



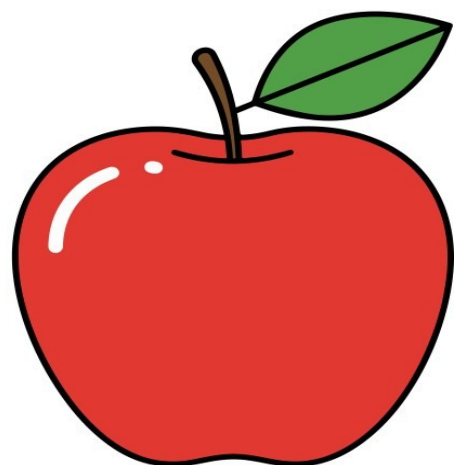
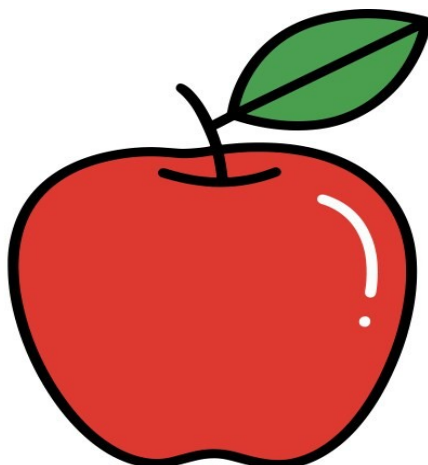
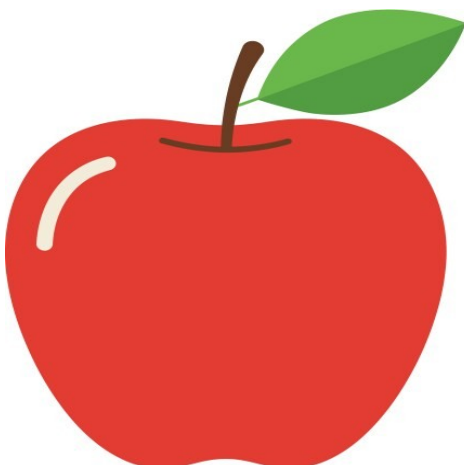
Abiona Centre
For Infant & Early Mental Health

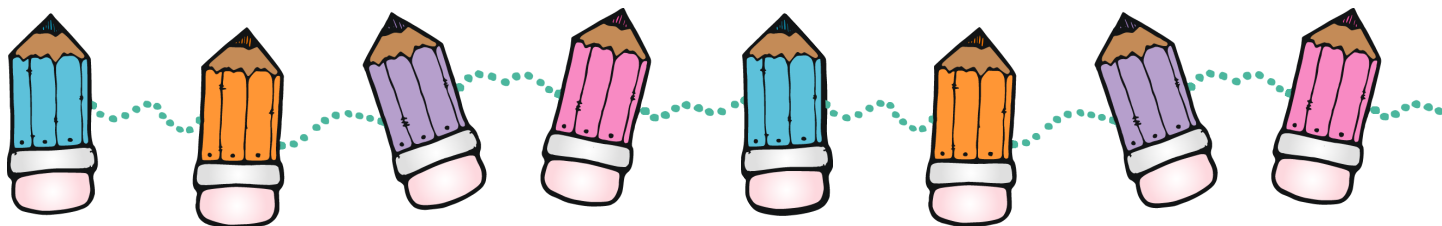
September 2025

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 PROGRAM CLOSED 	2 Morning Drop-In [0 to 6 years] Ice Cream Cone Art 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] Bookmania 1:00 pm-4:00 pm	3 Morning Drop-In @ Livingstone Park [0 to 6 years] 9:00am-12:00pm Let's Bake! [0 to 6 yrs] Baking Cookies 1:00 pm-4:00 pm	4 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	5 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	6 Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm Let's Celebrate Grandparents Day
8 Morning Drop-In [0 to 6 years] Colourful Jelly Fish 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Music and Bubbles! 1:00pm-4:00pm	9 Morning Drop-In [0 to 6 years] Pom Pom Air Balloons 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] Car Wash Station 1:00 pm-4:00 pm	10 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	11 Morning Drop-In [0 to 6 years] Umbrella 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	12 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	13 Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm
15 Morning Drop-In [0 to 6 years] Foot Print Art Circle with Kristi 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Tower Building 1:00pm-4:00pm	16 Morning Drop-In [0 to 6 years] Playdough Apple Trees 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] Fun with Magnets 1:00 pm-4:00 pm	17 Morning Drop-In @ Livingstone Park [0 to 6 years] 9:00am-12:00pm Let's Bake! [0 to 6 yrs] Let's Make Pizza 1:00 pm-4:00 pm	18 Morning Drop-In [0 to 6 years] Salt Painting 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	19 Morning Drop-In @ Gamble Park [0 to 6 years] 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Dino Kingdom 1:00pm - 4:00pm	20 Dad's Day Drop In [0 to 6 yrs] 9:00 am-12:00 pm
22 Morning Drop-In [0 to 6 years] Finger Paint Balloons 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Pretend Fishing Circle with Kristi 1:00pm-4:00pm	23 Morning Drop-In [0 to 6 years] Paper Ladybugs 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] Discovering Books 1:00 pm-4:00 pm	24 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	25 Welcome Fall BBQ 10 AM-2 PM	26 Morning Drop-In @ Gamble Park [0 to 6 years] 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Farm Play 1:00pm - 4:00pm	27 Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm
29 Morning Drop-In [0 to 6 years] Circle with TPL Librarian 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Shaker Circle 1:00pm-4:00pm	30 Morning Drop-In [0 to 6 years] Orange Shirt Day 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] Watercolour Painting 1:00 pm-4:00 pm	Donation Table begins on October 1st. Please bring in gently used clothing, toys or books.		 Positive Space	





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 in October. 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?

September 1st—CLOSED—Labour Day

September 4th —Circle with Carly from (NCCT)

September 15th—Morning Circle with Early Literacy Specialist Kristi Block @ 11:30 AM

September 22nd—Afternoon Circle with Early Literacy Specialist Kristi Block @ 2:00 PM

September 22nd—Visit with Public Health Nurse Debbie @ 10 AM

September 25th—Welcome Fall BBQ 10 AM–2 PM

September 29— Librarian visit

September 30 — National Day of Truth and Reconciliation

October 1st- Donation Table Open! Please bring in your gently used and clean clothing and small toys.

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