



College-Montrose Children's Place EarlyON Child & Family Centres September 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 quiet play drop-in program for you and your family's unique learning styles. Every Monday from 4 – 6 pm
- **Mat Chat:** Thursday, Sep 25th, 2019 from 3 – 4 pm. Topic: Immunizations with PHN
- **Seed** – In partnership with Birth Mark; a gathering space for 2SLGBTQIA families in the process of growing their families – Tuesday Sep 24, 6:30 - 8:30 pm

Upcoming Programs

September

- **Play & Learn Family Drop In** every Monday, starting Sep 9, 9 am – 12:30 pm
- **Liberty Littles** – Starting Sep 9, at 25 Grace St, Monday, 10:30 am – 1:30 pm

October:

- **Young Parents Connect** – Starting Thursday, October 31 2019 to Nov 21, 12:30 – 3 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>

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Infant Song Circle: Tue, Thu, Fri 11:30 Toddler /Preschooler Circle: Tue, Thu, Fri 10:30 Family Song Circle: Mon 10:30, Tues 2:30, Wed 4:15pm, Thurs 2:30 Saturday Toddler/Preschool Song Circle: 11 am Infant Song Circle: 11:45				Early Abilities Pre-registered Every Monday, 9 – 11:30 am	
<u>Children’s Snacks served 15 minutes before Circle times</u>					
2	3	4	5	6	7
Labour Day Holiday Centre Closed	9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science	2 – 6 pm Play & Learn Drop-in	9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wiggle & Roll	9 – 12:30 pm Play & Learn Drop-in	10 – 1 pm Play & Learn Drop-in
9	10	11	12	13	14
9 – 12:30 pm Play & Learn Drop-in 10:30 – 1:30 Liberty Littles 4 - 6 pm Nurturing Development	9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science	2 – 6 pm Play & Learn Drop-in	9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wiggle & Roll	9 – 12:30 pm Play & Learn Drop-in	10 – 1 pm Play & Learn Drop-in
16	17	18	19	20	21
9 – 12:30 pm Play & Learn Drop-in 10:30 – 1:30 Liberty Littles 4 - 6 pm Nurturing Development	9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science	2 – 6 pm Play & Learn Drop-in	9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wiggle & Roll	9 – 12:30 pm Play & Learn Drop-in	10 – 1 pm Play & Learn Drop-in
23	24	25	26	27	28
9 – 12:30 pm Play & Learn Drop-in 10:30 – 1:30 Liberty Littles 4 – 6 pm Nurturing Development	9 – 3 pm Play & Learn Drop-in 9 – 10:15 Family Science 6:30 – 8:30 “Seed” 2SLGBTQIA Family Gathering Space	2 – 6 pm Play & Learn Drop-in 3 -4 pm Mat Chat with PHN	9 – 3 pm Play & Learn Drop-in 9 – 11:15 Wiggle & Roll	9 – 12:30 pm Play & Learn Drop-in Bake sale and lunch in support of United Way 11am-1pm	10 – 1 pm Play & Learn Drop-in
30					
9 – 12:30 pm Play & Learn Drop-in 10:30 – 1:30 Liberty Littles 4 – 6 pm Nurturing Development					

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 to interact, learn and play together. Participants 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 unique learning styles. 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 or have identified needs about their child's speech and language development. Please call us at 416-532-8100 for more information.</p>	<p>Join us with your children 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">Parent Information & Referral Services</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>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">Seed</p>	<p align="center">Liberty Littles</p>
<p>A 2SLGBTQIA Family Building Space - A gathering space for individuals in the process of growing their families or planning to grow their families to gain information and build community in the form of facilitated topics and peer to peer support. This space is open to all 2SLGBTQIA individuals seeking community and information, regardless of where they are in their family-growing journey.</p>	<p>This program is run in partnership with Liberty Grace Church at 25 Liberty St. This is an outreach program designed and planned to facilitate family/caregiver support to interact, learn and play together. Participants have an opportunity to expand their social support networks and strengthen their parenting/care giving skills. Come join us at our drop in!</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	CLOSED FOR RENOVATIONS UNTIL MAY 2020	
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
St Alban's Boys & Girls Club Reopens Sep 30 9:30 – 12:30 Family Drop In	Cecil Community Centre 10 – 1 Family Drop In TCCSA 10 – 12 & 1 – 5 Family Drop In St Alban's Boys & Girls Club Reopens Sep 30 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 Reopens Sep 30 9:30 – 12:30 Family Drop In	Cecil C.C. 10 – 1 Family Drop In St Alban's Boys & Girls Club Reopens Sep 30 9:30 – 12:30 Family Drop In	TCCSA 10 – 12 & 1-3 Family Drop In St Alban's Boys & Girls Club Reopens Sep 30 9:30 – 12:30 Family Drop In	Cecil Community Centre 10 – 1 Family Drop In St Alban's Boys & Girls Club Reopens Sep 30 10 – 12 pm 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-parenting/>