



**Abiona Centre**  
For Infant & Early Mental Health

# July 2025

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>  <b>PROGRAM CLOSED</b> 	<b>2</b> <b>Morning Drop-In @ Livingstone Park</b> [0 to 6 years] <b>Canada Flags</b> 9:00am-12:00pm  Let's Bake! [0 to 6 yrs] <b>Date Squares</b> 1:00 pm-4:00 pm	<b>3</b>  Morning Drop-In [0 to 6 years] <b>Nature Painting</b> 9:00 am-12:00 pm Afternoon Drop In [0 to 6 yrs] <b>2:00 pm-3:30 pm</b> <b>Pre. Reg:</b> Community Cooking 3:30 pm-6:00 pm	<b>4</b> <b>Morning Drop-In @ Gamble Park</b> [0 to 6 years] 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Sensory fun!</b> 1:00pm - 4:00pm	<b>5</b>  <b>Saturday Drop In</b> <b>[0 to 6 yrs]</b> 9:00 am- 12:00 pm
<b>7</b>  Morning Drop-In [0 to 6 years] <b>Circle With Kristi Block</b> 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Music and Bubbles!</b> 1:00pm-4:00pm	<b>8</b>  Morning Drop-In [0 to 6 years] <b>Making Cows</b> 9:00am-12:00pm  Afternoon Drop In [0 to 6 yrs] <b>Nature Painting</b> 1:00 pm-4:00 pm	<b>9</b> <b>Morning Drop-In @ Livingstone Park</b> [0 to 6 years] 9:00am-12:00pm  Let's Bake! [0 to 6 yrs] <b>1:00 pm-4:00 pm</b>	<b>10</b>  Morning Drop-In [0 to 6 years] <b>Visit With Carly (NCCT)</b> 9:00 am-12:00 pm Afternoon Drop In [0 to 6 yrs] <b>2:00 pm-3:30 pm</b> <b>Pre. Reg:</b> Food 4 Thought 3:30 pm-6:00 pm	<b>11</b> <b>Morning Drop-In @ Gamble Park</b> [0 to 6 years] 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Puzzlemania</b> 1:00pm - 4:00pm	<b>12</b>  <b>Saturday Drop In</b> <b>[0 to 6 yrs]</b> 9:00 am- 12:00 pm
<b>14</b>  <b>ASQs Day</b> [0 to 6 years] 9:00 am-12:00 pm  [0 to 18 months] <b>1:00 pm-4:00 pm</b>	<b>15</b>  Morning Drop-In [0 to 6 years] <b>Smoothie Day</b> 9:00am-12:00pm  Afternoon Drop In [0 to 6 yrs] <b>Fun with Magnets</b> 1:00 pm-4:00 pm	<b>16</b> <b>Morning Drop-In @ Livingstone Park</b> [0 to 6 years] 9:00am-12:00pm  Let's Bake! [0 to 6 yrs] <b>Ice Cream Sundaes</b> 1:00 pm-4:00 pm	<b>17</b>  Morning Drop-In [0 to 6 years] <b>Making Books!</b> 9:00 am-12:00 pm Afternoon Drop In [0 to 6 yrs] <b>2:00 pm-3:30 pm</b> <b>Pre. Reg:</b> Community Cooking 3:30 pm-6:00 pm	<b>18</b> <b>Morning Drop-In @ Gamble Park</b> [0 to 6 years] 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Dino Kingdom</b> 1:00pm - 4:00pm	<b>19</b>  <b>Dad's Day Drop In</b> <b>[0 to 6 yrs]</b> 9:00 am- 12:00 pm
<b>21</b>  Morning Drop-In [0 to 6 years] <b>Ice Cream Art</b> <b>Circle With Kristi Block</b> 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Pretend Fishing</b> 1:00pm-4:00pm	<b>22</b>  Morning Drop-In [0 to 6 years] <b>Sensory: Pouring Station</b> 9:00am-12:00pm  Afternoon Drop In [0 to 6 yrs] <b>Discovering Books</b> 1:00 pm-4:00 pm	<b>23</b> <b>Morning Drop-In @ Livingstone Park</b> [0 to 6 years] 9:00am-12:00pm  Let's Bake! [0 to 6 yrs] <b>1:00 pm-4:00 pm</b>	<b>24</b>  Morning Drop-In [0 to 6 years] <b>Nail Art</b> 9:00 am-12:00 pm Afternoon Drop In [0 to 6 yrs] <b>2:00 pm-3:30 pm</b> <b>Pre. Reg:</b> Food 4 Thought 3:30 pm-6:00 pm	<b>25</b> <b>Morning Drop-In @ Gamble Park</b> [0 to 6 years] 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Farm Play</b> 1:00pm - 4:00pm	<b>26</b>  <b>Saturday Drop In</b> <b>[0 to 6 yrs]</b> 9:00 am- 12:00 pm
<b>28</b>  Morning Drop-In [0 to 6 years] <b>Farm Art</b> 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Circle With Kristi Block</b> 1:00pm-4:00pm	<b>29</b>  Morning Drop-In [0 to 6 years] <b>Tiger Art</b> 9:00am-12:00pm  Afternoon Drop In [0 to 6 yrs] <b>Watercolour Painting</b> 1:00 pm-4:00 pm	<b>30</b> <b>Morning Drop-In @ Livingstone Park</b> [0 to 6 years] 9:00am-12:00pm <b>Friendship Bracelets</b>  Let's Bake! [0 to 6 yrs] <b>Making Cookies</b> 1:00 pm-4:00 pm	<b>31</b>  Morning Drop-In [0 to 6 years] <b>Music Circle</b> 9:00 am-12:00 pm Afternoon Drop In [0 to 6 yrs] <b>2:00 pm-3:30 pm</b> <b>Pre. Reg:</b> Community Cooking 3:30 pm-6:00 pm	 <b>Positive Space</b>	





## 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.

**Dad’s Day Saturday** [0–6 years] A program once a month for Dads, Grandpas, and Male-Identifying Caregivers to come together with their children. Together we will learn and grow through discussions, circles and play. Facilitated in conjunction with Toronto Public Health nurses, we hope to explore the importance of Fatherhood and create lasting community bonds.

### 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](mailto: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](mailto:earlyongroup@abionacentre.ca)

## WHAT’S HAPPENING THIS MONTH?

- Wednesdays**—EarlyON drop in at Livingstone Park (21 Woodville Ave), 9 AM–12 PM.  
**Fridays**—EarlyON drop in at Gamble Park (150 Gamble Ave), 9 AM – 12 PM  
*Park visits are weather and pollution dependant. Please check our Facebook or Instagram for updates.*
- June 30th**—Staff Training Day. Program Closed  
**July 1st**—Canada Day! Program Closed  
**July 10th**—Visit with Carly from the Native Canadian Centre of Toronto (NCCT), 10 AM  
**July 14th—ASQ Day Workshop!** Join Abiona Centre’s EarlyON and Kuumba staff for a fun day of Ages and Stages Questionnaires. We will provide you with your child’s Questionnaire based on their age. You and your child will move along 6 different stations see your child’s current development. *For more information, please ask an EarlyON Staff member or see our flyer.*  
**July 14th**—Visit with Public Health Nurse Debbie 10 AM  
**July 19th**—Dad’s Day Saturday Drop In

## 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