



# Don Valley East Parkway Forest EarlyON Child and Family Centres ~ November 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](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, October 14 at 12pm until Tuesday, October 21 at 12pm.**

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

**“Remembrance Day (Tuesday, November 11th) is when the country stops for two minutes of silence, to pay respects to those who gave their lives and our veterans who fought for our freedom.”—Douglas Phillips, Canadian writer**

**Reminder: Daylight Saving Time ends on Sunday, November 2nd — don't forget to set your clocks back one hour**

**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

Please see page 5 for the registration links

## Don Valley Parkway Forest - 121 Parkway Forest Drive, Toronto, M2J 5H4 November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
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> .			Family Time 9:00-11:30am  Open Door 12:30-3:00pm
3	4	5	6	7	8
Family Time 9:00-11:30am  Family Time 1:30-4:00pm	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	Read Aloud Together 9:00-11:30am (registration required; see pg. 5 for details)  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 (registration required; see pg. 5 for details)  Newborn Hearing 9:00-3:00pm	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 12:30-3:00pm
10	11	12	13	14	15
Family Time 9:00-11:30am  Family Time 1:30-4:00pm	Better Beginnings Infant Program 9:30-11:30am (see pg. 5 for details)  Baby Food Basics (drop-in) 1:00-3:30pm (see pg. 5 for details)  Family Time 5:30-7:30pm	Read Aloud Together 9:00-11:30am (registration required; see pg. 5 for details)  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 (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	Family Time 9:00-11:30am  Open Door 12:30-3:00pm
17	18	19	20	21	22
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 (see pg. 5 for details)  Baby Time 1:00-3:30pm  Family Time 5:30-7:30pm	Read Aloud Together 9:00-11:30am (registration required; see pg. 5 for details)  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 (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	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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Please see page 5 for the registration links

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
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> .			*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  Baby Songs and Rhymes 1:30-3:30pm (registration required; see pg. 5 for details)	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
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  Baby Songs and Rhymes 9:00-11:30am (registration required; see pg. 5 for details)	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
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  Baby Songs and Rhymes 1:30-3:30pm (registration required; see pg. 5 for details)	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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# FREE PROGRAMS for 0-6 years of age

Registration for our pre-registered programs is on Eventbrite from Tuesday, October 14 at 12pm until Tuesday, October 21 at 12pm.  
Please see page 5 for the registration links

## Flemington Park - 150 Grenoble Drive, Toronto, M3C 1E3 November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
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.			*Centre closed*  See Parkway Forest Indoor Schedule pg. 2
3	4	5	6	7	8
<b>Baby's First Year (drop-in)</b> 9:00-11:30am (see pg. 6 for details)  <b>Open Door</b> 11:30-1:30pm	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Open Door Active Play</b> 1:00-3:00pm	<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 11:30-1:30pm  <b>Toronto Public Health</b> 10:00-11:00am	<b>Zumbini</b> 9:00-11:30am (registration required; see pg. 5 for details)  <b>Family Time</b> 1:00-3:00pm	<b>Family Time</b> 9:00-12:00pm	*Centre closed*  See Parkway Forest Indoor Schedule pg. 2
10	11	12	13	14	15
<b>Baby's First Year (drop-in)</b> 9:00-11:30am (see pg. 6 for details)  <b>Open Door</b> 11:30-1:30pm	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Open Door Active Play</b> 1:00-3:00pm	<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 11:30-1:30pm	<b>Zumbini</b> 9:00-11:30am (registration required; see pg. 5 for details)  <b>Family Time</b> 1:00-3:00pm  <b>WoodGreen Community Services</b> 1:00-2:00pm	<b>Toilet Training (drop-in)</b> 9:00-12:00pm (see pg. 6 for details)	*Centre closed*  See Parkway Forest Indoor Schedule pg. 2
17	18	19	20	21	22
<b>Baby's First Year (drop-in)</b> 9:00-11:30am (see pg. 6 for details)  <b>Open Door</b> 11:30-1:30pm	See pg. 6 for details <b>Let's Get Outdoors</b> 9:30-11:30am  <b>Open Door Active Play</b> 1:00-3:00pm	<b>Family Time</b> 9:00-11:30am  <b>Open Door</b> 11:30-1:30pm	<b>Zumbini</b> 9:00-11:30am (registration required; see pg. 5 for details)  <b>Family Time</b> 1:00-3:00pm	<b>Family Time</b> 9:00-12:00pm	*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, Nov 04, 18, & 25, 1:00-3:30pm (See page 2 for details)

**Schedule:** Ernest PS—Tuesdays, Nov 04-25, 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, Nov 11 ONLY, 1:00-3:30pm (*Drop-in program*)

### **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, Nov 06-27, 1:30-3:30pm

**Register:** <https://indoor-gym-nov-2025.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:** Parkway Forest—Wednesdays, Nov 05-26, 9:00-11:30am

**Register:** <https://pwf-read-aloud-together-nov-2025.eventbrite.ca>

#### **Baby Songs and Rhymes (for families with children from birth to 18 months ONLY)**

This four-session parent-child interactive program offers a group experience that is all about celebrating the joy of language while spending quality time with your baby. Participants will get to meet other families and pick up some playful new songs and rhymes to enjoy at home. Light snacks will be provided.

**Schedule:** Ernest Public School—Wednesdays, Nov 05-26, 1:30-3:30pm

**Register:** <https://eps-baby-songs-and-rhymes-nov-2025.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:** Flemington Park—Thursdays, Nov 06-27, 9:00-11:30am

**Register:** <https://fp-zumbini-nov-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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### PARTNERSHIP PROGRAMS

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

**Schedule:** Tuesdays, Nov 04-25, 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, Nov 06-27, 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/>

**Toilet Training (for families with children from birth to 6 years of age ONLY)**

Join us for a one day toilet training workshop with our Family Support Worker. Families will have the opportunity to learn some tips about toilet training and ask questions to help support this transition. **Child minding is provided for children who are over two years old.**

**Schedule:** Flemingdon Park—Friday, Nov 14, 9:00-12:00pm

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

Join us with your baby for this 4-week parenting *drop-in* 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—Mondays, Nov 14, 9:00-12:00pm

### 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, Nov 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, Nov 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, Nov 04-25, 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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