



College-Montrose Children's Place

Trinity-Spadina Ontario Early Years Centre

November 2017



Trinity-Spadina Ontario Early Years Centre 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, Trinity-Spadina OEYC 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

- Young Parents Connect (for parents 16-29 years of age) Tuesday Oct 3–Dec 5, 12 – 3pm.
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
- Wednesday, Nov 15, Mat Chat 2 – 3 pm. Topic: What to feed baby after age 1?

Please note the toddler room will be closed for registered programs Tuesday afternoons from 12pm-3pm. Join us to play in the infant room.

Drop-in Programs and Events

- Friday, November 3, Reading Circle with Toronto Public Library, 10:30 & 11:30
- Thursday, November 9: Toddler/Preschool Cooking with Kids, 1:30 - 2:30pm
- Thursday, Nov 23, Crafternoon in the Infant Room 1 pm - 2:30pm







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

www.centrefranco.org

Trinity-Spadina OEYC Main Site
180 Shaw St, Artscape Youngplace, LL2
Toronto, ON M6J 2W5
Tel: 416-532-9485

CMCP website: www.cmcp.ca Email: info@cmcp.ca
Like us on Facebook at <https://www.facebook.com/CollegeMontroseChildrenPlace>

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Snack and Circle Times</u>			<u>Parent Relief Hours</u>		
Toddler/Preschool Snack: Tue, Thu, Fri 10:15 Circle: 10:30 Infant Snack: Tue, Thu, Fri 11:15 Circle: 11:30 Saturday Snack: 11:15 Family Song Circle: Sat at 11:30 Wednesday Snack: 4:30 pm Circle: 4 pm Family Song Circle: Tue, Thu at 2:30 pm			Tues & Thurs 9:30 – 3 pm Wed 2:30 – 6 pm Fri 9:30 – 12:30 pm <i>For more information or to book parent relief please call 416-532-8100</i>		
		1 2 – 6 pm Play & Learn	2 9 – 3 pm Play & Learn 9 – 11:15 Infant Wriggle & Roll	3 9 – 12:30 pm Play & Learn Reading Circle with TPL 10:30 Toddler/Preschool 11:30 Infant	4 10 – 1 pm Play & Learn
6 9 – 11:30 am Early Abilities 10 – 12:30 pm Nurturing Development *Pre-registered	7 9 – 3 pm Play & Learn 12 – 3 pm Young Parents Connect *Toddler Room Closed 12-3	8 2 – 6 pm Play & Learn	9 9 – 3 pm Play & Learn 9 – 11:15 Infant Wriggle & Roll 1:30 – 2:30 Cooking with Kids in the Toddler Room	10 9 – 12:30 pm Play & Learn	11 10 – 1 pm Play & Learn
13 10 – 12:30 pm Nurturing Development *Pre-registered	14 9 – 3 pm Play & Learn 12 – 3 pm Young Parents Connect *Toddler Room Closed 12-3	15 2 – 6 pm Play & Learn 2 – 3 pm Mat Chat What to Feed Baby after age 1	16 9 – 3 pm Play & Learn 9 – 11:15 Infant Wriggle & Roll	17 9 – 12:30 pm Play & Learn	18 10 – 1 pm Play & Learn
20 10 – 12:30 pm Nurturing Development *Pre-registered*	21 9 – 3 pm Play & Learn 12 – 3 pm Young Parents Connect *Toddler Room Closed 12-3	22 2 – 6 pm Play & Learn	23 9 – 3 pm Play & Learn 9 – 11:15 Infant Wriggle & Roll 1 – 2:30 pm Crafter noon in the Infant Room	24 9 – 12:30 pm Play & Learn	25 10 – 1 pm Play & Learn
27 9 – 11:30 am Early Abilities 10 – 12:30 pm Nurturing Development *Pre-registered*	28 9 – 3 pm Play & Learn 12 – 3 pm Young Parents Connect *Toddler Room Closed 12-3	29 2 – 6 pm Play & Learn	30 9 – 3 pm Play & Learn 9 – 11:15 Infant Wriggle & Roll	  <p style="text-align: right;">Cooking with Kids!</p>	

Program Descriptions

<p align="center">Play and Learn Family Drop In</p>	<p align="center">Reading Circle</p>
<p>Parents/caregivers and children enjoy a family friendly atmosphere while they participate in fun filled interactive early learning activities including music, crafts, math, science and much more. Song and Story Circles are held every day for infants, toddlers and preschoolers.</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 align="center">Nurturing Development</p>	<p align="center">Infant Wriggle & Roll</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>Infant Wriggle 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 align="center">Young Parents Connect</p>	<p align="center">Mat Chat</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 creative movement and dance with ILL NANA/DCDC! Explore kung Fu, hip hop, street styles, ballet and contemporary dance, sexual health and parenting skills workshops. Lunch, TTC tokens, Food Vouchers and Childcare will be provided. Registration Required.</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, Importance of Play etc. Please let staff know if you have a suggestion for a Mat Chat topic.</p>
<p align="center">Parent Relief</p>	<p align="center">Circle Time</p>
<p>We offer temporary child care services for a negotiated time during program hours. Children are provided with a safe, warm and nurturing environment where they can interact and fully participate in early learning activities. Parent Relief can be booked ahead of time with program staff. If you need last minute or emergency care please call and we will try to accommodate.</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. It is a great place to learn new songs to help with your daily routines and make new friends for you and your child. Separate Circle Times are held in the morning for Toddler/Preschoolers (in the kitchen) and for Infants (on the mats). In the afternoons we have "Family Song Circle" all together on the mats. Please note that Circle Time has a capacity of 35 children.</p>
<p align="center">Parent Information & Referral Services</p>	<p align="center">Snack Time</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>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. All snacks are free of tree nuts, peanuts and sesame seeds.</p> <p>Snack donations from participants are encouraged and appreciated.</p>
<p align="center">Cooking with Kids</p>	<p align="center">Crafter noon in the Infant Room</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>Join us for an afternoon of crafting homemade toys, activities or scrapbooks for you and your baby to take home. This is a chance to meet and connect with other parents in the infant room, learn about homemade toys, and craft something to stimulate and engage your baby's curiosity. Crafts have included making mobiles, sensory bottles, fabric tactile boards and "Bringing Home Baby" scrapbook pages.</p>

Trinity-Spadina OEYC Satellite Locations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Alexandra Park C.C. 3 – 6 Family Drop In 6 St Alban's Boys & Girls Club 9:30 – 12:30 Family Drop In	Cecil Community Centre 10 – 1 Family Drop In Scadding Court Community Centre 4 – 6 Family Drop In St Alban's Boys & Girls Club 9:30 – 12:30 Family Drop In TCCSA 10 – 12 Melody ABC 1 – 5 Family Drop In	Waterfront Neighbourhood Centre 1 – 3 Baby Drop In 5 – 8 Family Drop In Scadding Court C.C. 5:30 – 8:30 Parenting 1234 St Alban's Boys & Girls Club 9:30 – 12:30 Family Drop In	Cecil C.C. 10 – 1 Family Drop In St Alban's Boys & Girls Club 9:30 – 12:30 Family Drop In	Waterfront Neighbourhood Centre 1 – 3 Baby Drop In St Alban's Boys & Girls Club 9:30 – 12:30 Family Drop In TCCSA 10 – 12 & 1-3 Family Drop In	Alexandra Park C.C. 10 – 3 Family Drop In Cecil Community Centre 10 – 1 Family Drop In St Alban's Boys & Girls Club 10 – 12 Family Drop In

Main Site: 180 Shaw St

416-532-8100

Satellites

Alexandra Park Community Centre	105 Grange Court	416-603-9603
Cecil Community Centre	58 Cecil St	416-392-1090
Waterfront Neighbourhood Centre	627 Queens Quay W	416-392-1509
Scadding Court Community Centre	707 Dundas St W	416-392-0335
St Alban's Boys & Girls Club	843 Palmerston Ave	416-543-8461
Toronto Cross Cultural Services Ass.	302 Spadina Ave, #206	416-977-4026

We value your feedback! Please feel free to email your comments and suggestions to info@cmcp.ca

Other CMCP Sites Outside Trinity-Spadina:

St Helen at Mary McCormick Recreation Centre	66 Sheridan Ave	416-533-2829
Gooch Family Resource Program	3735 Dundas St West	416-358-0031