



Abiona Centre
For Infant & Early Mental Health

October 2025

Abiona Centre EarlyON Child and Family Program
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] Livingstone Park 9:00am-12:00pm Arts and Chats 1:00 pm—4:00 pm Donation Table Begins! Bring in your new or gently used clothing/items	2. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Making Birdfeeders Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Food 4 Thought 3:30 pm—6:00 pm	3. Morning Drop-In [0 to 6 years] Gamble Park 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm "Fun with Music Together" Special Theatre Guest!	4. Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm
6. Morning Drop-In [0 to 6 years] Spider Dots Activity 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm Discovering Bugs	7. Morning Drop-In [0 to 6 years] Cotton Ghosts 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm Droppers Sensory Play	8. Morning Drop-In [0 to 6 years] Livingstone Park 9:00am-12:00pm Arts and Chats 1:00 pm—4:00 pm	9. Harvest Lunch! 10am-2pm 	10. Morning Drop-In [0 to 6 years] Gamble Park Yoga Circle 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm Bookmania!	11. Program Closed
13.  Program Closed	14. Morning Drop-In [0 to 6 years] Making Paint Monsters 9:00am-12:00pm Visit from Debbie (TPH Nurse) Pre Reg: Baby Love Program 1:00 pm—4:00 pm	15. Morning Drop-In [0 to 6 years] Livingstone Park 9:00am-12:00pm Let's Bake! [0 to 6 yrs] 1:00 pm—4:00 pm	16. Morning Drop-In [0 to 6 years] Cauldron Craft 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Food 4 Thought 3:30 pm—6:00 pm	17. Morning Drop-In [0 to 6 years] Gamble Park Yoga Circle 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm Washing babies	18. Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm
20. Morning Drop-In [0 to 6 years] Happy Diwali Colourful Playdough 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm Music and Bubbles!	21. Morning Drop-In [0 to 6 years] Halloween Sensory 9:00am-12:00pm Pre Reg: Baby Love Program 1:00 pm—4:00 pm	22. Morning Drop-In [0 to 6 years] Livingstone Park 9:00am-12:00pm Let's Bake! [0 to 6 yrs] 1:00 pm—4:00 pm	23. Morning Drop-In [0 to 6 years] Witches Brooms 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—6:00pm	24. Morning Drop-In [0 to 6 years] Gamble Park Visit Cancelled! 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm Ghost Foot Print!	25. Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm
27. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Mummy Wrapping Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm Washing Pumpkins	28. Morning Drop-In [0 to 6 years] Pumpkin Painting! 9:00am-12:00pm Pre Reg: Baby Love Program 1:00 pm—4:00 pm	29. Morning Drop-In [0 to 6 years] Livingstone Park 9:00am-12:00pm Arts and Chats 1:00 pm—4:00 pm	30. Morning Drop-In [0 to 6 years] Visit with Carly (NCCT) 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Food 4 Thought 3:30 pm—6:00 pm Donation Table Closes!	31. Morning Drop-In [0 to 6 years] 9:00am-12:00pm BOO BASH! Infant and Toddler Time [0 to 18 months] 1:00 pm—4:00 pm Costume Party!	 Wishing everyone a Spooktacular Halloween! 





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.

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]

Wednesday Oct 15 and Oct 22 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.

Arts and Chats! with EarlyON Staff [Adult Program]

Wednesday Oct 1st, Oct 8th and Oct 29th from 1:00 pm—4:00pm.
Come chat and create with us.

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.

First Session Begins on October 14th 2026 from 1:00pm-4:00pm
Program is FULL

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?

Every Wednesday (9am-12pm)- Livingstone Park
(21 Woodville Ave)

Every Friday (9am-12pm)- Gamble Park
(150 Gamble Ave)
N.B October 24th Park Visit Cancelled

*Park visits are weather and pollution dependant.
Please check our Facebook or Instagram for updates.*

October 1st, Oct 8th, Oct 29th - Arts and Chats

October 1st – EarlyON Donation Table begins

October 3rd – *Special Theatre Guest:* “Fun with Music Together” @1:30pm

October 9th – Harvest Lunch! (10am–2pm)

October 14th– Baby Love (Every Tuesday)

October 15 and October 22- Let’s Bake

October 20– Happy Diwali

October 30th- Visit with Carly (NCCT)

October 30th- EarlyON Donation Table closes
Thank you for donating!

October 31st – BOO BASH! Morning Drop-In + Costume Party in the afternoon

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