


| Monday   | Tuesday   | Wednesday  | Thursday   |
|--|---|--|--|
|  |   | 1  | 2  |
|  |   | <b>3735 Dundas West</b><br>9 – 3:00 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>1:00 – 2:30 Baby Time<br>9:30 – 2:30 Parent Relief   | <b>Gooch Community Fun Fair</b><br><b>10:00-2:30</b><br><b>Smythe Park</b><br>  |
| 6  | 7   | 8  | 9  |
| <b>Centre Closed for Civic Holiday</b>   | <b>3735 Dundas West</b><br>9 – 3 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>2:00-3:00 Outdoor Fun in the Playground<br>9:30 – 2:30 Parent Relief | <b>3735 Dundas West</b><br>9 – 3:00 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>1:00 – 2:30 Baby Time/<br>La Leche League Breast Feeding Support Group<br>12:00-3:00 Access Alliance Community BBQ at George Syme School | <b>3735 Dundas West</b><br>9 – 3 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>12:00 Community Kitchen Lunch<br>9:30 – 2:30 Parent Relief  |
| 13   | 14  | 15   | 16   |
| <b>Florence Gell Park 85 Varsity Road</b><br>9:30 – 2:30 Fun in the Park<br>10:45 – 11:00 Nutritious Snack<br>11:00 Songs, Rhymes, and Reading with Early Literacy Specialist Dave Page<br><i>(In rain or bad weather Program is at Gooch)</i> | <b>3735 Dundas West</b><br>9 – 3 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>2:00-3:00 Outdoor Fun in the Playground<br>9:30 – 2:30 Parent Relief | <b>9:30 – 3 pm</b><br><b>Field Trip to Riverdale Farm</b><br><b>(Weather Permitting)</b>   | <b>3735 Dundas West</b><br>9 – 3 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>12:00 Community Kitchen Lunch<br>9:30 – 2:30 Parent Relief<br>School readiness Parent session 5:30-7:30 |
| 20   | 21  | 22   | 23   |
| <b>Florence Gell Park 85 Varsity Road</b><br>9:30 – 2:30 Fun in the Park<br>10:45 – 11:00 Nutritious Snack<br>11:00 & 2:00 Song & Rhyme Circle<br><i>(In rain or bad weather Program is at Gooch)</i>  | <b>3735 Dundas West</b><br>9 – 3 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>2:00-3:00 Outdoor Fun in the Playground<br>9:30 – 2:30 Parent Relief | <b>3735 Dundas West</b><br>9 – 3:00 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>1:00 – 2:30 Baby Time<br>9:30 – 2:30 Parent Relief   | <b>3735 Dundas West</b><br>9 – 3 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>12:00 Community Kitchen Lunch<br>9:30 – 2:30 Parent Relief  |
| 27   | 28  | 29   | 30   |
| <b>Florence Gell Park 85 Varsity Road</b><br>9:30 – 2:30 Fun in the Park<br>10:45 – 11:00 Nutritious Snack<br>11:00 & 2:00 Song & Rhyme Circle<br><i>(In rain or bad weather Program is at Gooch)</i>  | <b>3735 Dundas West</b><br>9 – 3 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>2:00-3:00 Outdoor Fun in the Playground<br>9:30 – 2:30 Parent Relief | <b>3735 Dundas West</b><br>9 – 3:00 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>1:00 – 2:30 Baby Time<br>9:30 – 2:30 Parent Relief   | <b>3735 Dundas West</b><br>9 – 3 Play & Learn Family Drop In<br>10:30 – 10:45 Nutritious Snack<br>10:45 – 11:15 Song & Rhyme Circle<br>12:00 Community Kitchen Lunch<br>11:30 Healthy Eating with the Dietitian<br>9:30 – 2:30 Parent Relief   |

All our Programs are FREE of Cost. For more information please call 416-358-0031 or 416-532-8100 for main site or visit our website at [www.cmcp.ca](http://www.cmcp.ca)

## Programs

### Play & 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!

### Rhyme & Song Circle

This program introduces pre-reading and early literacy through play, puppetry, 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.

### Information and Referrals

We offer assistance with referrals, questions and accessing community information and resources over the phone and in person. The program has pamphlets, books and parenting magazines for anyone to access. A Family Support Worker from 4-Villages Community Health Centre is available to meet families by appointment on request.

### Parent Relief/Occasional Child Care

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.

### Songs, Rhymes, and Reading with ELS Dave Page

The Early Literacy Specialist Dave Page will join us at Circle Time for a special Literacy Circle that incorporates books with songs, puppets and props, and tips and techniques for promoting early literacy and a life-long love of reading.

### Baby Time

Parents and caregivers with infants 0-12 months are invited to join us in the infant area every Wednesday afternoon to do fun and stimulating activities, discuss and share information about infant development and care, and learn some songs and rhymes.

### La Leche League Breast Feeding Support Group

The second Wednesday of each month during Baby Time we will hold a breastfeeding support group with a certified La Leche League leader. No pre-registration required.

### Healthy Eating with the Dietitian

On the last Thursday of each month the Dietitian from 4-Villages Community Health Centre will present information and tips on nutrition, safe and healthy food preparation, and healthy eating for the whole family.

### Community Kitchen Lunch

Join us every Thursday in the Community Room at 3725 Dundas for a hearty and healthy lunch prepared by a team of peer parents and volunteers. No registration required. Sign up if you wish to volunteer.

### Locations:

|               |  |
|---------------|--|
| Monday        | <u>Florence Gell Park</u><br>Drop In 9:30 – 2:30 pm<br>85 Varsity Road   |
| Tues to Thurs | <u>Gooch Program</u><br>Drop In 9:00 – 3 pm<br>3735 Dundas Street West<br>(In the Rec Room of the apartment building. Major intersection is Dundas St. W. and Scarlett Road)<br>Buzzer # 244 |