




Abiona Centre
For Infant & Early Mental Health

May 2025

Abiona Centre EarlyON Child and Family Program
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] Cherry Blossom Trees 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 2:00 pm-3:00 pm Pre. Reg: Food 4 Thought 3:00 pm-6:00 pm	2 Morning Drop-In [0 to 6 years] Painting Rocks for Garden 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	3 Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm
5 Morning Drop-In [0 to 6 years] Window Flower Boxes 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Circle Time with Kristi 1:00pm-4:00pm	6 Morning Drop-In [0 to 6 years] Sun Catchers 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 1:00 pm-4:00 pm	7 Morning Drop-In @ Livingstone Park [0 to 6 years] 9:00am-12:00pm Let's Bake! [0 to 6 yrs] 1:00 pm-4:00 pm	8 Morning Drop-In [0 to 6 years] Visit with NCCT 9:00 am-12:00 pm Afternoon Drop In [0 to 6 yrs] 2:00 pm-3:30 pm Pre. Reg: Community Cooking 3:30 pm-6:00 pm	9 Morning Drop-In [0 to 6 years] Mother's Day Tea Party 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	10 Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm
12 Morning Drop-In [0 to 6 years] Circle Time with Kristi 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm	13 Morning Drop-In [0 to 6 years] Flyer Collages 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 1:00 pm-4:00 pm	14 Morning Drop-In @ Livingstone Park [0 to 6 years] 9:00am-12:00pm Let's Bake! [0 to 6 yrs] 1:00 pm-4:00 pm	15 Morning Drop-In [0 to 6 years] Making Pizzas 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 2:00 pm-3:00 pm Pre. Reg: Food 4 Thought 3:00 pm-6:00 pm	16 Morning Drop-In @ S. Walter Stewart Library [0 to 6 years] Circle Time @ 10 AM 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	17 PROGRAM CLOSED
19 PROGRAM CLOSED	20 Morning Drop-In [0 to 6 years] Fireworks Art 9:00am-12:00pm Afternoon Drop In 1:00 pm-4:00 pm	21 Morning Drop-In @ Livingstone Park [0 to 6 years] 9:00am-12:00pm Let's Bake! [0 to 6 yrs] 1:00 pm-4:00 pm	22 Morning Drop-In [0 to 6 years] Visit with TPH Nurse 9:00 am-12:00 pm Afternoon Drop In [0 to 6 yrs] 2:00 pm-3:30 pm Pre. Reg: Community Cooking 3:30 pm-6:00 pm	23 Morning Drop-In @ Gamble Park [0 to 6 years] World Turtle Day 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	24 Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm
26 Morning Drop-In [0 to 6 years] Paper Plate Mushrooms 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Circle Time with Kristi 1:00pm-4:00pm	27 Morning Drop-In [0 to 6 years] Beaded Hungry Caterpillars 9:00am-12:00pm Afternoon Drop In 1:00 pm-4:00 pm	28 Morning Drop-In @ Livingstone Park [0 to 6 years] 9:00am-12:00pm Let's Bake! [0 to 6 yrs] 1:00 pm-4:00 pm	29 Morning Drop-In [0 to 6 years] Painting Rocks for Garden 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 2:00 pm-3:00 pm Pre. Reg: Food 4 Thought 3:00 pm-6:00 pm	30 Morning Drop-In @ Riverdale Farm [0 to 6 years] 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Visit with NCCT 1:00pm - 4:00pm	31 Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm





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.

Circle time is at 11:30 AM daily. During nice weather circle may be moved to accommodate outdoor play.

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 1:00 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 soon, based on interest. 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?

Asian Heritage History Month

Wednesdays—Drop In @ Livingstone Park, weather permitted. *Please check our Facebook or Instagram stories for cancellations due to inclement weather.*

May 5th—Cinco de Mayo & Red Dress Day

May 8th—V.E Day

May 9th—Child Care Provider Day

May 9th—Mother’s Day Tea Party

May 11th—Mother’s Day

May 16th—Trip to S. Walter Stewart Library—Circle at 10:00AM. Please meet us at the centre at 9:00 AM to travel with Staff or at the Library from 9:30–11:30AM

May 17th—Program Closed

May 19th—Program Closed—Victoria Day

May 22nd—Visit with Public Health Nurse Debbie

May 23rd—Drop In @ Gamble Park

May 30th—Trip to Riverdale Farm—Please meet us at 9:00AM at the centre to travel with Staff or at the Farm at 9:30 AM.

May 31st—Dragon Boat Festival

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