



## Don Valley East Parkway Forest EarlyON Child and Family Centres ~ December 2024 Program Calendar ~

FREE inclusive programs for families,  
caregivers, and their children (newborn to age 6)

### **We are currently offering in-person programs and services as follows:**

**Contact Support Services:** Staff are available to answer your questions about how to access our programs and services, parenting and child development, and other local services from **Monday to Friday** between **8:30am and 4:30pm** at **(416) 496-2601**. Outside of these times, please leave a message and we will return your call as soon as possible. You may also contact us by sending an email to [DonValleyEastEarlyON@familydaycare.com](mailto:DonValleyEastEarlyON@familydaycare.com)

**In-Person Programs:** We are offering a mix of in-person drop-in and pre-registered parent-child interactive programs (**indoors & outdoors**) for families with children from birth to 6 years of age from Monday to Saturday. **Please bring indoor shoes/socks when attending indoor programs.**

**One-on-One Parent/Caregiver Support Sessions:** Our Family Support Worker can assist you with any questions or concerns regarding your child's development or parenting/family challenges, and can provide you with information and referrals to local programs/services. [To speak with our Family Support Worker, please contact Nancy at \(416\) 618—2970 or nalvarez@familydaycare.com](mailto:nalvarez@familydaycare.com)

**Registration for our pre-registered programs is on Eventbrite from Tuesday, November 19 at 12pm until Tuesday, November 26 at 12pm.**  
**Please see page 3-4 for the registration links**

**All of our programs are subject to change.**

**Please check [www.familydaycare.com/earlyON](http://www.familydaycare.com/earlyON) for updates.**

**We serve families across Toronto in the following neighbourhoods:**

**Don Valley East Parkway Forest EarlyON Child and Family Centre**  
121 Parkway Forest Drive, Toronto, M2J 5H4

**Ernest Public School EarlyON Child and Family Centre**  
150 Cherokee Blvd, Toronto, M2J 4A4

**Flemingdon Park EarlyON Child and Family Centre**  
150 Grenoble Drive, Toronto, M3C 1E3



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Please see page 3-4 for the registration links

Please note our Centres' Closure Dates for the Holidays:

Parkway Forest: December 25, 26, 28 and January 01

Ernest PS and Flemington Park: December 23 to 27 and January 01

Wishing all of our families a very happy Holiday Season!

Friendly reminder to please bring indoor shoes and/or socks when attending our indoor programs, thank you!

**Parkway Forest - 121 Parkway Forest Drive, Toronto, M2J H4**

Monday December 02-30	Tuesday December 03-31	Wednesday December 04-18	Thursday December 05-19	Friday December 06-27	Saturday December 02-21
<p>Family Time 9:00-11:00am &amp; 1:30-3:30pm Dec 02, 09, 16, and 30</p> <p>WoodGreen Community Services Dec 16 9:00-11:00am</p> <p>Dec 23 ONLY Family Time 9:00-11:00am Open Door 11:00-1:00pm</p>	<p>Better Beginnings Infant Program 9:30-11:30am Dec 03-17 (see pg. 3 for details)</p> <p>Baby Time 1:30-3:30pm Dec 03-17</p> <p>Family Time 5:30-7:30pm Dec 03-17</p> <p>Dec 24 &amp; 31 Family Time 9:00-11:00am Open Door 11:00-1:00pm</p>	<p>PWF Festive Cooking and Baking 9:30-11:30am Dec 04-18 (registration required; see pg. 3 for details)</p> <p>Family Time 1:30-3:30pm Dec 04-18</p> <p>No programs on Dec 25 and Jan 01 Christmas Day and New Year's Day</p>	<p>See pg. 4 for details</p> <p>Let's Get Outdoors Parkway Forest Park 9:30-11:30am</p> <p>*NEW* Open Door 1:30-3:30pm</p> <p>Universal Newborn Hearing Screening 9:00-3:00pm (see pg. 3 for details)</p> <p>No programs on Dec 26 Boxing Day</p>	<p>Family Time 9:00-11:00am</p> <p>Open Door 11:00-1:00pm</p> <p>Family Seasonal Celebration Dec 20 @ 9:00-11:00am (See pg. 3 for details)</p> <p>Dec 27 Family Time 9:00-11:00am Open Door 11:00-1:00pm</p> <p>Toronto Public Health Nurse Dec 13 @ 930-1030am</p>	<p>Family Time 9:30-11:30am</p> <p>Open Door 12:30-2:30pm</p> <p>No programs on Dec 28</p>

**Ernest PS - 150 Cherokee Blvd, Toronto, M2J 4A4**

Monday December 02-30	Tuesday December 03-31	Wednesday December 04-18	Thursday December 05-19	Friday December 06-27	Saturday December 02-21
<p>Family Time 9:30-11:30am &amp; 1:30-3:30pm Dec 02, 09, 16, and 30</p> <p>No programs on Dec 23</p>	<p>Family Time 9:30-11:30am &amp; 1:30-3:30pm Dec 03-17</p> <p>Family Seasonal Celebration Dec 17 @ 9:30-11:30am (See pg. 3 for details)</p> <p>Dec 31 Family Time 9:30-11:30am Open Door 11:30-1:30pm</p> <p>Toronto Public Health Nurse Dec 10 @ 10-11am</p> <p>No programs on Dec 24</p>	<p>See pg. 4 for details</p> <p>Let's Get Outdoors Old Sheppard Park 9:30-11:30am</p> <p>*NEW* Open Door 1:30-3:30pm</p> <p>No programs on Dec 25 and Jan 01 Christmas Day and New Year's Day</p>	<p>Family Time 9:30-11:30am</p> <p>PWF Festive Cooking and Baking 1:30-3:30pm Dec 05-19 (registration required; see pg. 3 for details)</p> <p>No programs on Dec 26 Boxing Day</p>	<p>*Centre closed*</p> <p>See Other Centres' Indoor Schedule</p>	<p>*Centre closed*</p> <p>See Parkway Forest Indoor Schedule above</p>

**Flemington Park - 150 Grenoble Drive, Toronto, M3C 1E3**

Monday December 02-30	Tuesday December 03-31	Wednesday December 04-18	Thursday December 05-19	Friday December 06-20	Saturday December 02-21
<p>Family Time 9:30-11:30am &amp; 11:30-1:30pm Dec 02, 09, 16, and 30</p> <p>Afghan Women's Org. Dec 09 10:30-11:30am</p> <p>Toronto Public Library Dec 09 @ 11:00am</p> <p>No programs on Dec 23</p>	<p>See pg. 4 for details</p> <p>Let's Get Outdoors Flemington Park 9:30-11:30am Dec 03-17</p> <p>*NEW* Open Door 1:00-3:00pm Dec 03-17</p> <p>Dec 31 Family Time 9:30-11:30am Open Door 11:30-1:30pm</p> <p>No programs on Dec 24</p>	<p>Family Time 9:30-11:30am</p> <p>Open Door 11:30-1:30pm</p> <p>Family Seasonal Celebration Dec 18 @ 9:30-11:30am (See pg. 3 for details)</p> <p>Toronto Public Health Nurse Dec 11 @ 10-11am</p> <p>No programs on Dec 25 and Jan 01 Christmas Day and New Year's Day</p>	<p>PWF Festive Cooking and Baking 9:30-11:30am Dec 05-19 (registration required; see pg. 3 for details)</p> <p>Family Time 1:00-3:00pm</p> <p>No programs on Dec 26 Boxing Day</p>	<p>Family Time 9:30-11:30am</p> <p>No programs on Dec 27 See Parkway Forest Indoor Schedule above</p>	<p>*Centre closed*</p> <p>See Parkway Forest Indoor Schedule above</p>

If you have any questions, please call us from Monday to Friday between 8:30am and 4:30pm at

(416) 496-2601

You can also email us at [DonValleyEastEarlyON@familydaycare.com](mailto:DonValleyEastEarlyON@familydaycare.com)



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### DROP-IN INDOOR PARENT-CHILD PROGRAMS

**Family Time (for families with children from birth to 6 years of age)**

Join us for an opportunity where families can meet others and play interactively together in an enriched early learning environment. Also provided is circle time that includes songs, rhymes, finger plays, movement, and stories.

**Schedule:** Please see page 2 for the scheduled days and times.

**Open Door (for families with children from birth to 6 years of age)**

Families are welcome to join the centre to help strengthen relationships with their children as well as forming new connections with others in an enriched early learning environment. It is also a great opportunity to speak with our staff as they are available to provide you with supports, referrals, and resources.

**Schedule:** Please see page 2 for the scheduled days and times.

**Baby Time (for families with children from birth-18 months ONLY)**

This program focuses on infant development through play by transforming the centre to meet the developmental needs of infants. The age specific activities provided will include sensory, language and motor development with an interactive circle at the end of program. Throughout the program, parents and caregivers will be provided with information on infant development and care.

**Schedule:** Parkway Forest—Tuesdays, December 03-17, 1:30-3:30pm (See page 2 for details)

**Better Beginnings Now with Lumenus Infants—Strong Start Early Parenting Programs (birth to 12 mos ONLY) Drop-in**

**Schedule:** Tuesdays, December 03-17, 9:30am-11:30pm

For more information, call 647-529-4511 or email [asasani@lumenus.ca](mailto:asasani@lumenus.ca)

**Family Seasonal Celebration**

Come join us for this parent-child interactive fun-filled program of festive activities, singing & dancing! We welcome families to share their cultural holiday and winter traditions for this family celebration and to dress in any festive clothing you would like. We will continue to have open play and end off with a festive circle time!

**Schedule:** Parkway Forest, , Friday, December 20, 9:00-11:00am

**Schedule:** Ernest PS, Tuesday, December 17, 9:30-11:30am

**Schedule:** Flemington Park, Wednesday, Dec 18, 9:30am-11:30am

### PRE-REGISTRATION INDOOR PROGRAMS

**PWF Festive Cooking and Baking (for families with children from 2—6 years of age ONLY)**

This 3-week parent-child interactive program offers the opportunity for families to participate in some simple, hands-on healthy cooking and baking activities to help enjoy this festive season!

**\*NOTE\*** Families can only join/register at one centre

**Schedule:** Parkway Forest—Wednesdays, December 04-18, 9:30-11:30am

**Register:** <https://pwf-festive-cooking-and-baking-dec-2024.eventbrite.ca>

**EPS Festive Cooking and Baking (for families with children from 2—6 years of age ONLY)**

This 3-week parent-child interactive program offers the opportunity for families to participate in some simple, hands-on healthy cooking and baking activities to help enjoy this festive season!

**\*NOTE\*** Families can only join/register at one centre

**Schedule:** Ernest Public School—Thursdays, December 05-19, 1:30-3:30pm

**Register:** <https://eps-festive-cooking-and-baking-dec-2024.eventbrite.ca>

**FP Festive Cooking and Baking (for families with children from 2—6 years of age ONLY)**

This 3-week parent-child interactive program offers the opportunity for families to participate in some simple, hands-on healthy cooking and baking activities to help enjoy this festive season!

**\*NOTE\*** Families can only join/register at one centre

**Schedule:** Flemington Park—Thursdays, December 05-19, 9:30-11:30am

**Register:** <https://fp-festive-cooking-and-baking-dec-2024.eventbrite.ca>

**Universal Newborn Hearing Screening with Surrey Place (by appt. only through Surrey Place)**

**Schedule:** Thursdays, November 07-28, 9:00am-3:00pm

To make an appointment for your newborn, please call 1(833) 575-5437

Or click the link: <https://www.surreyplace.ca/hearingscreening/>

If you have any questions, please call us from **Monday to Friday between 8:30am and 4:30pm at**

**(416) 496-2601**

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### OUTDOOR PARENT-CHILD PROGRAMS

#### Let's Get Outdoors! - For families with children from birth to 6 years of age

Join us for some fun in the park! Come and explore the outdoors with our educators and other families. The program will include active movement, circle time, creative activities, and lots of fun outside. This program will be offered at three different parks (see list below).

**\*NEW\* Outdoors will now be available in the mornings only, while indoor programming will take place in the afternoon.**

> **Old Sheppard Park** - 101 Old Sheppard Ave, North York, ON M2J 3L5 (Brian Avenue/Old Sheppard Avenue)

**Meeting Place:** North west corner of the park in the treed area

**Schedule:** Wednesdays, December 05-19, 9:30-11:30am

> **Parkway Forest Park** - 80 Parkway Forest Dr, North York, ON M2J 1P2

**Meeting Place:** **\*NEW\*** South East corner of park near the playground structure

**Schedule:** Thursdays, December 04-18, 09:30-11:30am

> **Flemingdon Park** - 150 Grenoble Dr, North York, ON M3C 1B9

**Meeting Place:** In the playground, beside the Flemingdon Park Community Centre

**Schedule:** Tuesdays, December 03-17, 09:30-11:30am

### OUTDOOR Program —TIPS FOR FAMILIES

#### Natural Vitamin D

20 minutes of sunlight beats supplements for vital Vitamin D, your secret weapon against viruses!

#### Program Time

Please know you are not obligated to stay for the entire duration of the program, stay as long as you like!

#### Fresh Air

Fresh air is your ally in the fight against indoor bacteria buildup. Step outside and breathe in the crisp, clean air for a refreshing boost!

#### Mental Health

The chilly season brings fresh hurdles, but conquering them outdoors is the key to boosting children's mental well-being!

#### Sleep

The secret to healthy sleeping patterns all year round? Spending time outdoors! Embrace the great outdoors for better sleep!

#### Stress

Find Relief in Nature: Spending time outdoors has shown to reduce anxiety in both children and adults.

If you have any questions, please call us from **Monday to Friday** between **8:30am and 4:30pm** at

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