



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



October 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)

- **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
- **Make the Connection:** For parents with babies (0-12 month), Wednesday October 3 to November 21, 10 am to 12 pm. Registration Required.
- **Young Parent Connect:** For Young parents 16-29 yrs. October 4-December 6, Thursdays 12-2:30pm. Registration required
- **Mat chat:** October 24, 3-4pm. **Topic:** Sleep Routines
- **SUNDAY DROP-IN:** Sunday October 28<sup>th</sup> from 2-5pm in partnership with Down Syndrome Association of Toronto (DSAT) for families with children 0-12 years that have Down syndrome.
- **Thanksgiving Potluck Brunch:** Friday, October 5<sup>th</sup> from 9:30 – 12 pm. Please join us for a multicultural Thanksgiving Brunch! Bring a dish typical of your culture and share with the drop-in

### Halloween Happening in support of United Way

**Sunday October 28**

**10am-12pm**

Fun Halloween Activities, Children's Haunted House, Special Halloween Circle Time, Bake Sale, and Pasta Lunch, all to raise money for the United Way

**Adults \$10**

**Children \$5**

Please see program staff to buy tickets. Saturday Oct 27 drop-in will be closed.



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>

## October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Snack and Circle Times</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>Wednesday Snack:</b> 4:30 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>Wed. Family Song Circle:</b> 4 pm  <b>Toddler/Preschool Song Circle:</b> 11 am <b>Infant Song Circle:</b> 11:45			
1	2	3	4	5	6
<b>10:30 – 1:30 pm</b> Liberty Littles <b>10 – 12:30 pm</b> Nurturing Development	9 – 3 pm Play & Learn  <b>9 – 10:15</b> Family Science	2 – 6 pm Play & Learn	9 – 3 pm Play & Learn <b>9 – 11:15</b> Wriggle & Roll	9 – 12:30 pm Play & Learn <b>Thanksgiving Potluck Brunch</b> <b>9:30 – 12:00</b> <b>11:30 – 12:00</b> Family Literacy	<b>Long Weekend!</b> <b>Centre Closed</b>
	9	10	11	12	13
<b>Centre Closed</b>	9 – 3 pm Play & Learn <b>9 – 10:15</b> Family Science	2 – 6 pm Play & Learn	9 – 3 pm Play & Learn <b>9 – 11:15</b> Wriggle & Roll	9 – 12:30 pm Play & Learn <b>11:30 – 12:00</b> Family Literacy	10 – 1 pm Play & Learn
15	16	17	18	19	20
<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	9 – 3 pm Play & Learn <b>9 – 10:15</b> Family Science	2 – 6 pm Play & Learn	9 – 3 pm Play & Learn <b>9 – 11:15</b> Wriggle & Roll	9 – 12:30 pm Play & Learn  <b>11:30 – 12:00</b> Family Literacy	10 – 1 pm Play & Learn
22	23	24	25	26	27
<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	9 – 3 pm Play & Learn  <b>9 – 10:15</b> Family Science	2 – 6 pm Play & Learn <b>Mat Chat:</b> <b>3- 4 pm</b>	9 – 3 pm Play & Learn <b>9 – 11:15</b> Wriggle & Roll	9 – 12:30 pm Play & Learn	<b>Regular drop-in closed</b> <b>Oct 28, Sunday</b> <b>10 am – 12 pm</b> <b>Halloween Happening</b> <b>For United Way</b> <b>(See Staff for Tickets)</b>
29	30	31		<b>SUNDAY DROP IN</b>	
<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	9 – 3 pm Play & Learn  <b>9 – 10:15</b> Family Science	2 – 6 pm Play & Learn <b>Halloween Infant Make- &amp;-Take activity</b> <b>3-4 pm</b> Cooking with kids	<b>Sunday, October 28, 2018, 2 pm – 5 pm</b> Drop In for families with children 0-12 years, that have Down Syndrome <b>To register please call:</b> 416-532-9485 x 221 by email <a href="mailto:dkhambati@cmcp.ca">dkhambati@cmcp.ca</a>		

## 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>Family Science</b></p> <p>Beginning September 18<sup>th</sup>, every Tuesday from 9-10:15 am adults and children can enjoy science focused activities together. Explore cause and effect, make hypotheses and discover outcomes. Participate in experiments, incorporate basic math concepts, find science in your everyday routines and have loads of fun in the toddler/preschool room.</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>Liberty Littles</b></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>
<p align="center"><b>Sunday Drop In</b></p> <p>This program is offered in partnership with Down Syndrome Association of Toronto, for families that have children 0-12 yrs. with Down syndrome. Drop-in offers children's activities, a light snack, circle time, as well as an opportunity for parents to network and share their experiences. An additional support group for parents of kids with a dual diagnosis of DS and ASD will also take place.</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>St Alban's Boys &amp; Girls Club</b> 9:30 – 12:30 Family Drop In	<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>TCCSA</b> 10 – 12 Melody ABC 1 – 5 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 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>TCCSA</b> 10 – 12 & 1-3 Family Drop In	<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

### 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