


Monday	Tuesday	Wednesday	Thursday	Friday
<u>Snack &amp; Circle Time</u>		<u>Parent Relief</u>		
<b>Nutritious Snack Mon to Thu 10:30 – 10:45 am</b> <b>Song &amp; Rhyme Circle Mon to Thu 10:45 – 11:15 am</b>		<b>Tue to Thu 9:30 – 2:30 pm</b>		
1 Lambton Park Community School 9 – 2:30 Play & Learn Family Drop In	2 3735 Dundas West 9 – 3 Play & Learn Family Drop In	3 3735 Dundas West 9 – 3:00 Play & Learn Family Drop In 1:00 – 2:30 Baby Time	4 3735 Dundas West 9 – 3 Play & Learn Family Drop In 12:00 Community Kitchen Lunch	5
8 <b>Centre Closed for Thanksgiving Day</b>	9 3735 Dundas West 9 – 3 Play & Learn Family Drop In 10:00 Public Health Nurse Topic: Communication and Language	10 3735 Dundas West 9 – 3:00 Play & Learn Family Drop In 1:00 – 2:30 La Leche League Breast Feeding Support Group	11 3735 Dundas West 9 – 3 Play & Learn Family Drop In 12:00 Community Kitchen Lunch	12 3735 Dundas West <b>Nobody's Perfect Parenting Program Wk 1</b> 5:30-7:30 <i>Pre-registration Required</i>
15 Lambton Park Community School 9 – 2:30 Play & Learn Family Drop In	16 3735 Dundas West 11 – 3 Play & Learn Family Drop In 9:30-11:00 Participants' Breakfast 11:30 – 2:30 Parent Relief	17 3735 Dundas West 9 – 3:00 Play & Learn Family Drop In 10:45 – 11:15 Literacy Fun with ELS Dave Page 1:00 – 2:30 Baby Time	18 3735 Dundas West 9 – 3 Play & Learn Family Drop In 12:00 Community Kitchen Lunch	19 3735 Dundas West <b>Nobody's Perfect Parenting Program Wk 2</b> 5:30-7:30 <i>Pre-registration Required</i>
22 Lambton Park Community School 9:30-11:30 Family Literacy Pre-Registered Program 11:30-2:30 Play & Learn Family Drop-in	23 3735 Dundas West 9 – 3 Play & Learn Family Drop In	24 3735 Dundas West 9 – 3:00 Play & Learn Family Drop In 1:00 – 2:30 Baby Time/Mat Chat: Using Sign Language with Babies	25 3735 Dundas West 9 – 3 Play & Learn Family Drop In 12:00 Community Kitchen Lunch/Healthy Eating with Dietician	26 3735 Dundas West <b>Nobody's Perfect Parenting Program Wk 3</b> 5:30-7:30 <i>Pre-registration Required</i>
29 Lambton Park Community School 9:30-11:30 Family Literacy Pre-Registered Program 11:30-2:30 Play & Learn Family Drop-in	30 3735 Dundas West 9 – 3 Play & Learn Family Drop In	31 3735 Dundas West 9 – 3:00 Play & Learn Family Drop In 9:00-12:00 Dress-up Fun 1:00 – 2:30 Baby Time		

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 songs, rhymes and stories. Enjoy singing and reading together with a diverse group of families in a relaxed environment.

### 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.

### Baby Time

Parents and caregivers with infants 0-12 months are invited to join us in the infant area every Wednesday afternoon to spend time you're your baby, connect with others and learn some songs and rhymes. Once a month we will cover specific topics of interest in a Mat Chat.

### 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.

### Family Literacy

An eight-week interactive program for parents/caregivers and their children 18m to 4yrs that focuses on literacy. There will be Fun activities, songs & stories and take home resources for parents and caregivers. Please register at the drop-in or call 416-358-0031.

### Community Kitchen Lunch/Healthy Eating with the Dietician

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. On the last Thursday of the month the dietician from 4-Villages will join us to give information on healthy eating and nutrition. No registration required. Sign up if you wish to volunteer.

### Nobody's Perfect Parenting Program

An eight-week parent workshop co-facilitated by the Public Health Nurse and a Peer-Parent that will allow parents/caregivers to discuss any issues they have around parenting young children, while working on strategies together. Dinner and childminding are provided, and TTC tokens if needed. Registration is needed. Please call 416-358-0031 or ask staff in the drop-in to register.

### Literacy Fun with ELS Dave Page

Early Literacy Specialist Dave Page will join us during the program to lead a fun, interactive book and song circle that helps promote literacy development and a life-long love of reading.

### Communication and Language Development with the PHN

The Public Health Nurse will come to the drop-in and give information about how to promote language development and early literacy skills with young children.

### Locations:

	<u>Lambton Park Community School</u>
Monday	Drop In 9 – 2:30 pm 50 Bernice Crescent
Tues to Thurs	<u>Gooch Program</u> Drop In 9:00 – 3 pm 3735 Dundas Street West, buzz 244 (In the Rec Room of the apartment building. Major intersection is Dundas St. W. and Scarlett Road)