


Mon	Tue	Wed	Thu	Fri	Sat
					
2	3	4	5	6	7
<b>Easter Monday</b>  <b>Centre Closed</b>	9-3:00 Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Family Literacy Circle Time <b>1:30-3 Baby Connect and Circle Time</b> <b>Caregiver's Appreciation Week-</b> <b>Water color on Canvas</b>	<b>Kinder-gym Closed (March 7th-April 10)</b> 9-3:00 Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Circle Time <b>Caregiver's Appreciation Week-</b> <b>Watercolor on Canvas</b>	Play & Learn Family Drop-in at <b>180 Shaw St.</b> <b>9:00 – 3:00</b>	Play & Learn Family Drop-in at <b>180 Shaw St.</b> <b>9:00 – 12:30</b>	Play & Learn Family Drop-in at <b>180 Shaw St.</b> <b>10 – 1:00</b>
9	10	11	12	13	14
9-3:00 Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Circle Time	9-3:00 Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Family Literacy Circle Time <b>1:00-1:45 Session with TPH Nurse on</b> <b>Attachment</b>	<b>9:00-11:30 Kinder-gym</b> 11:00 Circle Time 11:30-3:00 Play & Learn Family Drop-in on 2 <sup>nd</sup> floor	⋮	⋮	⋮
16	17	18	19	20	21
⋮	9-3:00 Play & Learn Family Drop-in 10:30 Nutritious Snack 10:45 Family Literacy Circle Time <b>1:30-3 Baby Connect and Circle</b> <b>Time</b>	⋮	⋮	⋮	⋮
23	24	25	26	27	28
⋮	⋮	⋮	⋮	⋮	<b>CMCP Gala Event</b>
30					
⋮					

All our Programs are FREE of Cost. For more information please call: 416-533-2829 or 416-532-8100 or visit our website at [www.cmcp.ca](http://www.cmcp.ca)

## **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.

### **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.

### **Kinder Gym**

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.

### **Mat Chat**

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.

### **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