





February 2019

Mon	Tue	Wed
 		
<p>4</p> <p>9-3pm Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Circle Time 2:15pm Infant Song Circle</p>	<p>5</p> <p>9 – 3pm Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Reading Circle 1:30 – 3pm Baby Connect & Circle Time</p>	<p>6</p> <p>9:30-11:30 Kinder-gym 11:00 Circle Time in the gym 11:30-3pm Play & Learn Family Drop-in 1 - 2 pm Wiggle and Roll</p>
<p>11</p> <p>9-3pm Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Circle Time 2:15pm Infant Song Circle</p>	<p>12</p> <p>9 – 3pm Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Reading Circle 1:30 – 3pm</p>	<p>13</p> <p>9:30-11:30 Kinder-gym 11:00 Song Circle in the gym 11:30-3pm Play & Learn Family Drop-in 1 - 2 pm Wiggle and Roll</p>
<p>18</p> <p>Family Day Weekend Centre Closed</p>	<p>19</p> <p>9 – 3pm Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Reading Circle 1:30 – 3pm Attachment, Learning and Language (Week 1)</p>	<p>20</p> <p>9:30-11:30 Kinder-gym 11:00 Circle Time in the gym 11:30-3pm Play & Learn Family Drop-in 1 - 2 pm Wiggle and Roll</p>
<p>25</p> <p>9-3pm Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Circle Time 2:15pm Infant Song Circle</p>	<p>26</p> <p>9 – 3pm Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Reading Circle 1:30 – 3pm Attachment, Learning and Language (Week 2)</p>	<p>27</p> <p>Drop In Closed For Staff Professional Development</p>

66 Sheridan Ave, 1st floor

All our Programs are FREE of Cost. For more information please call: 416-533-2829 or 416-532-8100

visit our website at www.cmcp.ca

Play and Learn Family Drop In

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!

Reading Circle

The Reading Circle is a program to encourage family literacy in an early learning environment. It introduces pre-reading and early literacy through play, props and other interactive activities. This is an opportunity for children to use different senses to explore with books. Families will explore interesting stories, sharing their feelings and experiences together.

Parent Information and Referral Services

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.

Circle Time

This program introduces pre-reading and early literacy through play, puppetry, props and other interactive activities. Learn new songs and enjoy singing with a diverse group of families in a relaxed environment.

Wriggle & Roll

Parents/Caregivers and children are welcome to join the Wriggle & Roll that lets children be active and meet their gross motor developmental skills. Our child friendly space encourages running, jumping, crawling, sliding, climbing, tumbling, using riding toys and bicycles, playing games, and interacting with others. Parents/caregivers must remain with their children.

Attachment, Learning and Language

This 3 week workshop is for Parents/caregivers of children from newborn to 12 months. Join us for interactive and informative discussion and meet other families. The workshop will be co-facilitated by CMCP staff and Public Health Nurse.

Baby Connect and Circle Time

Parents/Caregivers join us for informal, interactive and informative discussions on various parenting topics; Healthy Sleep Routines, Introducing Solids, Toddler Temperament, Importance of Play, etc. Stay for the final Infant Circle Time when we focus on baby rhymes, songs and stories!

Program Hours:

St Helen EarlyOn Child and Family Centre

Monday to Wednesday from 9 am – 3 pm

For more information call St Helen's @416-533-2829

Main Site at 180 Shaw St

Tuesday to Saturday Drop In (check website at www.cmcp.ca for drop in hours)

Or call main site @416-532-8100