



Don Valley East Parkway Forest EarlyON Child and Family Centres ~ April 2025 Program Calendar ~

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

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

Registration for our pre-registered programs is on Eventbrite from Tuesday, March 11 at 12pm until Tuesday, March 18 at 12pm.

Please see page 5 for the registration links

All centres will be closed on April 18th, Good Friday.

Don Valley Parkway Forest is closed on April 19th, Easter Weekend.

Flemingdon Park centre is closed on April 21st, Easter Monday.

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

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:

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

FREE PROGRAMS for 0-6 years of age

Registration for our pre-registered programs is on Eventbrite from Tuesday, March 11 at 12pm until Tuesday, March 18 at 12pm.
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Don Valley Parkway Forest - 121 Parkway Forest Drive, Toronto, M2J H4 April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
NOTE: Schedules are subject to change.	Better Beginnings Infant Program 9:30-11:30am <i>(see pg. 5 for details)</i> Baby Time 1:00-3:30pm Family Time 5:30-7:30pm	Baby's First Year 9:00-11:30am <i>(registration required; see pg. 5 for details)</i> Family Time 1:30-4:00pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Indoor Gym 1:30-3:30pm <i>(see pg. 5 for details)</i> Newborn Hearing 9:00-3:00pm	Family Time 9:00-11:00am <i>(Drop-in Infant Massage)</i> Open Door 11:00-1:00pm	Family Time 9:00-11:30am Open Door 12:30-3:00pm
7	8	9	10	11	12
Family Time 9:00-11:30am Family Time 1:30-4:00pm	Better Beginnings Infant Program 9:30-11:30am <i>(see pg. 5 for details)</i> Baby Time 1:00-3:30pm Family Time 5:30-7:30pm	Baby's First Year 9:00-11:30am <i>(registration required; see pg. 5 for details)</i> Family Time 1:30-4:00pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Indoor Gym 1:30-3:30pm <i>(see pg. 5 for details)</i> Newborn Hearing 9:00-3:00pm <i>(see pg. 6 for details)</i>	Family Time 9:00-11:00am <i>(Drop-in Infant Massage)</i> Open Door 11:00-1:00pm Toronto Public Health Nurse 9:30-10:30am	Family Time 9:00-11:30am Open Door 12:30-3:00pm
14	15	16	17	18	19
Family Time 9:00-11:30am Family Time 1:30-4:00pm	Better Beginnings Infant Program 9:30-11:30am <i>(see pg. 5 for details)</i> Baby Time 1:00-3:30pm Family Time 5:30-7:30pm	Baby's First Year 9:00-11:30am <i>(registration required; see pg. 5 for details)</i> Family Time 1:30-4:00pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Indoor Gym 1:30-3:30pm <i>(see pg. 5 for details)</i> Newborn Hearing 9:00-3:00pm <i>(see pg. 6 for details)</i>	No Programs Good Friday	No Programs Easter Weekend
21	22	23	24	25	26
Family Time 9:00-11:30am Family Time 1:30-4:00pm WoodGreen Community Services 9:00-11:00am	Better Beginnings Infant Program 9:30-11:30am <i>(see pg. 5 for details)</i> Baby Time 1:00-3:30pm Family Time 5:30-7:30pm	Baby's First Year 9:00-11:30am <i>(registration required; see pg. 5 for details)</i> Family Time 1:30-4:00pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Indoor Gym 1:30-3:30pm <i>(see pg. 5 for details)</i> Newborn Hearing 9:00-3:00pm <i>(see pg. 6 for details)</i>	Family Time 9:00-11:00am Open Door 11:00-1:00pm	Family Time 9:00-11:30am Open Door 12:30-3:00pm
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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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FREE PROGRAMS for 0-6 years of age

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Ernest PS - 150 Cherokee Blvd, Toronto, M2J 4A4 April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
NOTE: Schedules are subject to change.	Family Time 9:30-12:00pm Baby Time 1:30-3:30pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am *NEW* Open Door Active Play 1:30-3:30pm	Family Time 9:30-11:30am Early Communication 1:30-4:00pm (registration closed)	Family Time 9:30-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
7	8	9	10	11	12
Family Time 9:30-12:00pm Family Time 1:30-3:30pm	Family Time 9:30-12:00pm Baby Time 1:30-3:30pm Toronto Public Health Nurse 10:00-11:00am	See pg. 6 for details Let's Get Outdoors 9:30-11:30am *NEW* Open Door Active Play 1:30-3:30pm	Family Time 9:30-11:30am Early Communication 1:30-4:00pm (registration closed)	Family Time 9:30-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
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Flemingdon Park - 150 Grenoble Drive, Toronto, M3C 1E3 April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
NOTE: Schedules are subject to change.	See pg. 6 for details Let's Get Outdoors 9:30-11:30am *NEW* Open Door Active Play 1:00-3:00pm	Family Time 9:00-11:30am Open Door 11:30-1:30pm	*NEW* Family Time 9:00-11:30am Preschool Fun with Numbers 1:00-3:00pm <i>(registration required; see pg. 5 for details)</i>	Family Time 9:00-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
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Family Time 9:00-11:30am Open Door 11:30-1:30pm WoodGreen Community Services 9:00-11:00am	See pg. 6 for details Let's Get Outdoors 9:30-11:30am *NEW* Open Door Active Play 1:00-3:00pm	Family Time 9:00-11:30am Open Door 11:30-1:30pm Toronto Public Health Nurse 10:00-11:00am	*NEW* Family Time 9:00-11:30am Preschool Fun with Numbers 1:00-3:00pm <i>(registration required; see pg. 5 for details)</i>	Eating on a Healthy Budget Workshop 9:00-12:00pm <i>(registration required; see pg. 5 for details)</i>	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
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Family Time 9:00-11:30am Open Door 11:30-1:30pm Toronto Public Library 11:00-11:30am	See pg. 6 for details Let's Get Outdoors 9:30-11:30am *NEW* Open Door Active Play 1:00-3:00pm	Family Time 9:00-11:30am Open Door 11:30-1:30pm	*NEW* Family Time 9:00-11:30am Preschool Fun with Numbers 1:00-3:00pm <i>(registration required; see pg. 5 for details)</i>	No Programs Good Friday	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
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Please see page 5 for the registration links

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 calendar pages 2-4 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.

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

Similar to Open Door with a focus on active play, providing an indoor gym space for imaginative play and movement-based learning.

Schedule: Please see calendar pages 2-4 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, April 01-29, 1:00-3:30pm (See page 2 for details)

Schedule: Ernest PS—Tuesdays, April 01-29, 1:30-3:30pm (See page 3 for details)

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

Schedule: Tuesdays, April 01-29, 9:30am-11:30pm

For more information, call 647-529-4511 or email asasani@lumenus.ca

PRE-REGISTRATION INDOOR PROGRAMS

Baby's First Year (for families with children from birth to 18 months ONLY)

Join us with your baby for this 5-week parenting program that will focus on baby's first year of development. Families are welcome to ask questions and share concerns with the staff and community partners. Each week we will focus on a different topic and a light snack will be offered.

Schedule: Parkway Forest—Wednesdays, April 02-30, 9:00-11:30am

Register: <https://babys-first-year-april-2025.eventbrite.ca>

Indoor Gym (for families with children from birth—6 years of age ONLY)

Physical activity is an integral and beneficial part of any child's growth, helping to build a child's self-esteem, confidence, physical skills, and brain health. Indoor gym is just that...a little gym that encourages imaginative play and movement-based learning.

Schedule: Parkway Forest—Thursdays, April 03-24, 1:30-3:30pm

Register: <https://indoor-gym-april-2025.eventbrite.ca>

Eating on a Healthy Budget Workshop (for families with children from birth to 6 years of age ONLY)

Join us for a one-day eating on a healthy budget workshop offered in partnership with Toronto Public Health. The workshop will include tips for meal planning, how to maximize household grocery budget, and "best buys" in all food categories. A light snack will be offered. Child minding is provided for children who are over two years old.

Schedule: Flemingdon Park—Friday, April 11, 9:00-12:00pm (See page 2 for details)

Register: <https://eating-on-a-healthy-budget-apr-2025.eventbrite.ca>

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

This 4-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.

Schedule: Flemingdon Park—Thursdays, April 03-24, 1:00-3:00pm

Register: <https://fun-with-numbers-april-2025.eventbrite.ca>

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

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Page 5

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OUTDOOR PARENT-CHILD PROGRAMS

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

Schedule: Thursdays, April 03-24, 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/>

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).

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

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

Schedule: Thursdays, April 03-24, 09:30-11:30am

> **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, April 02-30, 9:30-11:30am

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

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

Schedule: Tuesdays, April 01-29, 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

Every season brings its own challenges, but embracing the outdoors is the key to boosting children's mental well-being—rain, snow, or shine!

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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