



## Don Valley East Parkway Forest EarlyON Child and Family Centres ~ November 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](tel:(416)618-2970) or [nalvarez@familydaycare.com](mailto:nalvarez@familydaycare.com)

**Registration for our pre-registered programs is on Eventbrite from Tuesday, October 15 at 12pm until Tuesday, October 22 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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**“Remembrance Day (Monday, November 11th) is when the country stops for two minutes of silence, to pay respects to those who gave their lives and our veterans who fought for our freedom.”—Douglas Phillips, Canadian writer**

**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 November 04-25	Tuesday November 05-26	Wednesday November 06-27	Thursday November 07-28	Friday November 01-29	Saturday November 02-30
<b>Family Time</b> 9:00-11:00am  <b>Family Time</b> 1:30-3:30pm  <b>WoodGreen Community Services</b> Nov 18 ONLY 9:00-11:00am	<b>Better Beginnings Infant Program</b> 9:30-11:30am (see pg. 3 for details)  <b>Baby Time</b> 1:30-3:30pm Nov 05, 19, 26  <b>Baby Food Basics</b> 1:30-3:30pm Nov 12 (drop-in) (see pg. 4 for details)  <b>Family Time</b> 5:30-7:30pm	<b>Fun With Toddlers</b> 9:00-11:00am (registration required; see pg. 3 for details)  <b>Family Time</b> 1:30-3:30pm	See pg. 4 for details  <b>Let's Get Outdoors Parkway Forest Park</b> 9:30-11:30am  <b>*NEW* Open Door</b> 1:30-3:30pm  <b>Universal Newborn Hearing Screening</b> 9:00-3:00pm (see pg. 3 for details)	<b>Family Time</b> 9:00-11:00am  <b>Open Door</b> 11:00-1:00pm  <b>SickKids CALIPER Clinic</b> Nov 01 9:30-3:00pm (see pg. 3 for details)  <b>Toronto Public Health Nurse</b> Nov 08 @ 930-1030am	<b>Family Time</b> 9:30-11:30am  <b>Open Door</b> 12:30-2:30pm

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

Monday November 04-25	Tuesday November 05-26	Wednesday November 06-27	Thursday November 07-28	Friday November 01-29	Saturday November 02-30
<b>Family Time</b> 9:30-11:30am  <b>Family Time</b> 1:30-3:30pm	<b>Family Time</b> 9:30-11:30am  <b>Family Time</b> 1:30-3:30pm  <b>Toronto Public Health Nurse</b> Nov 05 @ 10-11am	See pg. 4 for details  <b>Let's Get Outdoors Old Sheppard Park</b> 9:30-11:30am  <b>*NEW* Open Door</b> 1:30-3:30pm	<b>Family Time</b> 9:30-11:30am  <b>Preschool Cooking to Learn</b> 1:30-3:30pm (registration required; see pg. 3 for details)	<b>*Centre closed*</b>  <b>See Other Centres' Indoor Schedule</b>	<b>*Centre closed*</b>  <b>See Parkway Forest Indoor Schedule above</b>

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

Monday November 04-25	Tuesday November 05-26	Wednesday November 06-27	Thursday November 07-28	Friday November 01-29	Saturday November 02-30
<b>Family Time</b> 9:30-11:30am  <b>Open Door</b> 11:30-1:30pm  <b>Afghan Women's Org.</b> Nov 11 ONLY 10:30-11:30am  <b>Toronto Public Library</b> Nov 11 @ 11:00am	See pg. 4 for details  <b>Let's Get Outdoors Flemingdon Park</b> 9:30-11:30am  <b>*NEW* Open Door</b> 1:00-3:00pm	<b>Family Time</b> 9:30-11:30am  <b>Open Door</b> 11:30-1:30pm  <b>Toronto Public Health Nurse</b> Nov 06 @ 10-11am	<b>Early Communication</b> 9:30-11:30am Oct 24-Nov 28 (registration closed)  <b>Family Time</b> 1:00-3:00pm	<b>Family Time</b> 9:30-11:30am  <b>Toilet Training Workshop</b> 10:00-11:00am Nov 15 ONLY (registration required; see pg. 4 for details)	<b>*Centre closed*</b>  <b>See Parkway Forest Indoor Schedule above</b>

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, November 05, 19, and 26, 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, November 05-26, 9:30am-11:30pm

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

### PRE-REGISTRATION INDOOR PROGRAMS

#### Fun With Toddlers (for families with children from 18mos to 2 1/2 years of age ONLY)

This 4-week parent-child interactive program will focus on sensory, cooking, music, and gross motor play. All designed for your toddler's development!

**Schedule:** Parkway Forest—Wednesdays, November 06-27, 9:00-11:00am

**Register:** <https://pwf-fun-with-toddlers-nov-2024.eventbrite.ca>

#### SickKids CALIPER Clinic

Caliper is a nation-wide initiative working to help healthcare workers accurately diagnose and treat children at SickKids. Participation will involve: completion of consent form and questionnaire, waist, height, and weight measurements & a small blood donation. Giveaways will be provided. The clinic is run in partnership with SickKids.

**Schedule:** Parkway Forest—Friday, November 01, 9:30-3:00pm (*walk-ins are welcome*)

**Register:** [SickKids Caliper](#)

#### Preschool Cooking To Learn (for families with children from 2 1/2 to 6 years of age ONLY)

This four-week parent-child interactive program offers the opportunity for preschoolers and their parents/caregivers to participate in some simple, hands-on and healthy cooking and baking activities. To accommodate this program at Ernest Public School EarlyON, the recipes will all be no bake recipes for kids.

**Schedule:** Ernest Public School—Thursdays, November 07-28, 1:30-3:30pm

**Register:** <https://eps-cooking-to-learn-nov-2024.eventbrite.ca>

#### Early Communication (for families with children from 18 months to 4 years of age)

**Schedule:** Flemingdon Park—Thursdays, October 24–November 28, 9:30-11:30am

**Register:** *Registration closed*

#### 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](tel:18335755437)

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

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### PARENT/CAREGIVERS INDOOR PROGRAMS

#### Baby Food Basics (for families with children from birth-18 months ONLY)

Parents and caregivers are invited to join us for this one-day workshop to learn when and how to introduce solids to your baby, how to prepare and store home-made baby food safely, and more! This program is offered in partnership with Food Share.

**Schedule:** Parkway Forest—Tuesday, November 12 ONLY, 1:30-3:30pm (*Drop-in program*)

#### Toilet Training workshop (for families with children from birth to 6 years of age ONLY)

Join us for a one day toilet training workshop with our Family Support Worker. Families will have the opportunity to learn some tips about toilet training and ask questions to help support this transition. Child minding is provided for children who are over two years old.

**Schedule:** Flemingdon Park—Friday, November 15 ONLY, 10:00-11:00am (See page 2 for details)

**Register:** <https://fp-toilet-training-nov-2024.eventbrite.ca>

### 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, November 06-27 and 28, 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, November 07-28, 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, November 05-26, 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.

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