

# College-Montrose Children's Place

## Gooch FRP

### June 2018

Monday	Tuesday	Wednesday	Thursday
4 <b>Lambton Park Community School</b>  9 – 2:30 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 10:00 Visit from the Public Health Nurse	5 <b>3735 Dundas West</b>  9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 2:00 - 2:30 Afternoon Song & Rhyme Circle 9:30 – 2:30 Parent Relief	6 <b>3735 Dundas West</b>  9 – 3:00 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 1:00 – 2:30 Baby Time 9:30 – 2:30 Parent Relief	7 <b>3735 Dundas West</b>  9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 2:00 - 2:30 Afternoon Song & Rhyme Circle 9:30 – 2:30 Parent Relief
11 <b>Lambton Park Community School</b>  9 – 2:30 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle	12 <b>3735 Dundas West</b>  9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 2:00 - 2:30 Afternoon Song & Rhyme Circle 9:30 – 2:30 Parent Relief	13 <b>3735 Dundas West</b>  9 – 3:00 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 1:00 – 2:30 Baby Time 9:30 – 2:30 Parent Relief	14 <b>3735 Dundas West</b>  9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle  <b>11:30-1:00 Community Kitchen Launch Party</b>
18 <b>Lambton Park Community School</b>  9 – 2:30 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle	19 <b>3735 Dundas West</b>  9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 2:00 - 2:30 Afternoon Song & Rhyme Circle 9:30 – 2:30 Parent Relief	20 <b>3735 Dundas West</b>  9 – 3:00 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 1:00 – 2:30 Baby Time 9:30 – 2:30 Parent Relief	21 <b>3735 Dundas West</b>  9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle <b>12:00 Community Kitchen Hot Lunch</b> 2:00 - 2:30 Afternoon Song & Rhyme Circle 9:30 – 2:30 Parent Relief
25 <b>Lambton Park Community School</b>  9 – 2:30 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle	26 <b>3735 Dundas West</b>  9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 2:00 - 2:30 Afternoon Song & Rhyme Circle 9:30 – 2:30 Parent Relief	27 <b>3735 Dundas West</b>  9 – 3:00 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 1:00 – 2:30 Baby Time 9:30 – 2:30 Parent Relief	28 <b>3735 Dundas West</b>  9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle <b>12:00 Community Kitchen Hot Lunch</b> <b>11:30 Healthy Eating with the Dietitian</b> 9:30 – 2:30 Parent Relief
29 <b>Lambton Park Community School</b>  9 – 2:30 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle	30 <b>3735 Dundas West</b>  9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 2:00 - 2:30 Afternoon Song & Rhyme Circle 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.

### 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.

### 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.

### Locations:

Monday	<u>Lambton Park Community School</u> Drop In 9:00 – 2:30 pm 50 Bernice Crescent, Room 158
Tues to Thurs	<u>Gooch Program</u> 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