



Don Valley East Parkway Forest EarlyON Child and Family Centres ~ October 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

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, September 17 at 12pm until Tuesday, September 24 at 12pm.
Please see page 3 for the registration links

All of our programs are subject to change.
Please check www.familydaycare.com/earlyON for updates.
We serve families across Toronto in the following neighbourhoods:

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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The centres are closed on:
 October 05—Open Doors at Kortright
 October 07—Professional Development
 October 12 & 14—Thanksgiving

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 October 21-28	Tuesday October 01-29	Wednesday October 02-30	Thursday October 03-31	Friday October 04-25	Saturday October 19-26
Family Time 9:00-11:00am Family Time 1:30-3:30pm WoodGreen Community Services Oct 21 ONLY 9:00-11:00am No programs on Oct 07 Professional Development No programs on Oct 14 Thanksgiving	Better Beginnings Infant Program 9:30-11:30am (see pg. 3 for details) Baby Time 1:30-3:30pm Family Time 5:30-7:30pm	Toddler/Preschool Cooking To Learn 9:30-11:30am (registration required; see pg. 3 for details) Family Time 1:30-3:30pm	See pg. 4 for details Let's Get Outdoors Parkway Forest Park 9:30-11:30am Let's Get Outdoors Parkway Forest Park 1:30-3:30pm Universal Newborn Hearing Screening (see pg. 3 for details)	Family Time 9:00-11:00am Open Door 11:00-1:00pm Toronto Public Health Oct 11 @ 930-1030am	Family Time 9:30-11:30am Open Door 12:30-2:30pm No programs on October 05 Open Doors at Kortright No programs on October 12 Thanksgiving Weekend

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

Monday October 21-28	Tuesday October 01-29	Wednesday October 02-30	Thursday October 03-31	Friday October 04-25	Saturday October 19-26
Family Time 9:30-11:30am Family Time 1:30-3:30pm No programs on Oct 07 Professional Development No programs on Oct 14 Thanksgiving	Family Time 9:30-11:30am Family Time 1:30-3:30pm Toronto Public Health Oct 08 @ 10-11am	See pg. 4 for details Let's Get Outdoors Old Sheppard Park 9:30-11:30am Let's Get Outdoors Old Sheppard Park 1:30-3:30pm	Family Time 9:30-11:30am Preschool Fun With Numbers 1:30-3:30pm (registration required; see pg. 3 for details)	*Centre closed* See Other Centres' Indoor Schedule	*Centre closed* See Parkway Forest Indoor Schedule above

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

Monday October 21-28	Tuesday October 01-29	Wednesday October 02-30	Thursday October 03-31	Friday October 04-25	Saturday October 19-26
Family Time 9:30-11:30am Open Door 11:30-1:30pm Afghan Women's Org. Oct 21 ONLY 10:30-11:30am Toronto Public Library Oct 21 @ 11:00am No programs on Oct 07 Professional Development No programs on Oct 14 Thanksgiving	See pg. 4 for details Let's Get Outdoors Flemingdon Park 9:30-11:30am Let's Get Outdoors Flemingdon Park 1:00-3:00pm	Family Time 9:30-11:30am Open Door 11:30-1:30pm Toronto Public Health Oct 09 @ 10-11am	Mother Goose 9:30-11:30am Sept 12-Oct 17 (registration closed) Early Communication 9:30-11:30am Oct 24-Nov 28 (registration required; see pg. 3 for details) Family Time 1:00-3:00pm	Family Time 9:30-11:30am	*Centre closed* See Parkway Forest Indoor Schedule above

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

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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, October 01-29, 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, October 01-29, 9:30am-11:30pm

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

PRE-REGISTRATION INDOOR PROGRAMS

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

This four-week parent-child interactive program offers the opportunity for toddlers/preschoolers and their parents/caregivers to participate in some simple, hands-on and healthy cooking and baking activities.

***Families who signed up for September Cooking to Learn is not eligible in order to allow other families to join**

Schedule: Parkway Forest—Wednesdays, October 02-30, 9:30-11:30am

Register: <https://eps-fun-with-numbers-oct-2024.eventbrite.ca>

Preschool Fun with Numbers (for families with children from 2 1/2 to 6 years of age ONLY)

This five-week parent-child interactive preschool program will feature hands-on activities that support children's early numeracy skills. The focus will be on estimation, sorting, patterning, number recognition, determining quantities, and measuring.

***No younger siblings**

Schedule: Ernest Public School—Thursdays, October 03-31, 1:30-3:30pm

Register: <https://pwf-cooking-to-learn-oct-2024.eventbrite.ca>

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

This program is for families who have concerns or questions about their child's communication skills. In this 6 week program, you will learn more about how your child communicates, learn strategies to help you at home, discover games and activities that build interaction and find out what skills your child needs to get ready for talking. This program is run in partnership with the Lumenus Speech and Language Program.

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

Register: <https://fp-early-communication-oct-2024.eventbrite.ca>

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

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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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).

> **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, October 02-30 and 28, 9:30-11:30am & 1:30-3:30pm

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

(Parkway Forest Drive and Cetus Starway)

Meeting Place: North east side of the park by the baseball diamond

Schedule: Thursdays, October 03-31, 09:30-11:30am & 1:30-3:30pm

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

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

Schedule: Tuesdays, October 01-29, 09:30-11:30am & 1:00-3:00pm

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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