



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

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, December 16 at 12pm until Tuesday, December 23 at 12pm.**

Please see page 5 for the registration links

Please note all Centres are closed January 01st.

Please take time to review the calendar for NEW program scheduling hours.

Wishing all of our families a very Happy New Year!!!

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, December 16 at 12pm until Tuesday, December 23 at 12pm.
Please see page 5 for the registration links

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|
| | | | 1 | 2 | 3 |
| Scan the QR Code to see our monthly calendar on your device |  | NOTE: Schedules are subject to change NOTE: Reminder to please bring <u>indoor shoes/socks</u> . | No programs New Years Day | Family Time 9:00-11:00am Open Door 11:00-1:00pm Nutrition Q&A 10:00-11:00am | Family Time 9:00-11:30am NEW Open Door 11:30-3:00pm |
| 5 | 6 | 7 | 8 | 9 | 10 |
| Family Time 9:00-11:30am Family Time 1:30-4:00pm | Better Beginnings Infant Program 9:30-11:30am (see pg. 6 for details) Baby Time 1:00-3:30pm Family Time 5:30-7:30pm | Family Time 9:00-11:30am Open Door 1:30-4:00pm | See pg. 6 for details Let's Get Outdoors 9:30-11:30am Indoor Gym 1:30-3:30pm (registration required; see pg. 5 for details) Newborn Hearing 9:00-3:00pm (see pg. 6 for details) | Family Time 9:00-11:00am Open Door 11:00-1:00pm Toronto Public Health Nurse 10:00-11:00am | Family Time 9:00-11:30am NEW Open Door 11:30-3:00pm |
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You can also email us at DonValleyEastEarlyON@familydaycare.com

FREE PROGRAMS for 0-6 years of age

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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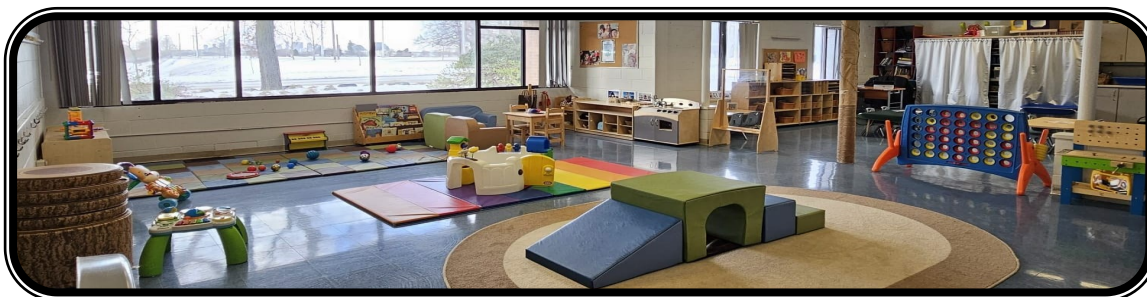
You can also email us at DonValleyEastEarlyON@familydaycare.com

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 January 2026

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|-----------------------------|---|
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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.

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, Jan 06-27, 1:00-3:30pm (See page 2 for details)

Schedule: Ernest PS—Wednesdays, Jan 07-28, 1:30-3:30pm (See page 3 for details)

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, Jan 20 ONLY, 1:00-3:30pm (Drop-in program)

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)

PRE-REGISTRATION INDOOR PROGRAMS

Indoor Gym (for families with children from birth to 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, Jan 08-29, 1:30-3:30pm

Register: <https://indoor-gym-jan-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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PARTNERSHIP PROGRAMS

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

Schedule: Tuesdays, Jan 06-27, 9:30am-11:30am

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

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

Schedule: Thursdays, Jan 08-29, 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/>

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, Jan 08-29, 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, Jan 07-28, 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, Jan 06-27, 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.

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