



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



July 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)

- **School Readiness Program:** Pope Francis Catholic School, July 4 – July 27, from 9 – 1:30 (Mon – Fri)
- **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
- **School Readiness Program Parent Session:** Thursday, July 19, 5:30 – 7:30 pm
- **Field Trip to High Park:** Wednesday, July 18
- **Mat chat at the Park:** Wednesday, July 25, 3:00 – 4:00. Topic: **Summer Safety (Sun Safety, Beat the Heat)**

## Upcoming Programs

- CMCP organizational summer field trip days are July 18 to High Park and August 15 to Riverdale Farm.



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>

## July 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>	
  <b>Canada Day Centre Closed</b>	3 9 – 3 pm Play & Learn <b>12:30 – 3 pm</b> <b>Nobody's Perfect for Young Parents – Week 1</b>	4 <b>9:30 – 3 pm</b> <b>Drop In at Fred Hamilton Park</b>	5 9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll	6 9 – 12:30 pm Play & Learn	7 <b>10-1 Drop In at Fred Hamilton Park</b>
9 <b>10:30 – 1:30 pm</b> Liberty Littles  <b>9 – 11:30 am</b> Early Abilities <b>10 – 12:30 pm</b> Nurturing Development	10 9 – 3 pm Play & Learn  <b>12:30 – 3 pm</b> <b>Nobody's Perfect for Young Parents – Week 2</b>	11 <b>9:30 – 3 pm</b> <b>Drop In at Fred Hamilton Park</b>	12 9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll	13 9 – 12:30 pm Play & Learn 9:30 - 12:00	14 <b>10-1 Drop In at Fred Hamilton Park</b>
16 <b>9 – 11:30 am</b> Early Abilities <b>10 – 12:30 pm</b> Nurturing Development	17 9 – 3 pm Play & Learn  <b>12:30 – 3 pm</b> <b>Nobody's Perfect for Young Parents – Week 3</b>	18 <b>9:30 – 3 pm</b> <b>Field Trip to High Park (Weather Permitting)</b>	19 9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll <b>5:30 – 7:30 pm</b> <b>School Readiness Parent Session</b>	20 9 – 12:30 pm Play & Learn	21 <b>10-1 Drop In at Fred Hamilton Park</b>
23 <b>9 – 11:30 am</b> Early Abilities <b>10 – 12:30 pm</b> Nurturing Development	24 9 – 3 pm Play & Learn  <b>12:30 – 3 pm</b> <b>Nobody's Perfect for Young Parents – Week 4</b>	25 <b>9:30 – 3 pm</b> <b>Drop In at Fred Hamilton Park</b> <b>3-4 pm</b> <b>Mat Chat</b> <b>Summer Safety (Sun Safety, Beat the Heat)</b>	26 9 – 3 pm Play & Learn 9 – 11:15 Wriggle & Roll	27 9 – 12:30 pm Play & Learn 11:30 -	28 <b>10-1 Drop In at Fred Hamilton Park</b>

## Program Descriptions

<p align="center"><b>Play and Learn Family Drop In</b></p>	<p align="center"><b>Nobody's Perfect for Young Parents</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>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 align="center"><b>Wriggle &amp; Roll</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>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>School Readiness Program</b></p>	<p align="center"><b>Mat Chat</b></p>
<p>This is a program for 3 and 4 year olds who are preparing to enter school. This program introduces them to a structured, classroom environment and helps children to deal with separation from their families. For more information call 416.532.8100.</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 align="center"><b>Circle Time</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>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 align="center"><b>Snack Time</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>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 align="center"><b>Early Abilities</b></p>	<p align="center"><b>Liberty Littles</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>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>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