



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

FREE inclusive programs for families,
caregivers, and their children (newborn 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, February 11 at 12pm until Tuesday, February 18 at 12pm.

Please see page 5 for the registration links

Daylight Saving Time is on March 09, reminder to set the clocks 1 hour ahead!

March 20 is Spring Equinox, let's welcome the first day of Spring together!

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

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Don Valley Parkway Forest - 121 Parkway Forest Drive, Toronto, M2J H4 March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Family Time 9:00-11:30am Family Time 1:30-4:00pm	NOTE: Schedules are subject to change.	NOTE: Reminder to please bring <u>indoor shoes/socks</u>.	Scan the QR Code to see our monthly calendar on your device		1 Family Time 9:00-11:30am Open Door 12:30-3:00pm
3 Family Time 9:00-11:30am Family Time 1:30-4:00pm	4 Better Beginnings Infant Program 9:30-11:30am (see pg. 5 for details) Baby Time 1:00-3:30pm Family Time 5:30-7:30pm	5 Early Communication 9:00-11:30am Feb 05—Mar 12 (registration closed) Family Time 1:30-4:00pm	6 See pg. 6 for details Let's Get Outdoors 9:30-11:30am Indoor Gym 1:30-3:30pm (see pg. 5 for details) Newborn Hearing 9:00-3:00pm (see pg. 6 for details)	7 Family Time 9:00-11:00am Open Door 11:00-1:00pm Toronto Public Health Nurse 9:30-10:30am	8 Family Time 9:00-11:30am Open Door 12:30-3:00pm
10 Family Time 9:00-11:30am Family Time 1:30-4:00pm	11 Better Beginnings Infant Program 9:30-11:30am (see pg. 5 for details) Baby Time 1:00-3:30pm Family Time 5:30-7:30pm	12 Early Communication 9:00-11:30am Feb 05—Mar 12 (registration closed) Family Time 1:30-4:00pm	13 See pg. 6 for details Let's Get Outdoors 9:30-11:30am Indoor Gym 1:30-3:30pm (see pg. 5 for details) Newborn Hearing 9:00-3:00pm (see pg. 6 for details)	14 Family Time 9:00-11:00am Open Door 11:00-1:00pm	15 Family Time 9:00-11:30am Open Door 12:30-3:00pm
17 Family Time 9:00-11:30am Family Time 1:30-4:00pm WoodGreen Community Services 9:00-11:00am	18 Better Beginnings Infant Program 9:30-11:30am (see pg. 5 for details) Baby Time 1:00-3:30pm Family Time 5:30-7:30pm	19 Family Time 9:00-11:30am Open Door 1:30-4:00pm	20 See pg. 6 for details Let's Get Outdoors 9:30-11:30am Indoor Gym 1:30-3:30pm (see pg. 5 for details) Newborn Hearing 9:00-3:00pm (see pg. 6 for details)	21 Family Time 9:00-11:00am Open Door 11:00-1:00pm	22 Family Time 9:00-11:30am Open Door 12:30-3:00pm
24 Family Time 9:00-11:30am Family Time 1:30-4:00pm	25 Better Beginnings Infant Program 9:30-11:30am (see pg. 5 for details) Baby Time 1:00-3:30pm Family Time 5:30-7:30pm	26 Family Time 9:00-11:30am Open Door 1:30-4:00pm	27 See pg. 6 for details Let's Get Outdoors 9:30-11:30am Indoor Gym 1:30-3:30pm (see pg. 5 for details) Newborn Hearing 9:00-3:00pm (see pg. 6 for details)	28 Family Time 9:00-11:00am Open Door 11:00-1:00pm Infant Massage 9:30-11:30am Drop-in	29 Family Time 9:00-11:30am Open Door 12:30-3:00pm


If you have any questions, please call us from Monday to Friday between 8:30am and 4:30pm at
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FREE PROGRAMS for 0-6 years of age

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Ernest PS - 150 Cherokee Blvd, Toronto, M2J 4A4					
March 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1
Family Time 9:30-12:00pm Family Time 1:30-3:30pm	NOTE: Schedules are subject to change.	NOTE: Reminder to please bring <u>indoor shoes/socks.</u>	Scan the QR Code to see our monthly calendar on your device		*Centre closed* See Parkway Forest Indoor Schedule pg. 2
3	4	5	6	7	8
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 Open Door 1:30-3:30pm	Family Time 9:30-11:30am Open Door 1:30-4:00pm	Family Time 9:30-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
10	11	12	13	14	15
Family Time 9:30-12:00pm Family Time 1:30-3:30pm	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 Open Door 1:30-3:30pm	Family Time 9:30-11:30am Open Door 1:30-4:00pm	Family Time 9:30-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
17	18	19	20	21	22
Family Time 9:30-12:00pm Family Time 1:30-3:30pm	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 Open Door 1:30-3:30pm	Family Time 9:30-11:30am Early Communication 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>	Family Time 9:30-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
24	25	26	27	28	29
Family Time 9:30-12:00pm Family Time 1:30-3:30pm	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 Open Door 1:30-3:30pm	Family Time 9:30-11:30am Early Communication 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>	Family Time 9:30-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2



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Please see page 5 for the registration links

Flemingdon Park - 150 Grenoble Drive, Toronto, M3C 1E3 March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1
Family Time 9:00-11:30am Open Door 11:30-1:30pm	NOTE: Schedules are subject to change.	NOTE: Reminder to please bring <u>indoor shoes/socks.</u>	Scan the QR Code to see our monthly calendar on your device		*Centre closed* See Parkway Forest Indoor Schedule pg. 2
3	4	5	6	7	8
Family Time 9:00-11:30am Open Door 11:30-1:30pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Open Door 1:00-3:00pm	Family Time 9:00-11:30am Open Door 11:30-1:30pm Toronto Public Health Nurse 10:00-11:00am	Baby's First Year 9:00-11:30am <i>(registration required; see pg. 5 for details)</i> Baby Time 1:00-3:00pm	Family Time 9:00-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
10	11	12	13	14	15
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 Open Door 1:00-3:00pm	Family Time 9:00-11:30am Open Door 11:30-1:30pm	Baby's First Year 9:00-11:30am <i>(registration required; see pg. 5 for details)</i> Baby Time 1:00-3:00pm	Managing Stress Workshop 9:00-12:00pm <i>(registration required; see pg. 5 for details)</i>	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
17	18	19	20	21	22
Family Time 9:00-11:30am Open Door 11:30-1:30pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Open Door 1:00-3:00pm	Family Time 9:00-11:30am Open Door 11:30-1:30pm	Baby's First Year 9:00-11:30am <i>(registration required; see pg. 5 for details)</i> Baby Time 1:00-3:00pm	Family Time 9:00-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
24	25	26	27	28	29
Family Time 9:00-11:30am Open Door 11:30-1:30pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Open Door 1:00-3:00pm	Family Time 9:00-11:30am Open Door 11:30-1:30pm	Baby's First Year 9:00-11:30am <i>(registration required; see pg. 5 for details)</i> Baby Time 1:00-3:00pm	Family Time 9:00-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2



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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 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, March 04-25, 1:00-3:30pm (See page 2 for details)

Schedule: Ernest PS—Tuesdays, March 04-25, 1:30-3:30pm (See page 3 for details)

Schedule: Flemingdon Park—Thursdays, March 06-27, 1:00-3:00pm (See page 4 for details)

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

Schedule: Tuesdays, March 04-25, 9:30am-11:30pm

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

PRE-REGISTRATION INDOOR PROGRAMS

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, March 06-27, 1:30-3:30pm

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

Managing Stress Workshop (for families with children from birth to 6 years of age ONLY)

Join us for a one-day managing stress workshop offered in partnership with Toronto Public Health. The workshop will include the importance of self-care, the use of positive coping tools and access to support systems/resources. A light snack will be offered. Child minding is provided for children who are over two years old.

Schedule: Flemingdon Park—Friday, March 14, 9:00-12:00pm (See page 2 for details)

Register: <https://managing-stress-mar-2025.eventbrite.ca>

Baby's First Year (for families with children from birth to 12 months ONLY)

Join us with your baby for this 4-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: Flemingdon Park—Thursdays, March 06-27, 9:00-11:30am

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

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

This six-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: Ernest Public School—Thursdays, March 20-April 24, 1:30-4:00pm

Register: <https://early-communication-mar-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, March 06-27, 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, March 06-27, 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, March 05-26, 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, March 04-25, 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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