



Don Valley East Parkway Forest EarlyON Child and Family Centres ~ March 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, February 10 at 12pm until Tuesday, February 17 at 12pm.

Please see page 5 for the registration links

Daylight Saving Time is on March 08, 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

Registration for our pre-registered programs is on Eventbrite from Tuesday, February 10 at 12pm until Tuesday, February 17 at 12pm.
Please see page 5 for the registration links

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
Family Time 9:00-11:30am Family Time 1:30-4:00pm	Better Beginnings Infant Program 9:30-11:30am <i>(see pg. 6 for details)</i> Baby Time 1:00-3:30pm Family Time 5:30-7:30pm	Early Communication 9:00-11:30am <i>(registration closed)</i> Family Time 1:30-4:00pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Nobody's Perfect 1:30-3:30pm <i>(registration closed)</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 11:30-3:00pm
9	10	11	12	13	14
Family Time 9:00-11:30am Family Time 1:30-4:00pm Surrey Place Clinic Visit 9:30-11:00am <i>(see pg. 6 for details)</i>	Better Beginnings Infant Program 9:30-11:30am <i>(see pg. 6 for details)</i> Baby Time 1:00-3:30pm Family Time 5:30-7:30pm	Early Communication 9:00-11:30am <i>(registration closed)</i> Family Time 1:30-4:00pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Nobody's Perfect 1:30-3:30pm <i>(registration closed)</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 Toronto Public Health Nurse 10:00-11:00am	Family Time 9:00-11:30am Open Door 11:30-3:00pm
16	17	18	19	20	21
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. 6 for details)</i> 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 <i>(registration required; 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 11:30-3:00pm
23	24	25	26	27	28
Family Time 9:00-11:30am Family Time 1:30-4:00pm	Better Beginnings Infant Program 9:30-11:30am <i>(see pg. 6 for details)</i> 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 <i>(registration required; 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 *UPDATE* Closing Early for Staff Professional Development	Family Time 9:00-11:30am Open Door 11:30-3:00pm
30	31				
Family Time 9:00-11:30am Family Time 1:30-4:00pm	Better Beginnings Infant Program 9:30-11:30am <i>(see pg. 6 for details)</i> Baby Time 1:00-3:30pm Family Time 5:30-7:30pm		Scan the QR Code to see our monthly calendar on your device		NOTE: Schedules are subject to change NOTE: Reminder to please bring indoor shoes/socks.

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 March 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 Together We Play 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Baby Time 1:30-3:30pm	Family Time 9:30-11:30am Read Aloud Together 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 Together We Play 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i> Toronto Public Health Nurse 10:00-11:00am	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Baby Food Basics (drop-in) 1:30-3:30pm <i>(see pg. 6 for details)</i>	Family Time 9:30-11:30am Read Aloud Together 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>	Family Time 9:30-12:30pm WoodGreen Community Services 10:00-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
16	17	18	19	20	21
Family Time 9:30-12:00pm Family Time 1:30-3:30pm	Family Time 9:30-12:00pm Together We Play 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i>	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Baby Time 1:30-3:30pm	Family Time 9:30-11:30am Read Aloud Together 1:30-4:00pm <i>(registration required; see pg. 5 for details)</i> Nutrition Q&A 10:00-11:00am	Family Time 9:30-12:30pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
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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 March 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
Family Time 9:00-11:30am Open Door 1:30-3:30pm WoodGreen Community Services 9:00-11:00am	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Open Door 1:30-4:00pm	Family Time 9:00-11:30am Open Door 1:30-3:30pm	Baby's First Year 9:00-11:30am <i>(registration required; see pg. 5 for details)</i> Family Time 1:30-4:00pm	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 1:30-3:30pm Nutrition Q&A 10:00-11:00am	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Open Door 1:30-4:00pm	Family Time 9:00-11:30am Open Door 1:30-3:30pm 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> Family Time 1:30-4:00pm	Family Time 9:00-12:00pm	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
16	17	18	19	20	21
Family Time 9:00-11:30am Open Door 1:30-3:30pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Open Door 1:30-4:00pm	Family Time 9:00-11:30am Open Door 1:30-3:30pm	Baby's First Year 9:00-11:30am <i>(registration required; see pg. 5 for details)</i> Family Time 1:30-4:00pm	Self-Care 9:00-12:00am <i>(registration required; see pg. 5 for details)</i>	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
23	24	25	26	27	28
Family Time 9:00-11:30am Open Door 1:30-3:30pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Open Door 1:30-4:00pm	Family Time 9:00-11:30am Open Door 1:30-3:30pm	Early Communication 9:00-11:30am <i>(registration required; see pg. 5 for details)</i> Family Time 1:30-4:00pm	Family Time 9:00-11:00am *UPDATE* Closing Early for Staff Professional Development	*Centre closed* See Parkway Forest Indoor Schedule pg. 2
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Family Time 9:00-11:30am Open Door 1:30-3:30pm	See pg. 6 for details Let's Get Outdoors 9:30-11:30am Open Door 1:30-4:00pm		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>.



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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 ONLY)

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 ONLY)

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, Mar 03-31, 1:00-3:30pm (See page 2 for details)

Schedule: Ernest PS—Wednesdays, Mar 04, 18, 25, 1:30-3:30pm (See page 3 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, March 19 and 26, 1:30-3:30pm

Register: <https://indoor-gym-mar-2026.eventbrite.ca>

Together We Play (for families with children from birth to 6 years of age ONLY)

This 5-week parent-child interactive program invites families to come together and enjoy hands-on activities designed for all ages. The program will feature a variety of activities including active movement, cooking, sensory play, and art exploration, offering something special for everyone to enjoy!

Schedule: Ernest Public School—Tuesdays, Mar 03-31, 1:30-4:00pm

Register: <https://eps-together-we-play-mar-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: Ernest Public School—Thursdays, Mar 05-26, 1:30-4:00pm

Register: <https://eps-read-aloud-mar-2026.eventbrite.ca>

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

Join us with your baby for this 3-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. Each week we will focus on a different topic/activity and a light snack will be offered. This program is offered in partnership with Flemingdon Health Centre.

Schedule: Flemingdon Park—Thursdays, Mar 05, 12, and 19, 9:00-11:30am

Register: <https://fp-babys-first-year-mar-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: Flemingdon Park—Thursdays, Mar 26– April 30, and 19, 9:00-11:30am

Register: <https://fp-early-communication-mar-2026.eventbrite.ca>

Self-Care Workshop (for families with children from birth to 6 years of age ONLY)

Join us for a one-day self-care training workshop with our Family Support Worker. You will have the opportunity to engage in activities involving self-care and learn some tips on how to incorporate self-care into your daily lives. Child minding is provided for children who are over two years old.

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

Register: <https://fp-self-care-mar-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, Mar 03-31, 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, Mar 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/>

Baby Food Basic (for families with children from birth to 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: Ernest Public School—Wednesday, Mar 11, 1:30-3:30pm

Surrey Place Clinic Visit (for families with children from birth to 6 years of age)

Join us for a drop-in question-and-answer session with our community partner professionals. Families are invited to ask questions and share concerns with an Occupational Therapist, Behaviour Analyst, and Developmental Consultant. Our clinical team will offer resources, practical strategies, and referrals as appropriate. This is run in partnership with Surrey Place.

Schedule: Parkway Forest—Monday, March 09, 9:30-11:00am

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, Mar 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, Mar 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, Mar 03-31, 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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