



Child and Family Centre

**Scarborough Centre EarlyON Child and Family Centre**  
 3478 Lawrence Ave. E., Scarborough, ON M1H 1A9, (416) 438 - 1800

**Office Hours**

Monday to Friday: 9:00 am - 5:00 pm; Saturday: 9:00 am - 2:30 pm

**Calendar of events**

**January 2019**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Centre closed</b> <i>Happy New Year!</i>	2 Tot Stop 9:30-11:30 am Family Time 1:30-3:30 pm	3 Indoor Gym 10:00 -11:30am Family Time 1:30 - 3:30 pm	4 Family Time 9:30-11:30 am Open Door 1:30 - 3:30 pm	5 Family Time 9:30-11:30 am Me & Dad 12:30 pm-2:00pm
7 Family Time 9:30-11:30 am Family Time 1:30-3:30 pm	8 <b>Growing Healthy Together - Expectant Mothers:</b> 9:30 am - 12:00 pm Babies in Playland 2:00-3:30 pm	9 Tot Stop <i>*Mobile Developmental Outreach Clinic*</i> 9:30-11:30 am Family Time 1:30-3:30 pm	10 Indoor Gym 10:00 -11:30am Family Time 1:30 - 3:30 pm	11 Family Time 9:30-11:30 am Open Door 1:30 - 3:30 pm	12 Family Time 9:30-11:30 am Me & Dad 12:30 pm-2:00pm
14 Family Time 9:30-11:30 am Family Time 1:30-3:30 pm	15 <b>Growing Healthy Together - Expectant Mothers:</b> 9:30 am - 12:00 pm Babies in Playland 2:00-3:30 pm	16 Tot Stop 9:30-11:30 am Family Time 1:30-3:30 pm	17 Indoor Gym 10:00 -11:30am Family Time 1:30 - 3:30 pm	18 Family Time <i>*Infant Massage*</i> 9:30-11:30 am Open Door 1:30 - 3:30 pm	19 Family Time 9:30-11:30 am Me & Dad 12:30 pm-2:00pm
21 Family Time 9:30-11:30 am Family Time 1:30-3:30 pm	22 <b>Growing Healthy Together - Expectant Mothers:</b> 9:30 am - 12:00 pm Babies in Playland 2:00-3:30 pm	23 Tot Stop 9:30-11:30 am <i>*Workshop: Influence of Positive Self-Esteem*</i> <b>1:30-3:30 pm</b>	24 Indoor Gym 10:00 -11:30am <i>*Healthy Eating Series* (Week 1 of 8)</i> <b>1:30 - 3:30 pm</b>	25 Family Time <i>*Infant Massage*</i> 9:30-11:30 am Open Door 1:30 - 3:30 pm	26 Family Time 9:30-11:30 am Me & Dad 12:30 pm-2:00pm
28 Family Time TPHN Visits 9:30-11:30 am Family Time 1:30-3:30 pm	29 <b>Growing Healthy Together - Expectant Mothers:</b> 9:30 am - 12:00 pm Babies in Playland 2:00-3:30 pm	30 Tot Stop 9:30-11:30 am Family Time 1:30 - 3:30 pm	31 Indoor Gym 10:00 -11:30am <i>*Healthy Eating Series* (Week 2 of 8)</i> <b>1:30 - 3:30 pm</b>		



Child and Family Centre

### Parkway Mall Satellite Location

85 Ellesmere Rd., Scarborough, ON, M1R 4B9, (416) 438 - 1800

**Office Hours:**

Monday, Wednesday & Thursday: 9:00 am - 5:00 pm; Tuesday: 12:00-8:00 pm

## Calendar of events

## January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<b>Centre closed</b>  <i>Happy New Year!</i>	Tot Stop 9:30-11:30 am A Circle of Play 1:30 - 3:00 pm	Babies in Playland 9:30-11:30 am Open Door/Songs & Stories 1:30-3:30 pm	Centre closed. Please see our Main Site or satellite locations for details.
7	8	9	10	11
Family Time 9:30-11:30 am Family Time 1:30-3:30 pm	<i>No morning program</i> Family Time 1:30 - 3:30 pm Family Time 5:30-7:30 pm	Tot Stop 9:30-11:30 am A Circle of Play 1:30 - 3:00 pm	Babies in Playland 9:30-11:30 am Open Door/Songs & Stories 1:30-3:30 pm	Centre closed. Please see our Main Site or satellite locations for details.
14	15	16	17	18
Family Time 9:30-11:30 am Family Time 1:30-3:30 pm	<i>No morning program</i> Family Time 1:30 - 3:30 pm Family Time 5:30-7:30 pm	Tot Stop 9:30-11:30 am A Circle of Play 1:30 - 3:00 pm	Babies in Playland 9:30-11:30 am Open Door/Songs & Stories 1:30-3:30 pm	Centre closed. Please see our Main Site or satellite locations for details.
21	22	23	24	25
Family Time 9:30-11:30 am Family Time 1:30-3:30 pm	<i>No morning program</i> <b>*Workshop: Fostering            Reading and Writing Skills            at Home*</b> <b>1:30 - 3:30 pm</b> Family Time 5:30-7:30 pm	Tot Stop TPHN Visits 9:30-11:30 am A Circle of Play 1:30 - 3:00 pm	Babies in Playland 9:30-11:30 am Open Door/Songs & Stories 1:30-3:30 pm	Centre closed. Please see our Main Site or satellite locations for details.
28	29	30	31	
Family Time 9:30-11:30 am Family Time 1:30-3:30 pm	<i>No morning program</i> Family Time 1:30 - 3:30 pm Family Time 5:30-7:30 pm	Tot Stop 9:30-11:30 am A Circle of Play 1:30 - 3:00 pm	Babies in Playland 9:30-11:30 am Open Door/Songs & Stories 1:30-3:30 pm	



Child and Family Centre

### Satellite Locations

(MCC) McGregor Community Centre: 2231 Lawrence Ave E (West of Kennedy)

(VPH) Victoria Park Hub: 1527 Victoria Park Ave (at Eglinton)

(GR. PS) Golf Road Jr P.S.: 730 Scarborough Golf Club Rd

## Calendar of events

## January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>VPH</b> Program resumes January 8th	2 <b>Gr. PS</b> Program resumes January 9th	3 Please see Main Site or Parkway Mall Satellite for details	4 <b>MCC</b> Program resumes January 11th
7 Please see Main Site or Parkway Mall Satellite for details	8 <b>VPH</b> <i>*Fun with Learning*</i> (Week 1 of 6) 9:30 - 11:00 am	9 <b>GR. PS</b> <i>*Discovery Time*</i> (Week 1 of 6) 10:00 - 11:30 am	10 Please see Main Site or Parkway Mall Satellite for details	11 <b>MCC</b> Family Time 10:00 - 11:30 am
14 Please see Main Site or Parkway Mall Satellite for details.	15 <b>VPH</b> <i>*Fun with Learning*</i> (Week 2 of 6) 9:30 - 11:00 am	16 <b>GR. PS</b> <i>*Discovery Time*</i> (Week 2 of 6) 10:00 - 11:30 am	17 Please see Main Site or Parkway Mall Satellite for details	18 <b>MCC</b> Family Time 10:00 - 11:30 am
21 Please see Main Site or Parkway Mall Satellite for details.	22 <b>VPH</b> <i>*Fun with Learning*</i> (Week 3 of 6) 9:30 - 11:00 am	23 <b>GR. PS</b> <i>*Discovery Time*</i> (Week 3 of 6) 10:00 - 11:30 am	24 Please see Main Site or Parkway Mall Satellite for details	25 <b>MCC</b> Family Time 10:00 - 11:30 am
28 Please see Main Site or Parkway Mall Satellite for details.	29 <b>VPH</b> <i>*Fun with Learning*</i> (Week 4 of 6) 9:30 - 11:00 am	30 <b>GR. PS</b> <i>*Discovery Time*</i> (Week 4 of 6) 10:00 - 11:30 am	31 Please see Main Site or Parkway Mall Satellite for details	



Child and Family Centre

## **PROGRAM DESCRIPTIONS:**

**\*TPHN (Toronto Public Health Nurse) Visits**

### **Programs for all ages (0 - 6 years):**

**A Circle of Play:** A quiet program for children and families who have developmental concerns for their children. Families will have the opportunity to connect with our Registered Early Childhood Educators, community partners and with other families.

**Indoor Gym:** A program that focuses on the development of your child's gross motor skills. A variety of equipment, games, action songs and rhymes are used to promote their gross motor development.

**Family Time:** An opportunity for parents, caregivers and their children to meet others and play interactively in an early learning environment. The activities provided in this program include arts and crafts, music, sensory, pre-reading and mathematics.

**Open Door :** Come and explore our centre and the many services and resources available to you. Families are welcome to come and play with their children when regular programs are not being offered

**Me & Dad:** This is an interactive program for dads, stepdads, uncles, grandfathers, foster dads or any father figures. An opportunity to spend quality time with your child/children The program includes arts and crafts, music and movement, stories and discovery time.

### **Age Specific Programs:**

**Infant Massage - birth to 12 months only:** Parents and caregivers will learn how to massage their baby. Brought to you by Centennial College Massage Therapy students under the direction of Registered Massage Therapist.

**Babies in Playland - birth to 18 months only:** This program focuses on early development through social and interactive play. The activities provided will include creative, sensory, songs and rhymes and motor development. Parents and caregivers will be provided with information on infant development and care.

**Tot Stop - 18 to 36 months only:** This program focuses on toddlers' development through play. Parents and caregivers will engage in activities with their child including arts and crafts, sensory as well as songs and rhymes.

### **\*Pre-registered Programs\*:**

**\*Workshop: The Influence of Positive Self-Esteem\* For parents, caregivers and children 18 months-6 years of age:** One-day workshop for parents and caregivers to learn about the positive influence of self-esteem and how it affects you. This workshop will be presented by our settlement counsellor from Woodgreen. **Wednesday January 23 from 1:30pm at Main Site**

**\*Preschool Fun with Learning\* For parents, caregivers and children 3-6 years of age:** This is a six-week interactive parent/caregiver and child program. Children will engage in activities similar to a Kindergarten classroom. The activities will foster literacy, mathematics, sensory and socialization skills. Please no younger siblings. **Tuesday mornings from 9:30-11:00am at Victoria Park Hub, January 8th-February 12th, 2019**

**\*Discovery Time\* For parents, caregivers and children 3-6 years of age:** Come and explore the wonderful and exciting world of science through hands on activities, observations and discussion. Discovery Time will fuel their curiosity and makes science fun. **Wednesday mornings from 10:00-11:30am at Golf Road Jr P.S., January 9th-February 13th, 2019**

**\*Workshop: Fostering Reading and Writing Skills at Home\* For parents, caregivers and children 18 months-6 years of age:** One-day workshop that will focus on the early stages of reading and writing skills in young children. Parents will be provided with ideas of activities they can do at home to foster the interest in reading and writing. **Tuesday January 22, 2019 from 1:30pm at Parkway Mall**

**\*Healthy Eating Series\* For parents, caregivers and children 6 months - 6 years of age:** The Healthy Eating Series is a free language and culturally specific nutrition program offered to parents/caregivers: with children between the ages of birth to six years are able to attend weekly two hour sessions for six weeks on a regular basis. The program is facilitated in a group setting by a Public Health Dietitian and a Community Nutrition Educator. **Thursday afternoons from 1:30-3:30pm at Main Site, January 24th-February 28th, 2019**

*\*Please note that all programs and program times are subject to change. Please call us at (416) 438 - 1800 for the most up-to-date schedule, thank you.\**

### **Growing Healthy Together - Expectant Mothers:**

The Canadian Pre-natal Nutrition Program offers free ongoing pre-natal classes. Please call 416-321-5464 Ext. 349 to see if you are eligible.

கருவுற்றிருக்கும் பெண்களுக்கான இலவச நிகழ்ச்சி.மேலதிக விவரங்களுக்கு அழையுங்கள் 416 321 5464 Ext.349

Scarborough Centre EarlyON Child and Family Centre  
3478 Lawrence Ave. E. | Scarborough, ON, M1H1A9  
416 - 438 - 1800 | [www.familydaycare.com](http://www.familydaycare.com)

