



# College-Montrose Children's Place EarlyON Child & Family Centres January 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, EarlyON CFS 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)

- Young Parents Connect (for parents 16-29 years of age) Thursday, January 11–March 1, 12 – 3pm. **Registration Required**
- Participant Breakfast Meeting, Friday, January 26, 10 am – 12 pm. **Registration Required**
- Volunteer Meet & Eat Saturday, January 27, 2- 4 pm. **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  
**Registration Required**

## \*New Programs\*

- Starting February 6, 1:30 – 3 pm. Let's Get Physical for young children 2-6 years.
- CPR/First Aid Training for parents and caregivers
- \*Starting **NEW** program at Liberty Village. Details will follow soon\*

**To register or inquire for the above ask staff in drop in or call 416-532-9485 x 221**

**\*Please note: More Information about the transformation of the Early Years to EarlyOn Child and Family Centres at the bottom of the calendar. Please Scroll down.**





Pour Tous Les Francophones: Le Centre francophone de Toronto offer des programmes diversifies pour vos enfants en francais. Centre francophone de Toronto, 555, Richmond St W. Ph: 416-922-2672 ou visitez leur site web au

College-Montrose Children's Place Early On CFC 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>

## January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Snack and Circle Times</b> <b>Toddler/Preschool Snack:</b> Tue, Thu, Fri 10:15 <b>Circle:</b> 10:30 <b>Infant Snack:</b> Tue, Thu, Fri 11:15 <b>Circle:</b> 11:30 <b>Saturday Snack:</b> 11:15 <b>Family Song Circle:</b> Sat at 11:30 <b>Wednesday Snack:</b> 4:30 pm <b>Circle:</b> 4 pm <b>Family Song Circle:</b> Tue, Thu at 2:30 pm			 We wish all our participants Happy & Healthy New Year!		
8 9 – 11:30 am Early Abilities  10 – 12:30 pm Nurturing Development *Pre-registered	9 9 – 3 pm Play & Learn	10 2 – 6 pm Play & Learn	11 9 – 3 pm Play & Learn 9 – 11:15 Infant Wriggle & Roll <b>12 – 3 pm</b> <b>Young Parents Connect (Wk1)</b> *Pre-registered	12 9 – 12:30 pm Play & Learn	13 10 – 1 pm Play & Learn
15 9 – 11:30 am Early Abilities  10 – 12:30 pm Nurturing Development *Pre-registered	16 9 – 3 pm Play & Learn	17 2 – 6 pm Play & Learn	18 9 – 3 pm Play & Learn 9 – 11:15 Infant Wriggle & Roll <b>12 – 3 pm</b> <b>Young Parents Connect (Wk2)</b> *Pre-registered	19 9 – 12:30 pm Play & Learn	20 10 – 1 pm Play & Learn
22 9 – 11:30 am Early Abilities  10 – 12:30 pm Nurturing Development *Pre-registered*	23 9 – 3 pm Play & Learn  <b>1:30 – 2:30</b> <b>Cooking with kids</b>	24 2 – 6 pm Play & Learn	25 9 – 3 pm Play & Learn 9 – 11:15 Infant Wriggle & Roll <b>12 – 3pm</b> <b>Young Parents Connect (Wk3)</b> *Pre-registered	26 <b>10 – 12 pm</b> <b>Participant Breakfast Meeting</b>  *Drop In Closed*	27 10 – 1 pm Play & Learn  <b>2 – 4 pm</b> <b>Volunteers Meet &amp; Eat</b>
29	30 9 – 3 pm Play & Learn	31 2 – 6 pm Play & Learn			

## Program Descriptions

<p style="text-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 style="text-align: center;"><b>Reading Circle</b></p> <p>Friday Reading Circle introduces pre-reading and early literacy through play, props, songs and stories. Reading Circles begin with a chance to read and explore a variety of books with your child before we come together to read and sing as a group. Story Circles are held for infants, toddlers/preschoolers on Friday mornings.</p>
<p style="text-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 style="text-align: center;"><b>Infant Wiggle &amp; Roll</b></p> <p>Infant Wiggle and Roll is a drop-in gross motor program where infants 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 style="text-align: center;"><b>Young Parents Connect</b></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 culinary art and parenting skills workshops. Lunch, TTC tokens, Food Vouchers and Childcare will be provided. Registration Required.</p>	<p style="text-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 style="text-align: center;"><b>Volunteer Meet &amp; Eat</b></p> <p>CMCP volunteers join us for refreshments and to meet and interact with other volunteers in the organization. Give us feedback and share your experiences in the program. Help us to plan opportunities for training and support related to your volunteer positions.</p>	<p style="text-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 style="text-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 style="text-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. <b>Snack donations from participants are encouraged and appreciated.</b></p>
<p style="text-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 style="text-align: center;"><b>Upcoming - Let’s Get Physical</b></p> <p>Bring your toddler and or preschooler and come shake your sillies out:          ⇒ Toys and materials that promote gross motor development          ⇒ Physical songs and games that encourage following instructions, sharing and turn taking with a sense of belonging and well-being!  <b>Registrations are open. Contact staff in drop in or call 416-532-9485 x 221 for more details.</b></p>
<p style="text-align: center;"><b>Participant Breakfast Meeting</b></p> <p>Parents/Caregivers join us for a Breakfast meeting. Give us some feedback about our programs and services and get more information about the transformation to EarlyOn CFC and how that will impact you and your family.. Childcare will be provided. <b>Registration Required.</b></p>	<p style="text-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>

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

<b>Main Site:</b>	180 Shaw St	416-532-8100
<b>Satellites Sites</b>		
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.