



December 2024



Abiona Centre
For Infant & Early Mental Health

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Morning Drop-In [0 to 6 years] Handprint Wreathes 9:00am-12:00pm</p> <p>Infant and Toddler Time [0 to 18 months] 2:00pm-4:00pm</p>	<p>3</p> <p>Morning Drop-In @ TPL S. Walter Stewart Branch Circle Time @ 10 AM 9:00am-12:00pm</p> <p>Afternoon Drop In [0 to 6 yrs] 2:00 pm-4:00 pm</p>	<p>4</p> <p>Morning Drop-In [0 to 6 years] Snowman Footprints 9:00am-12:00pm</p> <p>Let's Bake! Rice Krispies Treats [0 to 6 yrs] 2:00 pm-4:00 pm</p>	<p>5</p> <p>Morning Drop-In [0 to 6 years] Painting "Snow" 9:00am-12:00pm</p> <p>Afternoon Drop In [0 to 6 yrs] 2:00 pm-3:30 pm</p> <p>Pre. Reg: Community Cooking 4:00 pm-6:30 pm</p>	<p>6</p> <p>Morning Drop-In [0 to 6 years] Cottonball Snowmen 9:00am-12:00pm</p> <p>Infant and Toddler Time [0 to 18 months] 2:00pm - 4:00pm</p>	<p>7</p> <p>Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm</p>
<p>9</p> <p>Morning Drop-In [0 to 6 years] Salt Dough Ornaments 9:00am-12:00pm</p> <p>Infant and Toddler Time [0 to 18 months] 2:00pm-4:00pm</p>	<p>10</p> <p>Morning Drop-In [0 to 6 years] Q-Tip Painting 9:00am-12:00pm</p> <p>Afternoon Drop In [0 to 6 yrs] 2:00 pm-4:00 pm</p>	<p>11</p> <p>Holiday Lunch 10:30 AM-2 PM</p>	<p>12</p> <p>Morning Drop-In [0 to 6 years] Visit with Carly from NCCT 9:00am-12:00pm</p> <p>Afternoon Drop In [0 to 6 years] 2:00 pm-4:00 pm</p>	<p>13</p> <p>Morning Drop-In [0 to 6 years] Santa Hats 9:00am-12:00pm Visit with Santa Clause</p> <p>Infant and Toddler Time [0 to 18 months] 2:00pm - 4:00pm</p>	<p>14</p> <p>Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm</p>
<p>16</p> <p>Morning Drop-In [0 to 6 years] Holiday Light Stamping 9:00am-12:00pm</p> <p>Infant and Toddler Time Handprint Ornaments [0 to 18 months] 2:00pm-4:00pm</p>	<p>17</p> <p>Morning Drop-In [0 to 6 years] Holiday Shakers/Sensory Bottles 9:00am-12:00pm Visit from TPH Nurse</p> <p>Afternoon Drop In [0 to 6 yrs] 2:00 pm-4:00 pm</p>	<p>18</p> <p>Morning Drop-In [0 to 6 years] Stonehenge Structure Art 9:00am-12:00pm</p> <p>Let's Bake! Gingerbread Cookies [0 to 6 yrs] 2:00 pm-4:00 pm</p>	<p>19</p> <p>Morning Drop-In [0 to 6 years] Solstice Celebration 9:00 am-12:00 pm</p> <p>Afternoon Drop In [0 to 6 yrs] 2:00 pm-3:30 pm</p> <p>Pre. Reg: Community Cooking Celebrating Winter Solstice 4:00 pm-6:30 pm</p>	<p>20</p> <p>Morning Drop-In [0 to 6 years] Birdfeeders 9:00am-12:00pm</p> <p>Infant and Toddler Time Handprint Ornaments [0 to 18 months] 2:00pm - 4:00pm</p>	<p>21</p> <p>Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm</p>
<p>23</p> <p>Morning Drop-In [0 to 6 years] Painting Baubles 9:00am-12:00pm</p> <p>Infant and Toddler Time [0 to 18 months] 2:00pm-4:00pm</p>	<p>24</p> <p>Morning Drop-In [0 to 6 years] Pajama Day 9:00am-12:00pm</p> <p>Afternoon Drop In [0 to 6 yrs] 2:00 pm-4:00 pm</p>	<p>25</p> <p> Program Closed</p>	<p>26</p> <p> Program Closed</p>	<p>27</p> <p>Morning Drop-In [0 to 6 years] Kwanzaa Collage 9:00am-12:00pm</p> <p>Infant and Toddler Time [0 to 18 months] 2:00pm - 4:00pm</p>	<p>28</p> <p>Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm</p>
<p>30</p> <p>Morning Drop-In [0 to 6 years] Handprint Menorahs 9:00am-12:00pm</p> <p>Infant and Toddler Time [0 to 18 months] 2:00pm-4:00pm</p>	<p>31</p> <p>Morning Drop-In [0 to 6 years] Fireworks Art 9:00am-12:00pm</p> <p>Afternoon Drop In [0 to 6 yrs] 2:00 pm-4:00 pm</p>	<p></p>		<p> Positive Space</p>	



OUR PROGRAMS

Morning, Afternoon and Saturday Drop-In [0–6 years]

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]

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.

Let's Bake! with EarlyON Staff [0 - 6 years] every Wednesday from 2:00 pm–4:00pm. Come play, bake and learn with us.

Pre-Registered Programs

Young Parents Breakfast Club [Moms 13–29 years] A program to teach young parents to budget, plan and cook healthy breakfasts for their families. This program runs Monday–Friday from 7:30 am–9:00 am.

Pre-Registration Required.

Food 4 Thought [0–6 years] A program designed for parents to improve their cooking skills including knowledge in technique, meal planning and how to create healthier meals. *Pre-Registration Required.*

Community Cooking [0–6 years] Let's cook together! Join us every second Thursday to learn new recipes from the EarlyON Staff and Community. Have a meal you'd like to share? Let a staff Member know! *Pre-Registration Required.*

Please email earlyongroup@abionacentre.ca to Register

Baby Love [2–15 months] is a 7-week group for you and your baby designed to help you as a caregiver understand and respond to your baby's emotional cues through activities, discussions and play. Our next session will begin in February 2025. Use this QR Code 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?

Mondays –Circle Time with Literacy Specialist Kristi

December 3rd—Visit to Toronto Public Library, S. Walter Stewart Branch, located at 170 Memorial Park Ave. Please meet at Abiona Centre by 9:30 AM or meet us at the library by 10:00 AM.

December 11th—Holiday Lunch Celebration 10:30 AM to 2:00 PM

December 12th—Circle time and craft with Carly from the Native Canadian Centre of Toronto (NCCT)

December 13th—Visit from Santa Clause. Come meet Santa, take a picture with him and celebrate the season.

December 21st—Winter Solstice

December 25th—Christmas—**Program Closed**

December 25th—January 2nd—Hanukkah

December 26th—Boxing Day—**Program Closed**

December 26th—January 1st—Kwanzaa

January 1st—Program Closed

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 @ 416-425-6348

