9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wriggle & Roll 12-12:30 Young parents Connect | 9 – 12:30 pm Play & Learn Drop-in 11:30 Infant Literacy Circle Time | 10 – 1 pm Play & Learn Drop-in |
| 16 | 17 | 18 | 19 | 20 | 21 |
| 9 – 12:30 pm Play & Learn Drop-in 9 – 11:30 Early Abilities | 9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science 2:00 pm Salsa babies | 10 am – 12:30 pm Nurturing Development 2 – 6 pm Play & Learn Drop-in 4:15 Family Literacy Circle Time | 9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wriggle & Roll 11:00 am Salsa tots | 9 – 12:30 pm Play & Learn Drop-in 11:30 Infant Literacy Circle Time | 10 – 1 pm Play & Learn Drop-in |
| 23 | 24 | 25 | 26 | 27 | 28 |
| 9 – 12:30 pm Play & Learn Drop-in 9 – 11:30 Early Abilities | 9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science 4-6 pm “Seed & Sprout” 2SLGBTQIA Family Music Circle | 10 am – 12:30 pm Nurturing Development 2 – 6 pm Play & Learn Drop-in 3 – 4 pm Recipe Taste & Share 4:15 Family Literacy Circle Time | 9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wriggle & Roll | 9 – 12:30 pm Play & Learn Drop-in 11:30 Infant Literacy Circle Time | 10 – 1 pm Play & Learn Drop-in |
| 30 | 31 | | | | |
| 9 – 12:30 pm Play & Learn Drop-in 9 – 11:30 Early Abilities | 9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science | | | | |

Program Descriptions

| Play and Learn Drop-In | Seed & Sprout |
|---|--|
| <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.</p> <p>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>A 2SLGBTQIA Family Building Space - A gathering space for individuals who are planning, pregnant or parenting to gain information and build community in the form of facilitated topics and peer to peer support. This is a partnership program with Birth Mark.</p> |
| Nurturing Development | Wriggle & Roll |
| <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> |
| Early Abilities | Family Science |
| <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>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, and find science in your everyday routines and playtime.</p> |
| Mat Chat | Young Parents Connect |
| <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>Mothership is a performance program for young parents who are interested in performance art and creative expression. Participants will be guided to create and share a collaborative piece of work in an intimate setting for friends and family. During this program, participants will practice creative writing, movement and dance. Potential themes to explore include roots, kinship, community, self-care, lived experience, and future aspirations. Previous experience is not necessary. This is a partnership program with Sketch, Planned Parenthood Toronto and St. Michael's Hospital.</p> |
| Parent Information & Referral Services | Circle Time |
| <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>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 mornings for Toddler/Preschoolers and for Infants. In the afternoons a "Family Song Circle" is offered for all age groups. Please note that Circle Time has a maximum capacity of 35 children.</p> |

Other CMCP Directly Operated Sites

St Helen's EarlyOn Child & Family Centre

Mary McCormick Recreation Centre

66 Sheridan Ave

Closed for renovation
until May 2020

Lambton Park Community School EarlyOn Child & Family Centre

50 Bernice Crescent

Please note: March 16 program will be at 3735 Dundas St. W for the day.

Mon 9 am to 3 pm

Gooch Family Resource Program

3735 Dundas St West, Buzz #24

Please Note: Gooch will be closed on March 19, 24-26 to move temporarily to 3725 W Dundas St. for renovations. For more information call 416-358-0031.

Tues to Thu 9 am to 3 pm

CMCP Satellite Sites

| 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 10:30 – 1 Family Drop In 1:30 – 4 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 TCCSA 10:30 – 1 & 1:30 - 4 Family Drop In Waterfront Neighbourhood Centre 1 – 3 Baby Drop In | St Alban's Boys & Girls Club 10 – 12 Family Drop In Cecil Community Centre 10 – 1 Family Drop In |