



# College-Montrose Children's Place EarlyON Child & Family Centres August 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)

- **Nobody's Perfect for Young Parents:** every Tuesday, 12:30 – 3 pm for 8 weeks from July 3 to August 21. Registration Required
- **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
- **Field Trip to Riverdale Farm:** Wednesday, August 15<sup>th</sup>
- **Mat chat at the Park:** Wednesday, August 22, 11:30 – 12:30
- **Big Toddle Festival:** The CMCP Big Toddle Festival brings together hundreds of families across Toronto for a day of live entertainment, face painting, children's activities, delicious food and our ever popular Big Toddle. Held at Trinity-Bellwood's Park, Saturday, August 11 from 10:30am – 2pm




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>

## August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>Snack and Circle Times</u></b>				<b><u>Fun In The Park</u></b>	
<b>Toddler/Preschool Snack:</b> Tue, Thu, Fri - 10:15 <b>Infant Snack:</b> Tue, Thu, Fri - 11:15 <b>Family Song Circle:</b> Tue, Thu at 2:30 pm <b><u>Saturday Snack &amp; Song Circle Time</u></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>Toddler/Preschool Song Circle:</b> 11 am <b>Infant Song Circle:</b> 11:45		Drop in at Fred Hamilton Park for fun-filled outdoor activities every Wednesday and Saturday in July & August! <i>P.S. In event of rain or Extreme Heat Alert, Program will be inside</i>	
		1 9:30 – 3 pm Drop In at Fred Hamilton Park	2 9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll	3 9 – 12:30 pm Play & Learn	4 Long Weekend Drop In Closed
6 <b>Civic Holiday Centre Closed</b>	7 9 – 3 pm Play & Learn  12:30 – 3 pm Nobody's Perfect for Young Parents – Week 6	8 9:30 – 3 pm Drop In at Fred Hamilton Park	9 9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll	10 9 – 12:30 pm Play & Learn 9:30 - 12:00	11 10:30 – 2 pm Big Toddle Festival Trinity-Bellwoods Park
13 9 – 11:30 am Early Abilities 10 – 12:30 pm Nurturing Development	14 9 – 3 pm Play & Learn  12:30 – 3 pm Nobody's Perfect for Young Parents – Week 7	15 9:30 – 3 pm Field Trip to Riverdale Farm (Weather Permitting)	16 9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll 5:30 – 7:30 pm School Readiness Parent Session	17 9 – 12:30 pm Play & Learn	18 10-1 Drop In at Fred Hamilton Park
20 9 – 11:30 am Early Abilities 10 – 12:30 pm Nurturing Development	21 9 – 3 pm Play & Learn 12:30 – 3 pm Nobody's Perfect for Young Parents – Week 8	22 9:30 – 3 pm Drop In at Fred Hamilton Park Mat Chat with TPHN:	23 9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll	24 9 – 12:30 pm Play & Learn	25 10-1 Drop In at Fred Hamilton Park
27 9 – 11:30 am Early Abilities 10 – 12:30 pm Nurturing Development	28 9 – 3 pm Play & Learn 2-2:30 Cooking with kids	29 9:30 – 3 pm Drop In at Fred Hamilton Park	30 9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll	31 9 – 12:30 pm Play & Learn	

## Program Descriptions

<p align="center"><b>Play and Learn Family Drop In</b></p> <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 align="center"><b>Nobody's Perfect for Young Parents</b></p> <p>This is a free program in partnership with Public health for young parents (16-29) of children under 6 years. Participants will discuss about children's growth and development, problem solve and better understand a child's behavior, children's health and safety and overcome parenting stress. For more information and to register please call 416-532-9485 ext 221 or email <a href="mailto:dkhambati@cmcp.ca">dkhambati@cmcp.ca</a></p>
<p align="center"><b>Nurturing Development</b></p> <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 align="center"><b>Wriggle &amp; Roll</b></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>
<p align="center"><b>Early Abilities</b></p> <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 align="center"><b>Mat Chat</b></p> <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>
<p align="center"><b>Parent Information &amp; Referral Services</b></p> <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 align="center"><b>Circle Time</b></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>
<p align="center"><b>Cooking with Kids</b></p> <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 align="center"><b>Fun In the Park</b></p> <p>Drop In at Fred Hamilton Park (weather permitting) in July and August, every Wednesday and Saturday, for fun filled outdoor activities, circle time and much more .....</p> <p><b>Please note:</b> Drop in will be closed when we are in the park.</p>
<p align="center"><b>The Big Toddle Festival</b></p> <p>The CMCP Big Toddle Festival brings together hundreds of families across Toronto for a day of live entertainment, face painting, children's activities, delicious food and our ever popular Big Toddle. Held at Trinity-Bellwood's Park, Saturday, August 11 from 10:30am – 2pm</p>	<p align="center"><b>Snack Time</b></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.</p> <p align="center"><b>Snack donations from participants are encouraged and appreciated</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Cecil Community Centre</b> 10 – 1 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>Cecil C.C.</b> 10 – 1 Family Drop In	<b>Waterfront Neighbourhood Centre</b> 1 – 3 Baby Drop In  <b>TCCSA</b> 10 – 12 & 1-3 Family Drop In	<b>Cecil Community Centre</b> 10 – 1 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