



# College-Montrose Children's Place EarlyON Child & Family Centres April 2018



*College-Montrose Children's Place EarlyON Child & Family Centres provides safe, stimulating, learning environments for children, parents and caregivers with a focus on: supporting healthy child development, strengthening parenting knowledge and skills, breaking down isolation and fostering mutual aid and peer support.*

## Important Information

**Stroller Parking:** Please park strollers outside, between the ramp and the building (at the front) and remember to bring a lock and cover for your strollers.

**Indoor Shoes:** Please bring indoor shoes if it is wet weather outside. Please bring a pair of socks to wear on the baby mats.

**Maximum Participation:** In order to ensure we are providing families' quality early learning and support services, CMCP EarlyON CFC will limit participation to approximately 100 individuals at any one time.

**Please note** we are a **nut-free, sesame-free** and **scent-free space**.

## Registered Programs:

Note: Registered programs are subject to change. To register call 416-532-8100 or email [dkhambati@cmcp.ca](mailto:dkhambati@cmcp.ca)

- **Mat Chat:** Wednesday, April 25, 3:00 - 4:00. Topic: Kids and Screen Time
- **Cooking with kids:** Tuesday, April 24, 2 - 2:30 pm
- **Nurturing Development** on-going program to offer extra support to you and your family and provide a quiet space to nurture your child. Every Monday from 10 – 12:30 pm
- **Nobody's Perfect for Caregivers** starting every Wednesday, April 18 to May 23 10 am – 12 pm. For more information call 416-532-9485 x 221 or email [dkhambati@cmcp.ca](mailto:dkhambati@cmcp.ca)
- **Young Parents Connect:** Thursdays April 5 - June 7 from 12 - 3pm

### **\*New\***

- **Liberty Littles Program** at Liberty Grace Church, 25 Liberty St. Drop-in Mondays 10:30 – 1:30 pm

## Fundraising Event: CMCP Building Communities Together Gala

Join us on April 28<sup>th</sup> for our premier fundraising event of the year. Proceeds from this evening are used towards CMCP programs. Enjoy dinner, host bar and a performance by Samba Squad. Tickets are \$100 and can be purchased at [cmcp.ca](http://cmcp.ca) or at our program sites.



Pour Tous Les Francophones: Le Centre francophone de Toronto offer des programmes diversifiés pour vos enfants en français. Centre francophone de Toronto,

555, Richmond St W. Ph: 416-922-2672 ou visitez leur site web au <https://www.centrefranco.org/en/cft/centre-francophone-de-toronto/>

College-Montrose Children's Place EarlyON Child & Family Centre Main Site  
180 Shaw St, Artscape Youngplace, LL2  
Toronto, ON M6J 2W5  
Tel: 416-532-9485

CMCP website: [www.cmcp.ca](http://www.cmcp.ca) Email: [info@cmcp.ca](mailto:info@cmcp.ca)  
Like us on Facebook at <https://www.facebook.com/CollegeMontroseChildrenPlace>

## April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2  <b>Easter Monday Centre Closed</b>	3  9 – 3 pm Play & Learn	4  2 – 6 pm Play & Learn	5  9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll <b>Young Parents Connect 12-3 Wk. #1</b>	6  9 – 12:30 pm Play & Learn	7  10 – 1 pm Play & Learn  <b>11:30 – 12 pm Sing Along with Rob Joy</b>
9  <b>Liberty Littles</b> 10:30 – 1:30 pm <b>Early Abilities</b> 9 – 11:30 am <b>Nurturing Development</b> 10 – 12:30 pm	10  9 – 3 pm Play & Learn	11  2 – 6 pm Play & Learn	12  9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll <b>Young Parents Connect 12-3 Wk. # 2</b>	13  9 – 12:30 pm Play & Learn	14  10 – 1 pm Play & Learn
16  <b>Liberty Littles</b> 10:30 – 1:30 pm <b>Early Abilities</b> 9 – 11:30 am <b>Nurturing Development</b> 10 – 12:30 pm	17  9 – 3 pm Play & Learn	18  <b>10 am – 12 pm Nobody’s Perfect for Caregivers (Week 1)</b> 2 – 6 pm Play & Learn	19  9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll <b>Young Parents Connect 12-3 Wk. # 3</b>	20  9 – 12:30 pm Play & Learn	21  10 – 1 pm Play & Learn <b>12:30 – 1:00 Earth Day Clean-up (Outdoors around CMCP)</b>
23  <b>Liberty Littles</b> 10:30 – 1:30 pm <b>Early Abilities</b> 9 – 11:30 am <b>Nurturing Development</b> 10 – 12:30 pm	24  9 – 3 pm Play & Learn <b>2 – 2:30 pm Cooking with kids</b>	25  <b>10 am – 12 pm Nobody’s Perfect for Caregivers (Week 2)</b> 2 – 6 pm Play & Learn <b>3 – 4 pm Mat Chat: Screen Time</b>	26  9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll <b>Young Parents Connect 12-3 Wk. # 4</b>	27  9 – 12:30 pm Play & Learn	28  10 – 1 pm Play & Learn  <b>CMCP Gala Event</b>
30  <b>Liberty Littles</b> 10:30 – 1:30 pm <b>Early Abilities</b> 9 – 11:30 am <b>Nurturing Development</b> 10 – 12:30 pm		<b><u>Snack and Circle Times</u></b>			
		<b>Toddler/Preschool Snack:</b> Tue, Thu, Fri - 10:15 <b>Infant Snack:</b> Tue, Thu, Fri - 11:15 <b>Wednesday Snack:</b> 4:30 pm <b>Family Song Circle:</b> Tue, Thu at 2:30 pm <b>Saturday Snack &amp; Song Circle Time</b> <b>Toddler/Preschool Snack:</b> 10:45 <b>Infant Snack:</b> 11:30		<b>Toddler/Preschool Song Circle:</b> 10:30 <b>Infant Song Circle:</b> 11:30 <b>Family Song Circle:</b> 4 pm  <b>Toddler/Preschool Song Circle:</b> 11 am <b>Infant Song Circle:</b> 11:45	

## Program Descriptions

Play and Learn Family Drop In	Young Parents Connect
<p>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!</p>	<p>The “Young Parents Connect” is an opportunity for pregnant or young parents (aged 16-29) and their children (aged 0-6 years) to come together to share, create and learn. This program will focus on baking, how to package and , mindfulness and parenting skills workshops. Lunch, TTC tokens, Food Vouchers and Childcare will be provided. It is run in partnership with Sketch, Planned Parenthood Toronto, St. Michael’s Hospital and CMCP. Registration Required.</p>
Nurturing Development	Wriggle & Roll
<p>This is an interactive on-going program for children and parents/caregivers with specific support needs. The program is designed to offer extra support for you and your child and provide a quiet space to use play to nurture your child’s development. Early Abilities and other community agencies will occasionally partner with CMCP to provide resources when needed. Space will be limited to 8-10 families. Registration is required.</p>	<p>Wriggle and Roll is a drop-in gross motor program where infants, toddlers and their parents/caregivers can explore a variety of toys and stations on the mats in the infant room. In this interactive program activities are designed to strengthen and develop large muscle groups and encourage engagement in processes of cognitive development.</p>
Nobody’s Perfect for Caregivers	Mat Chat
<p>This Nobody’s Perfect program is specifically designed to address caregiver needs and provide an opportunity for professional development that benefits the whole family. Co-facilitated by Public Health Nurse and will lead discussions about:</p> <ul style="list-style-type: none"> <li>⇒ Children’s growth and development</li> <li>⇒ How to problem solve and better understand a child’s behavior</li> <li>⇒ Children’s Health &amp; Safety</li> <li>⇒ How to build positive communication with parents</li> </ul>	<p>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, and Importance of Play etc. Please let staff know if you have a suggestion for a Mat Chat topic.</p>
Parent Information & Referral Services	Circle Time
<p>We offer assistance with referrals, questions and accessing community information and resources over the phone and in person. Pamphlets, books and parenting magazines are available in program and can be signed out of our Resource Lending Library for a 2 week period.</p>	<p>Join us with your baby/toddler/preschooler and take pleasure in songs, rhymes and stories. Enjoy singing with a diverse group of families in a relaxed environment. Separate Circle Times are held in the morning for Toddler/Preschoolers and for Infants. In the afternoons a “Family Song Circle” for all age groups. Please note that Circle Time has a capacity of 35 children.</p>
Cooking with Kids	Snack Time
<p>Cooking with Kids is an opportunity for toddlers/preschoolers to try new foods, talk about nutrition and food groups, share cultural dishes, learn about reading recipes, practice our math skills by measuring and counting ingredients, and use our science skills to see how combining different items creates something new. If you have an idea for our next cooking with kids speak to staff about how to get involved!</p>	<p>We serve delicious and nutritious snacks to children every day in both the Toddler/Preschool and Infant programs. Children try a variety of new snacks, while building language and social skills during this activity. Snacks provided by CMCP are free of tree nuts, peanuts and sesame seeds. However, we cannot guarantee that donated snacks are nuts and sesame seed free. <b>Snack donations from participants are encouraged and appreciated.</b></p>
Early Abilities	Liberty Littles
<p>CMCP partners with Early Abilities to provide support services for families who have concerns about their child’s speech and language skills. Please call us at 416-532-8100 for more information.</p>	<p>This program is run in partnership with Liberty Grace Church and CMCP at 25 Liberty St. This is an outreach program to serve that community, 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!</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>St Alban's Boys &amp; Girls Club</b> 9:30 – 12:30 Family Drop In	<b>Cecil Community Centre</b> 10 – 1 Family Drop In  <b>St Alban's Boys &amp; Girls Club</b> 9:30 – 12:30 Family Drop In  <b>TCCSA</b> 10 – 12 Melody ABC 1 – 5 Family Drop In	<b>Waterfront Neighbourhood Centre</b> 1 – 3 Baby Drop In 5 – 8 Family Drop In  <b>St Alban's Boys &amp; Girls Club</b> 9:30 – 12:30 Family Drop In	<b>Cecil C.C.</b> 10 – 1 Family Drop In  <b>St Alban's Boys &amp; Girls Club</b> 9:30 – 12:30 Family Drop In	<b>Waterfront Neighbourhood Centre</b> 1 – 3 Baby Drop In  <b>St Alban's Boys &amp; Girls Club</b> 9:30 – 12:30 Family Drop In  <b>TCCSA</b> 10 – 12 & 1-3 Family Drop In	<b>Cecil Community Centre</b> 10 – 1 Family Drop In  <b>St Alban's Boys &amp; Girls Club</b> 10 – 12 Family Drop In

### EarlyOn Child & Family Centres Satellite Locations

**Main Site:** 180 Shaw St 416-532-8100

#### Satellites Sites

Cecil Community Centre 58 Cecil St 416-392-1090

Waterfront Neighbourhood Centre 627 Queens Quay W 416-392-1509

St Alban's Boys & Girls Club 843 Palmerston Ave 416-543-8461

Toronto Cross Cultural Services Ass. 302 Spadina Ave, #206 416-977-4026

#### Other CMCP Sites:

St Helen at Mary McCormick Recreation  
 66 Sheridan Ave 416-533-2829

Gooch Family Resource Program  
 3735 Dundas St West 416-358-0031

Dear Parents and Caregivers,

Beginning January 1<sup>st</sup> 2018, the Trinity-Spadina Ontario Early Years Centre will be rebranded as EarlyON Child and Family Centres across the province. Our satellite sites which include Cecil Community Centre, St Alban's Boys & Girls Club, TCCSA and Waterfront Neighbourhood Centre will be EarlyON Child and Family Centres Satellites of Trinity-Spadina. Information on Alexandra Park Community Centre and Scadding Court Community Centre will be available on their respective websites. They will no longer be featured in our program calendars

You will see the new logo pop up across the province highlighting all of the locations that are available to you.

Please see the Ministry of Education announcement to the public for more information: <http://www.edu.gov.on.ca/childcare/FamilyPrograms.html>

What does this mean for everyone?

- We will continue to work with families and community to provide services that support the growth and development of young children and families
- Our calendars will be available monthly and will send you as much information as possible to keep you informed of changes.

If you have any questions please feel free to contact the Community Engagement Manager at 416-532-9485 x223.