

Tuesday	Wednesday	Thursday
<p>Lambton Park Community School</p> <p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Rhyme Circle</p> <p>9:30 – 2:30 Parent Relief</p>	<p>3735 Dundas West</p> <p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle</p> <p>1:00-2:30 Baby Time</p> <p>9:30 – 2:30 Parent Relief</p>	<p>3735 Dundas West</p> <p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 9:30 – 2:30 Parent Relief</p> <p>Warren Park School 135 Varsity Rd 5:30-7:30 Self-regulation and Kindergarten Success Pre-registered Program</p>
6	7	8
	<p>1:00 – 2:30 Baby Time & La Leche League breastfeeding support group</p>	<p>9:30 – 11 Caregiver's Support Group with Working Women</p>
13	14	15
	<p>10 – 12 pm Participant Breakfast Meeting</p> <p>12:30 – 3 pm Play & Learn Family Drop In</p>	<p>10:45-12:00 Trip to Jane-Dundas Library *Drop-in will be closed 10:45-12:00*</p>
20	21	22
	<p>10:45-11:30 National Aboriginal Day Story Circle</p>	
27	28	29
	<p>11:30-1:00 Eid Celebration Potluck</p>	<p>11:30-1 pm Cooking Together with the Nutritionist from 4 Villages</p>

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

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.

Visit from the Public Health Nurse

The Toronto Public Health Nurse will visit the drop-in to answer questions and speak with parents/caregivers about children's health and development.

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. We will have regular visits from the Public Health Nurse and once a month peer support for breastfeeding.

Reading Time with the Librarian

Each month we will have a special reading time circle with the librarian from Jane/Dundas Library. She will visit Gooch in February April and May and we will visit the Library in March and June. Check the calendar for the exact dates.

Cooking Together with the Nutritionist

On the last Thursday of each month the Nutritionist from 4-Villages Community Health Centre will come to cook and prepare healthy food for the family while sharing information and tips on how to feed your family.

Caregiver Support Group with Working Women

Caregivers, join us for 4 sessions, once a month, for an opportunity to strengthen skills, access information and resources and network with other caregivers. To register or for more information please ask staff in drop in or call 416-532-8100.

Locations:

	<u>Lambton Park Community School</u>
Tuesday	Drop In 9:00 – 3 pm
	50 Bernice Crescent Room 158
	<u>Gooch Program</u>
Wed & Thu	Drop In 9:00 – 3 pm
	3735 Dundas Street West (In the Rec Room of the apartment building. Major intersection is Dundas St. W. and Scarlett Road) Buzzer # 244