



Abiona Centre
For Infant & Early Mental Health

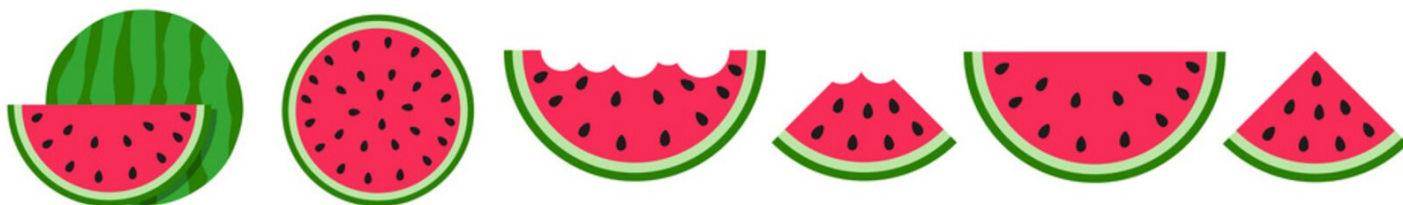
August 2025

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 @ Gamble Park [0 to 6 years] 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Sensory Fun! 1:00pm - 4:00pm | 2 Program Closed Holiday Weekend |
| 4 Program Closed - Holiday - | 5 Morning Drop-In [0 to 6 years] Making Bird Nests 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] Fizzy Colours 1:00 pm-4:00 pm | 6 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 | 7 Morning Drop-In [0 to 6 years] Visit With Carly (NCCT) 9:00 am-12:00 pm Afternoon Drop In [0 to 6 yrs] 2:00 pm-3:30 pm Pre. Reg: Food 4 Thought 3:30 pm-6:00 pm | 8 Morning Drop-In @ Gamble Park [0 to 6 years] 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Puzzlemania 1:00pm - 4:00pm | 9 Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm |
| 11 Morning Drop-In [0 to 6 years] Circle with Kristi Making Smoothies 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Old MacDonald's Farm 1:00pm-4:00pm | 12 Morning Drop-In [0 to 6 years] Paper Plate Elephants 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] Magnet Fun 1:00 pm-4:00 pm | 13 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 | 14 Morning Drop-In [0 to 6 years] Teddy Bear Boat Rescue 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 | 15 Morning Drop-In @ Gamble Park [0 to 6 years] 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Bingo Dabbers 1:00pm - 4:00pm | 16 Dad's Day Drop In [0 to 6 yrs] 9:00 am-12:00 pm |
| 18 Morning Drop-In [0 to 6 years] Sunflower Art 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Shaker Circle 1:00pm-4:00pm | 19 Morning Drop-In [0 to 6 years] Fire Truck Visit @ 10:30 AM 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] Painting with Cars 1:00 pm-4:00 pm | 20 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 | 21 Morning Drop-In [0 to 6 years] Playdough Faces 9:00 am-12:00 pm Afternoon Drop In [0 to 6 yrs] 2:00 pm-3:30 pm Pre. Reg: Food 4 Thought 3:30 pm-6:00 pm | 22 Morning Drop-In @ Gamble Park [0 to 6 years] 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Washing Animals 1:00pm - 4:00pm | 23 Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm |
| 25 Morning Drop-In [0 to 6 years] Washing Babies 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Circle with Kristi Building Towers 1:00pm-4:00pm | 26 Morning Drop-In [0 to 6 years] Graduation Day 9:00am-12:00pm *Outdoor Afternoon Drop In [0 to 6 yrs] Field Games 1:00 pm-4:00 pm | 27 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 | 28 Morning Drop-In [0 to 6 years] Name Art 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 | 29 Morning Drop-In @ Gamble Park [0 to 6 years] 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Nature Sensory Bin 1:00pm - 4:00pm | 30 Program Closed Labour Day Weekend |





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 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?

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.

August 2nd—Program Closed
August 4th—Program Closed
August 7th—Visit with Carly from the NCCT
August 11th—Morning Circle with Kristi
August 19th—Toronto Fire Truck Visit at Abiona Centre @ 10:30 AM
August 25th—Afternoon Circle with Kristi
August 26th—Graduation Circle Time for children starting Junior Kindergarten in September.
August 30th—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