





# St Helen Program

## January 2019

| Mon  | Tue   | Wed  | Thu  | Fri   | Sat   |
|--|---|--|--|---|---|
|                                   |   |   |       |   |   |
| 7<br>9-3:00 Play & Learn Family Drop-in<br>10:15 Nutritious Snack<br>10:45 Circle Time                             | 8<br>9 - 3:00 Play & Learn Family Drop-in<br>10:15 Nutritious Snack<br>10:45 Reading Circle<br><br>1:30 - 3 Baby Connect & Circle Time  | 9<br>9:30-11:30 Kinder-gym:<br>11:00 Song Circle in the gym<br><br>11:30-3:00 Play & Learn Family Drop-in<br>1 - 2 pm Wriggle and Roll | 10<br>Drop-in Closed<br><br>Play & Learn Family Drop In<br>at 180 Shaw St site<br>9-3:00 | 11<br>Drop-in Closed<br><br>Play & Learn Family Drop In<br>at 180 Shaw St site<br>9-12:30 | 12<br>10 - 1 pm<br>Play & Learn Family Drop In<br>at 180 Shaw St site |
| 14<br>9-3:00 Play & Learn Family Drop-in<br>10:30 Nutritious Snack<br>10:45 Circle Time<br>2:15 Infant Song Circle | 15<br>9 - 3:00 Play & Learn Family Drop-in<br>10:15 Nutritious Snack<br>10:45 Reading Circle<br>1:30 - 3 Baby Connect & Circle Time     | 16   | 17   | 18  | 19  |
| 21   | 22<br>9 - 3:00 Play & Learn Family Drop-in<br>10:15 Nutritious Snack<br>10:45 Reading Circle<br><br>1:30 - 3 Baby Connect & Circle Time | 23   | 24   | 25  | 26  |
| 28   | 29<br>9 - 3:00 Play & Learn Family Drop-in<br>10:15 Nutritious Snack<br>10:45 Reading Circle<br>1:30 - 3 Baby Connect & Circle Time     | 30   | 31   |   |   |

66 Sheridan Ave, 1<sup>st</sup> floor

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

## **Program Descriptions**

### **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.

### **Wriggle & Roll**

Parents/Caregivers and children are welcome to join the Gym Time 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

### **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.

### **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. Please note the drop in will be closed during that time.

### **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:**

Monday to Wednesday from 9 am – 3 pm.

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

Or main site @416-532-8100