

March 2024

Abiona Centre For Infant & Early Mental Health Formerly Massey Centre and Humewood House 1102 Broadview Avenue, Toronto ON M4K 2S5 416-425-3636



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Positive Space	1 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Circle Art Baby and Me Drop-in [0 to 18 months] 2:00pm - 4:00pm	2 Program Closed
4 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Paper Plate Umbrella Infant and Toddler Drop-in [0 to 18 months] 2:00pm-4:00pm	5 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Coffee Filter Butterflies Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	6 Morning Drop-In [0 to 6 years] ASQs with Kuumba 9:00am-12:00pm Hot Air Balloons **Pre-Reg Arts & Chats [0 to 6 years] 2:00pm-4:00pm	7 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Hand Print Paper Lilies Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	8 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Shamrock Hop Baby and Me Drop-in [0 to 18 months] 2:00pm - 4:00pm	9 Program Closed
11 Morning Drop-In [0 to 6 years] ASQs with Kuumba 9:00am-12:00pm Volcano Infant and Toddler Drop-in [0 to 18 months] 2:00pm-4:00pm	12 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Paper Plate Leprechauns Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	13 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Rainbow Chain **Pre-Reg Arts & Chats [0 to 6 years] 2:00pm-4:00pm	14 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Rainbow/Pot of Gold Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	15 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Leprechaun Hats Baby and Me Drop-in [0 to 18 months] 2:00pm - 3:30pm	16 Program Closed
18 Morning Drop-In [0-6 years] 9:00am-12:00pm Bunny Ear Crowns Infant and Toddler Drop-in [0 to 18 months] Visit From Public Health Nurse 2:00pm-4:00pm	19 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Shredded Paper Nest Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	20 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Paper Plate Flower Wreath **Pre-Reg Arts & Chats [0 to 6 years] 2:00pm-4:00pm	21 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Persian New Year Finger Print Hyacinths Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	22 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Hand Print Flowers Baby and Me Drop-in [0 to 18 months] 2:00pm - 4:00pm	23 Program Closed
25 Morning Drop-In [0-6 years] 9:00am-12:00pm Decorating Eggs Infant and Toddler Drop-in [0 to 18 months] 2:00pm-4:00pm	26 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Easter Chick Fork Painting Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	27 Morning Drop-In [0 to 6 years] Easter Brunch 9:00am-12:00pm Egg Hunt **Pre-Reg Arts & Chats [0 to 6 years] 2:00pm-4:00pm	28 Morning Drop-In [0 to 6 years] 9:00am-12:00pm Easter Egg Wreath Afternoon Drop-in [0 to 6 years] 2:00pm-3:30pm	29 Program Closed Good Friday	30 Program Closed





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.

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?

March 8th—International Women's Day March 10th—Day Light Savings: Spring Forward March 14th—Pi Day March 17th—St. Patrick's Day March 21st—Persian New Year March 29th—Good Friday: PROGRAM CLOSED March 31st—Easter Sunday

<u>Special Guests and Events</u> March 6th and 11th — 10:00 AM — ASQs with Danielle from Kuumba March 18th — 2:00 PM — 4:00 PM — Visit with Public Health Nurse March 27th — Easter Brunch

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

