



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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Morning Drop-In [0 to 6 years] Cooking with Kids 9:00am-12:00pm  Infant and Toddler Drop-in [0 to 18 months] 2:00pm-4:00pm	Morning Drop-In [0 to 6 years] Making Our Own Books 9:00am-12:00pm Circle Time with Kristi  Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	Morning Drop-In [0 to 6 years] Bunny Fork Painting 9:00am-12:00pm  **Pre-Reg Arts & Chats [0 to 6 years] 2:00pm-4:00pm	Morning Drop-In [0 to 6 years] Found Materials Collage 9:00am-12:00pm  Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	Morning Drop-In [0 to 6 years] Butterfly Sponge Art 9:00am-12:00pm  Baby and Me Drop-in [0 to 18 months] 2:00pm - 4:00pm	Program Closed
Morning Drop-In [0 to 6 years] Planting Seeds 9:00am-12:00pm  Infant and Toddler Drop-in [0 to 18 months] 2:00pm-4:00pm	9 Morning Drop-In [0 to 6 years] Paper Mache Dinos 9:00am-12:00pm  Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	Morning Drop-In [0 to 6 years] Dandelion Art 9:00am-12:00pm  **Pre-Reg Arts & Chats [0 to 6 years] 2:00pm-4:00pm	Morning Drop-In [0 to 6 years] Coffee Filter Flowers 9:00am-12:00pm  Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	Morning Drop-In [0 to 6 years] Making Tartans 9:00am-12:00pm  Baby and Me Drop-in [0 to 18 months] 2:00pm - 4:00pm	Program Closed
Morning Drop-In [0 to 6 years] Hurray for Spring Bracelets 9:00am-12:00pm  Infant and Toddler Drop-in [0 to 18 months] 2:00pm-4:00pm	Morning Drop-In [0 to 6 years] Mosaic Rainbows 9:00am-12:00pm  Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	Morning Drop-In [0 to 6 years] Tulip Scrap Art 9:00am-12:00pm  **Pre-Reg Arts & Chats [0 to 6 years] 2:00pm-4:00pm	Morning Drop-In [0 to 6 years] Transportation Art 9:00am-12:00pm Visit From TTC Driver  **Pre-Reg Food 4 Thought [Moms 13—25 years] 4:00 pm—6:00 pm *Program Change*	Morning Drop-In [0 to 6 years] Earth Day Recycled Newspaper Garland 9:00am-12:00pm  Baby and Me Drop-in [0 to 18 months] 2:00pm - 3:30pm	Program Closed
Morning Drop-In [0-6 years] Earth Day Bingo Dabber Art 9:00am-12:00pm  Infant and Toddler Drop-in [0 to 18 months] 2:00pm-4:00pm	Morning Drop-In [0 to 6 years] Planet Earth Art 9:00am-12:00pm  Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	24 Morning Drop-In [0 to 6 years] Earth Collage 9:00am-12:00pm  **Pre-Reg Arts & Chats [0 to 6 years] 2:00pm-4:00pm	Morning Drop-In [0 to 6 years] Pom Pom Caterpillars 9:00am-12:00pm  **Pre-Reg Food 4 Thought [Moms 13—25 years] 4:00 pm—6:00 pm	Outdoor Drop-In [0 to 6 years] Community Walk to Todmorden Mills 9:00am-12:00pm  Baby and Me Drop-in [0 to 18 months] Visit From Public Health Nurse 2:00pm - 4:00pm	Program Closed
Morning Drop-In [0-6 years] Caterpillar Roll Painting 9:00am-12:00pm Infant and Toddler Drop-in [0 to 18 months] 2:00pm-4:00pm	Morning Drop-In [0 to 6 years] Sponge Painting Ice Cream Craft 9:00am-12:00pm  Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm			HAPPY EARTH DAY	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 Programs & Activities

**Young Parents Breakfast Club** [Moms 13–25 years] A program to teach young parents to budget, plan and cook healthy breakfasts for their families. This pre-registered program runs Monday—Friday from 7:30 am—9:00 am.

**Arts and Chats with EarlyON Staff** [0 - 6 years] every Wednesday from 2:00 pm—4:00pm. Join the EarlyON team as we create art and crafts and share a tea or coffee. Registration is required to ensure we have enough supplies for everyone.

**Food 4 Thought** [Moms 13–25 years] A program designed for young moms to improve cooking skills including knowledge in technique, meal planning and how to create healthier meals.

## 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 programming call 416-969-8510 for more information

### **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 or to schedule an ASQ Screening, contact an EarlyON staff member at: earlyongroup@abionacentre.ca

### WHAT'S HAPPENING THIS MONTH?

April 1—April Fools Day

April 2—International Children's Book Day

April 6—Tartan Day

April 8— Partial Eclipse 2:00 PM—4:30 PM

April 22—Earth Day

### Special Guests and Events

April 2—11:00 AM—12:00 PM—Circle Time with Kristi Block

April 18—10:30 AM—11:30 AM Visit with TTC Operator Nick

April 26—Community Walk to Todmorden Mills. Join EarlyON Staff at 9:15 am to walk to Todmorden Mills or meet us there.

April 26—2:00 PM—4:00 PM—Visit with Public Health Nurse

# 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

