



# Don Valley East Parkway Forest EarlyON Child and Family Centres ~ February 2026 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](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, January 13 at 12pm until Tuesday, January 20 at 12pm.**

**Please see page 5 for the registration links**

**Happy Family Day to all our families!**

**Wishing you all an amazing fun-filled day full of laughter, joy, and quality time spent with loved ones!**

**The centres are closed on February 14 & 16.**

**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](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

# FREE PROGRAMS for 0-6 years of age

Registration for our pre-registered programs is on Eventbrite from Tuesday, January 13 at 12pm until Tuesday, January 20 at 12pm.  
Please see page 5 for the registration links

## Don Valley Parkway Forest - 121 Parkway Forest Drive, Toronto, M2J 5H4 February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Family Time</b> 9:00-11:30am  <b>Family Time</b> 1:30-4:00pm	<b>Better Beginnings Infant Program</b> 9:30-11:30am <i>(see pg. 6 for details)</i>  <b>Baby Time</b> 1:00-3:30pm  <b>Family Time</b> 5:30-7:30pm	<b>Early Communication</b> 9:00-11:30am <i>(registration required; see pg. 5 for details)</i>  <b>Family Time</b> 1:30-4:00pm	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Nobody's Perfect</b> 1:30-3:30pm <i>(registration required; see pg. 5 for details)</i>  <b>Newborn Hearing</b> 9:00-3:00pm <i>(see pg. 6 for details)</i>	<b>Family Time</b> 9:00-11:00am  <b>Open Door</b> 11:00-1:00pm  <b>Nutrition Q&amp;A</b> 10:00-11:00am  <b>Infant Massage</b> 9:30-11:30am Drop-in <i>(see pg. 6 for details)</i>	<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 11:30-3:00pm
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Family Time</b> 9:00-11:30am  <b>Family Time</b> 1:30-4:00pm	<b>Better Beginnings Infant Program</b> 9:30-11:30am <i>(see pg. 6 for details)</i>  <b>Baby Time</b> 1:00-3:30pm  <b>Family Time</b> 5:30-7:30pm	<b>Early Communication</b> 9:00-11:30am <i>(registration required; see pg. 5 for details)</i>  <b>Family Time</b> 1:30-4:00pm	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Nobody's Perfect</b> 1:30-3:30pm <i>(registration required; see pg. 5 for details)</i>  <b>Newborn Hearing</b> 9:00-3:00pm <i>(see pg. 6 for details)</i>	<b>Family Time</b> 9:00-11:00am  <b>Open Door</b> 11:00-1:00pm  <b>Toronto Public Health Nurse</b> 10:00-11:00am  <b>Infant Massage</b> 9:30-11:30am Drop-in <i>(see pg. 6 for details)</i>	<b>No Programs Family Day Long Weekend</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>No Programs Family Day</b>	<b>Better Beginnings Infant Program</b> 9:30-11:30am <i>(see pg. 6 for details)</i>  <b>Baby Time</b> 1:00-3:30pm  <b>Family Time</b> 5:30-7:30pm	<b>Early Communication</b> 9:00-11:30am <i>(registration required; see pg. 5 for details)</i>  <b>Family Time</b> 1:30-4:00pm	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Nobody's Perfect</b> 1:30-3:30pm <i>(registration required; see pg. 5 for details)</i>  <b>Newborn Hearing</b> 9:00-3:00pm <i>(see pg. 6 for details)</i>	<b>Family Time</b> 9:00-11:00am  <b>Open Door</b> 11:00-1:00pm  <b>Infant Massage</b> 9:30-11:30am Drop-in <i>(see pg. 6 for details)</i>	<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 11:30-3:00pm
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Family Time</b> 9:00-11:30am  <b>Family Time</b> 1:30-4:00pm	<b>Better Beginnings Infant Program</b> 9:30-11:30am <i>(see pg. 6 for details)</i>  <b>Baby Time</b> 1:00-3:30pm  <b>Family Time</b> 5:30-7:30pm	<b>Early Communication</b> 9:00-11:30am <i>(registration required; see pg. 5 for details)</i>  <b>Family Time</b> 1:30-4:00pm	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Nobody's Perfect</b> 1:30-3:30pm <i>(registration required; see pg. 5 for details)</i>  <b>Newborn Hearing</b> 9:00-3:00pm <i>(see pg. 6 for details)</i>	<b>Family Time</b> 9:00-11:00am  <b>Open Door</b> 11:00-1:00pm  <b>Infant Massage</b> 9:30-11:30am Drop-in <i>(see pg. 6 for details)</i>	<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 11:30-3:00pm
<b>Scan the QR Code to see our monthly calendar on your device</b>		<b>NOTE: Schedules are subject to change</b>  <b>NOTE: Reminder to please bring <u>indoor shoes/socks.</u></b>			

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

Registration for our pre-registered programs is on Eventbrite from Tuesday, January 13 at 12pm until Tuesday, January 20 at 12pm.  
Please see page 5 for the registration links

## Ernest PS - 150 Cherokee Blvd, Toronto, M2J 4A4 February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
Family Time 9:30-12:00pm  Family Time 1:30-3:30pm	Family Time 9:30-12:00pm  <b>Zumbini</b> 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Baby Time</b> 1:30-3:30pm	Family Time 9:30-11:30am  <b>Sweet Signs</b> 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>	Family Time 9:30-12:30pm	*Centre closed*  See Parkway Forest Indoor Schedule pg. 2
9	10	11	12	13	14
Family Time 9:30-12:00pm  Family Time 1:30-3:30pm	Family Time 9:30-12:00pm  <b>Zumbini</b> 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>  <b>Toronto Public Health Nurse</b> 10:00-11:00am	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Baby Time</b> 1:30-3:30pm	Family Time 9:30-11:30am  <b>Sweet Signs</b> 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>	Family Time 9:30-12:30pm	*Centre closed*  See Parkway Forest Indoor Schedule pg. 2
16	17	18	19	20	21
<b>No Programs Family Day</b>	Family Time 9:30-12:00pm  <b>Zumbini</b> 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Baby Time</b> 1:30-3:30pm	Family Time 9:30-11:30am  <b>Sweet Signs</b> 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>  <b>Nutrition Q&amp;A</b> 10:00-11:00am	Family Time 9:30-12:30pm	*Centre closed*  See Parkway Forest Indoor Schedule pg. 2
23	24	25	26	27	28
Family Time 9:30-12:00pm  Family Time 1:30-3:30pm	Family Time 9:30-12:00pm  <b>Zumbini</b> 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Baby Time</b> 1:30-3:30pm	Family Time 9:30-11:30am  <b>Sweet Signs</b> 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>	Family Time 9:30-12:30pm	*Centre closed*  See Parkway Forest Indoor Schedule pg. 2
Scan the QR Code to see our monthly calendar on your device		<b>NOTE: Schedules are subject to change</b>  <b>NOTE: Reminder to please bring <u>indoor</u> shoes/socks.</b>			



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# FREE PROGRAMS for 0-6 years of age

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Please see page 5 for the registration links

## Flemington Park - 150 Grenoble Drive, Toronto, M3C 1E3 February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 1:30-3:30pm  <b>WoodGreen Community Services</b> 9:00-11:00am	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Open Door</b> 1:30-4:00pm	<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 1:30-3:30pm	<b>Read Aloud Together</b> 9:00-11:30am <i>(registration required; see pg. 5 for details)</i>  <b>Family Time</b> 1:30-4:00pm	<b>Family Time</b> 9:00-12:00pm	*Centre closed*  <b>See Parkway Forest Indoor Schedule pg. 2</b>
9	10	11	12	13	14
<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 1:30-3:30pm  <b>Nutrition Q&amp;A</b> 10:00-11:00am	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Open Door</b> 1:30-4:00pm	<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 1:30-3:30pm  <b>Toronto Public Health Nurse</b> 10:00-11:00am	<b>Read Aloud Together</b> 9:00-11:30am <i>(registration required; see pg. 5 for details)</i>  <b>Family Time</b> 1:30-4:00pm	<b>Family Time</b> 9:00-12:00pm	*Centre closed*  <b>See Parkway Forest Indoor Schedule pg. 2</b>
16	17	18	19	20	21
<b>No Programs Family Day</b>	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Open Door</b> 1:30-4:00pm	<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 1:30-3:30pm	<b>Read Aloud Together</b> 9:00-11:30am <i>(registration required; see pg. 5 for details)</i>  <b>Family Time</b> 1:30-4:00pm	<b>Behaviour Guidance</b> 9:00-12:00am <i>(registration required; see pg. 5 for details)</i>	*Centre closed*  <b>See Parkway Forest Indoor Schedule pg. 2</b>
23	24	25	26	27	28
<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 1:30-3:30pm	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Open Door</b> 1:30-4:00pm	<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 1:30-3:30pm	<b>Read Aloud Together</b> 9:00-11:30am <i>(registration required; see pg. 5 for details)</i>  <b>Family Time</b> 1:30-4:00pm	<b>Family Time</b> 9:00-12:00pm	*Centre closed*  <b>See Parkway Forest Indoor Schedule pg. 2</b>
<b>Scan the QR Code to see our monthly calendar on your device</b>		<b>NOTE: Schedules are subject to change</b>  <b>NOTE: Reminder to please bring <u>indoor shoes/socks.</u></b>			



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**Tuesday, January 13 at 12pm until Tuesday, January 20 at 12pm.**

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.

**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, Feb 03-24, 1:00-3:30pm (See page 2 for details)

**Schedule:** Ernest PS—Wednesdays, Feb 04-25, 1:30-3:30pm (See page 3 for details)

### PRE-REGISTRATION INDOOR PROGRAMS

#### Nobody's Perfect (for families with children from birth to 6 years of age ONLY)

Join us for this 6 week parenting program where parents & caregivers can connect, share, and learn together. Discussions will cover growth and development, safety, understanding your child's feelings, positive behaviour guidance, and everyday parenting stresses. This program is offered in partnership with Lumenus Community Services. *Child minding is available for children 2 years and up, and a light snack will be provided for families to enjoy!*

**Schedule:** Parkway Forest—Thursdays, Feb 05-Mar 12, 1:30-3:30pm

**Register:** <https://pwf-nobodys-perfect-feb-2026.eventbrite.ca>

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

This 6 week program is for parents/caregivers who have concerns or questions about their child's communication skills and/or language development. Participants will have the opportunity to learn how to support their child's language development and develop skills to build their child's communication skills. This program is run in partnership with the Lumenus Speech and Language Program.

**Schedule:** Parkway Forest—Wednesdays, Feb 04-Mar 11, 9:00-11:30am

**Register:** <https://pwf-early-communication-feb-2026.eventbrite.ca>

#### Zumbini (for families with children from birth to 6 years of age ONLY)

Zumbini is an active, music and movement class for children and adults. It promotes parent-child bonding while supporting your child's development—motor skills, language, social-emotional growth, and more. As your child experiences the joy of rhythm and movement, you'll also get a fun, energizing workout. It's a great chance to connect with other families in a positive and playful environment!

**Schedule:** Ernest Public School—Tuesdays, Feb 03-24, 1:30-4:00pm

**Register:** <https://eps-zumbini-feb-2026.eventbrite.ca>

#### Sweet Signs (for families with children from birth to 18 months ONLY)

This four week parent-child interactive program for infants will introduce families to sign language. Sign language can reduce frustration, heighten verbal growth and strengthen communication skills. Families will come together to connect with each other and to sign the alphabet, numbers and words to songs.

**Schedule:** Ernest Public School—Thursdays, Feb 05-26, 1:30-4:00pm

**Register:** <https://eps-sweet-signs-feb-2026.eventbrite.ca>

#### Read Aloud Together (for families with children from birth to 6 years of age ONLY)

The road to reading starts long before children learn letters and sounds. This program helps families build key literacy skills—like vocabulary, story comprehension, print awareness, and sound recognition. Discover *how* you share books matters just as much as *how often*. Learn easy, engaging strategies to make storytime a powerful tool for language and literacy development.

**Schedule:** Flemingdon Park—Thursdays, Feb 05-26, 9:00-11:30am

**Register:** <https://fp-read-aloud-together-feb-2026.eventbrite.ca>

#### Behaviour Guidance (for parents/caregivers)

Join us for a one-day behaviour guidance workshop with our Family Support Worker. Families will have the opportunity to learn some strategies regarding behaviour guidance and ask questions to help support their child. *Child minding is provided for children who are over two years old.*

**Schedule:** Flemingdon Park—Friday, Feb 20 ONLY, 9:00-12:00pm

**Register:** <https://fp-behaviour-guidance-feb-2026.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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### PARTNERSHIP PROGRAMS

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

**Schedule:** Tuesdays, Feb 03-24, 9:30am-11:30am

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

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

**Schedule:** Thursdays, Feb 05-26, 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/>

**Infant Massage (for families with children from birth-18 months ONLY)**

Don Valley Parkway Forest EarlyON will be hosting a drop-in Infant Massage Sessions in partnership with Centennial College.

Infant Massage is a traditional parenting practice which provides a loving connection between parent and infant starting early in life, strengthening this bond as the baby grows. This program will promote nurturing touch and communication between a parent and child. Come and discover the many benefits of a loving touch, and meet other parents as well.

**Schedule:** Parkway Forest—Fridays, Jan 23—Feb 27, 9:30-11:30am (See page 2 for details)

### 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).

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

**Meeting Place:** In the field park across from 7 Cetus Starway

**Schedule:** Thursdays, Feb 05-26, 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, Feb 04-25, 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, Feb 03-24, 9:30-11:30am

### 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.

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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