



Abiona Centre
For Infant & Early Mental Health
Formerly Massey Centre and Humewood House

March 2023

Abiona Centre EarlyON Child and Family Program
1102 Broadview Avenue, Toronto ON M4K 2S5 416-425-3636



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>*To accommodate our new program space the ELC Gym we will have 2 morning Drop-In times 9am-10:15am & 10:30am-12:00pm.</p> <p>Each time slot will be separate groups and only 15 people max.</p> <p>*If you have any question or to register for Pre-Registered programs please call us at- 437-228-1720 or email: earlyongroup@abionacentre.ca</p>			9 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] Afternoon Drop-in [0 to 6 years] 2-3:00pm	10 Morning Drop-In Evergreen Brickworks [0 to 6 years] 9:00am-12:00pm **Pre-Reg Infant Massage Workshop [0 to 12 months] 1pm-3pm  Program Change Notice	11 Program Closed
13 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] Infant and Toddler Drop-In [0 to 18 months] 2-4:00pm	14 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] Afternoon Drop-in [0 to 6 years] 2-3:00pm	15 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] **Pre-Reg Little Artist [3 to 6 years] 2-3:30pm	16 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] Afternoon Drop-in [0 to 6 years] 2-3:00pm	17 Morning Drop-In Gamble Park [0 to 6 years] 9:00am-12:00pm **Pre-Reg Infant Massage Workshop [0 to 12 months] 1pm-3pm 	18 Program Closed
20 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] Infant and Toddler Drop-In [0 to 18 months] 2-4:00pm	21 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] Afternoon Drop-in [0 to 6 years] 2-3:00pm 	22 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] **Pre-Reg Little Artist [3 to 6 years] 2-3:30pm	23 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] Afternoon Drop-in [0 to 6 years] 2-3:00pm	24 Morning Drop-In Riverdale Farm [0 to 6 years] 9:00am-12:00pm **Pre-Reg Infant Massage Workshop [0 to 12 months] 1pm-3pm	25 **Virtual Programming on Facebook Outdoor Adventures 12pm Yazza Crafts -2pm Umbrella Cooking - 4pm Story Time—6pm
27 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] Infant and Toddler Drop-In [0 to 18 months] 2-4:00pm	28 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] Afternoon Drop-in [0 to 6 years] 2-3:00pm	29 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] **Pre-Reg Little Artist [3 to 6 years] 2-3:30pm	30 Morning Drop-In 9am-10:15am [0 to 6 years] Morning Drop-in 10:30am-12pm [0 to 6 years] Afternoon Drop-in [0 to 6 years] 2-3:00pm	31 Morning Drop-In Allen Gardens [0 to 6 years] 9:00am-12:00pm **Pre-Reg Infant Massage Workshop [0 to 12 months] 1pm-3pm	 Positive Space





OUR PROGRAMS

Morning and Afternoon Drop-In [0-6 yrs.]

Our morning and afternoon drop in program is for children ages 0-6 and provides opportunities for novel experiences, active engagement and learning from peers and adults. Children are offered a variety of social activities and are encouraged to explore the space at their own pace. Parents and care providers are encouraged to follow their children's lead while playing with them and use age appropriate language to describe their play so to enhance the child's memory, reasoning and speech development. Participants can develop connections with fellow participants and have access to community resources

Infant and Toddler Time [0-18 mths] and Baby and Me [0-12 mths]

Programs designed with our youngest participants in mind. We aim to provide a safe and secure environment that promotes social interaction and safe exploration. We offer experiences that appeal to infant's senses and contribute to their overall growth and development. Art, sensory activities, music and movements help children build on their fine and gross motor skills while exploring and learning about their environment and relating to new people and having their caregivers close by to guide and comfort them in case of distress. By being available when babies need them, caregivers support the development of stress management capacity and build on babies' emotional regulation skills. We also invite community resources to come and share their expertise with us; Public Health Nurses, Literacy Specialists, and many more.

**[Pre-Reg] Pre-Registered Activities

The Little Artists program, for children 3–6year olds will be fun and messy! This program encourages artistic self-expression, through the exploration of a variety of artistic mediums and tools.

Please call 416-425-3636 or email earlyongroup@abionacentre.ca to Register.

**[Pre-Reg] Pre-Registered Infant Massage Workshop

Come and learn how to massage your baby. Starting March 10 until April 14, 2023 at 1pm-3pm.

For Babies 0-12 months.

Please call 416-425-3636 or email earlyongroup@abionacentre.ca to Register.

*For EarlyON services in French please contact Centre francophone de Toronto 416-922-2672 poste 250
For Native Child and Family Services EarlyON*

ABIONA CENTRE FAMILY RESOURCES

Maternal Infant Mental Health at Abiona Centre-MIMH - collaborates with EarlyON staff to promote optimal child and youth mental health and well-being, by focusing on the global development of children. Staffs work collaboratively to provide an evaluation of the child's developmental needs. After the child has turned one month of age we encourage caregivers to complete regular developmental screenings – Ages and Stages Questionnaire - so they can learn if their child's development is on schedule and also what parents can do to ensure the learning process happens as expected. Through these screenings the caregivers learn about the physical, cognitive and social - emotional needs of each individual child at different stages of development and become aware of the necessary support they can provide to facilitate their children's development. For more information contact EarlyON staff.

WHAT'S HAPPENING THIS MONTH?

Black Mental Health week March 6-12

Internationals Women's Day March 8

Daylight Saving March 12

Persian New Years March 21

Ramadan Begins March 22

Weekly Trips:

Livingstone Park- March 3

Evergreen Brick Works- March 10

Gamble Park- March 17

Riverdale Farm- March 24

Allen Gardens- March 31

*TTC Tokens will be provided**

EARLYON FEEDBACK AND EARLY LEARNING CENTRE INFORMATION

If you have questions about Childcare enrollment or suggestions on how we can improve our EarlyON Child and Family Centre program please contact the Abiona Centre Child and Family Program Supervisor at 416-425-6348

