

### May Schedule 五月份活動表

#### EVERY TUESDAYS 每周二

10:00 - 11:00 AM  
Welcome and Self Play 歡迎及自由活動

11:00-11:30 AM  
Morning Exercise 齊齊做運動

11:30-12:00 PM  
Melody ABC(Singing) 親子齊齊學唱歌

1:00-2:30 PM  
Special Events(Baking) 趣味烘焙

2:30-3:30 PM  
Family Pre-school Program-Arts & Crafts  
親子活動-做個藝術小天才

3:30-4:30 PM  
Chinese Cultural Session 學習中國文化

4:30-5:00 PM  
Snack to go 小吃帶回家

# MAY

#### EVERY FRIDAYS 每周五

10:00-11:00 AM  
Welcome and Self Play 歡迎及自由活動

11:00- 12:00 PM  
Melody ABC(Singing) 親子齊齊學唱歌

1:00-1:30 PM  
Storytelling 講故事

1:30-2:30 PM  
Family Pre-school Program-Arts & Crafts  
親子活動-做個藝術小天才

2:30-3:00 PM  
Snack to go & Bye Bye Song 小吃帶回家和再會歌

#### SPECIAL DAYS 特別日子

May 12, 2024  
Mother's day  
二零二四年五月十二日 母親節



#### HOLIDAYS 假期

May 20, 2024 Victoria Day  
二零二四年五月二十日 維多利亞日



# 2024

#### MONTHLY WORKSHOP 專題講座

TPH Positive Parenting (2)  
May 31, 2024 (Friday)  
11:00 am ~12:30 pm

多市衛生局講座  
正面教養 (二)  
五月三十一日 (星期五)  
上午十一點至十二點半



Welcome Drop-in  
歡迎新朋友

The programs will be  
delivered in-person.  
此課程於實體進行



For information & Registration  
報名及查詢:  
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302 Spadina Ave. Basement



# 2024 TORONTO PUBLIC HEALTH MONTHLY WORKSHOPS

## 二零二四年多市衛生局親子講座

### MANAGING STRESS - PARENTS/CAREGIVERS

FEBRUARY 16 (FRIDAY)  
11 AM ~ 12:30 PM

家長/照顧者的壓力管理

二月十六日(星期五)上午十一時至下午十二時半

Provide coping tools to help manage and minimize stress and review the available support systems and resources in the community.

提供應對工具,幫助管理和減少壓力,並檢閱社區中可用的支援系統和資源。

### POSITIVE PARENTING (1) & POSITIVE PARENTING (2)

MARCH 22 (FRIDAY)

&  
MAY 31 (FRIDAY)  
11 AM ~ 12:30 PM

正面教養(一)

三月二十二日(星期五)上午十一時至下午十二時半

正面教養(二)

五月三十一日(星期五)上午十一時至下午十二時半

The covered topics include: temperament, reasons behind children's misbehaviour, and positive parenting strategies that can be used to manage difficult behaviours.

涵蓋的主題包括: 氣質、兒童行為不端的原因以及可用來管理不良行為的正面教養策略。

### CHILDREN SAFTY

JUNE 18 (TUESDAY)  
3:30 PM ~ 5:00 PM

兒童的安全

六月十八日(星期二)下午三點半至五點

Explore how to keep children safe as they grow and develop. Learn about home and environmental safety, using car seats properly, and ensuring safety throughout the changing seasons.

探索兒童在成長過程中如何確保他們的安全:了解家居與環境安全,正確運用汽車安全座椅,以及季節變化中確保安全。

**Location: TCCSA Toronto Centre 302 Spadina Ave, Toronto (Basement)**

**講座地點:多華會多倫多中心 302 号士丹拿街(地庫)**

**For information,**

**please contact Anne: 416-7796133 / [awong@tccsa.org](mailto:awong@tccsa.org)**

**了解詳情請聯絡 Anne: 416-7796133 / [awong@tccsa.org](mailto:awong@tccsa.org)**

**或瀏覽網址 visit website: [www.tccsa.on.ca](http://www.tccsa.on.ca)**