

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 Relief/Occasional Childcare

We offer temporary child care services for a negotiated time. Children are provided with a safe, warm and nurturing environment where they can interact and fully participate in early year's activities.

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, Importance of Play etc. Please let staff know if you have a suggestion for a Mat Chat topic.

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. Kinder Gym will start up for the Autumn season on Wednesday, October 4. Kinder Gym is held on Wednesdays only. Monday Kinder Gym program has been discontinued. Please join us in the drop-in on the 2nd floor for regular drop-in program.

Parenting and Early Learning Workshops

Join us for various parenting workshops such as Positive Behaviour Guidance, Raising Sexually Healthy Children, Oral and Dental Health workshop, CPR and First Aid Training workshop etc. Check our calendar for workshops available and register at 416.533-2829.

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 Thursday: 9am – 3 pm
Friday: No Drop In

For more information call St Helen's @416-533-2829
Or main site @416-532-8100