



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

# December 2025

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Morning Drop-In [0 to 6 years] <b>Cinnamon flavor playdough</b> 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Stackables</b> 1:00 pm-4:00 pm	<b>2</b> Morning Drop-In [0 to 6 years] <b>Reindeer hand print Art</b> 9:00am-12:00pm  Afternoon Drop In [0 to 6 yrs] <b>Fruit Smoothies</b> 1:00 pm-4:00 pm	<b>3</b> Morning Drop-In [0 to 6 years] <b>Snowman Art</b> 9:00am-12:00pm  Arts and Chats <b>Pottery ornament</b> [0 to 6 yrs] 1:00 pm-4:00 pm	<b>4</b> Morning Drop-In [0 to 6 years] <b>Paper cup holiday tree</b> 9:00am-12:00pm  Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm <b>Pre. Reg:</b> Community Cooking 3:30 pm—6:00 pm	<b>5</b> Morning Drop-In [0 to 6 years] <b>Pinecone ornament</b> 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Exploring Wheels</b> 1:00pm - 4:00pm	<b>6</b> <b>Saturday Drop In</b> [0 to 6 yrs]  9:00 am-12:00 pm
<b>8</b> Morning Drop-In [0 to 6 years] <b>Circle with Literacy specialist</b> 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Puzzles</b> 1:00pm-4:00pm	<b>9</b> Morning Drop-In [0 to 6 years] <b>Beading</b> 9:00am-12:00pm  Afternoon Drop In [0 to 6 yrs] <b>Exploring Books</b> 1:00 pm-4:00 pm	<b>10</b> Morning Drop-In [0 to 6 years] <b>Holiday cards</b> 9:00am-12:00pm  Arts and Chats [0 to 6 yrs] <b>Pottery ornament</b> 1:00 pm-4:00 pm	<b>11</b> <b>Holiday Lunch</b> <b>10:00am-2:00pm</b> 	<b>12</b> Morning Drop-In [0 to 6 years] <b>Holiday Wreath</b> 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Farm Animals</b> 1:00pm -4:00pm	<b>13</b> <b>Saturday Drop In</b> [0 to 6 yrs] 9:00 am-12:00 pm
<b>15</b> Morning Drop-In [0 to 6 years] <b>Making Latkes</b> 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Circle with Literacy specialist</b> 1:00 pm—4:00 pm	<b>16</b> Morning Drop-In [0 to 6 years] <b>Hanukkah Art</b> 9:00am-12:00pm  Afternoon Drop In [0 to 6 yrs] <b>Yoga moves</b> 1:00 pm—4:00 pm	<b>17</b> Morning Drop-In [0 to 6 years] <b>9:00am-12:00pm Photos with Santa and Ms.Claus</b> <b>10am-11:30am</b>  Arts and Chats [0 to 6 yrs] <b>Baby hand print ornament</b> 1:00 pm-4:00 pm	<b>18</b> Morning Drop-In [0 to 6 years] <b>TPH visit with Debbie</b> 9:00 am—12:00 pm  Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm <b>Pre. Reg:</b> Food 4 Thought 3:30 pm-6:00 pm	<b>19</b> <b>Staff Training</b>  <b>Program closed!</b>	<b>20</b> <b>Saturday Drop In</b> [0 to 6 yrs] 9:00 am-12:00 pm  <b>Happy Yelda!</b>
<b>22</b> Morning Drop-In [0 to 6 years] <b>Popsicle stick snow flakes</b> 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Sensory Ball Play</b> 1:00pm-4:00pm	<b>23</b> Morning Drop-In [0 to 6 years] <b>Cotton ball penguin</b> 9:00am-12:00pm  Afternoon Drop In [0 to 6 yrs] <b>Trains and Tracks</b> 1:00 pm—4:00 pm	<b>24</b> Morning Drop-In [0 to 6 years] <b>Holiday Dance Party</b> 9:00am-12:00pm  Arts and Chats [0 to 6 yrs] <b>Gingerbread Cookie decoration</b> 1:00 pm—4:00 pm	<b>25</b> <b>Happy Holidays! Program closed</b> 	<b>26</b> <b>Program closed</b>	<b>27</b> <b>Program closed</b>
<b>29</b> Morning Drop-In [0 to 6 years] <b>Kwanza Candles Circle with Literacy specialist</b> 9:00am-12:00pm  Infant and Toddler Time [0 to 18 months] <b>Music circle</b> 1:00pm-4:00pm	<b>30</b> Morning Drop-In [0 to 6 years] <b>New Years Cards</b> 9:00am-12:00pm  Afternoon Drop In [0 to 6 yrs] <b>Wild Animals</b> 1:00 pm—4:00 pm	<b>31</b> Morning Drop-In [0 to 6 years] <b>New Years Fireworks</b> 9:00am-12:00pm  Arts and Chats [0 to 6 yrs] <b>Let's dance</b> 1:00 pm—4:00 pm	<b>Happy New Year!</b> 		



OUR PROGRAMS	ABIONA CENTRE FAMILY RESOURCES
<p><b>Morning, Afternoon and Saturday Drop-In [0—6 years]</b></p> <p>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.</p> <p><b>Circle time is at 11:30 AM daily.</b></p> <p><b>Infant and Toddler Time [0-18 mths]</b></p> <p>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.</p>	<p>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.</p> <p>For more information or to schedule an ASQ Screening, contact an EarlyON staff member at: <a href="mailto:earlyongroup@abionacentre.ca">earlyongroup@abionacentre.ca</a></p>
<p><b><u>Pre-Registered Programs</u></b></p> <p><b>Young Parents Breakfast Club</b> [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.</p> <p><i>Pre-Registration Required.</i></p> <p><b>Food 4 Thought</b> [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. <i>Pre-Registration Required.</i></p> <p><b>Community Cooking</b> [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! <i>Pre-Registration Required.</i></p> <p><b>Please email <a href="mailto:earlyongroup@abionacentre.ca">earlyongroup@abionacentre.ca</a> to Register</b></p>	<p><b>WHAT’S HAPPENING THIS MONTH?</b></p> <p><b>December 11,</b> Visit with Public Health Nurse Debbie @ 10 AM and Holiday Lunch</p> <p><b>December 15</b> Circle with Early Literacy Specialist Kristi Block @ 2:00 pm</p> <p><b>December 17th– Pictures with Santa and Ms.Claus</b> @ 10:00am-11:30am</p> <p><b>December 8 &amp; 29—</b>Morning Circle with Early Literacy Specialist Kristi Block @ 11:30 AM</p> <p><b>December 25th Xmas Day- Program closed</b></p> <p><b>December 26th: Boxing day- Program closed</b></p> <p><b>Happy Holidays, Happy Yalda, Happy Kwanza, Happy Hanukka and Merry Christmas!</b></p>
<p><b>Baby Love</b> [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!</p> <div data-bbox="604 2145 876 2421">  </div> <p><i>For EarlyON services in French please contact Centre francophone de Toronto 416-922-2672 poste 250</i>  <i>For Native Child and Family Services EarlyON programming call 416-969-8510 for more information</i></p>	<p><b>EARLYON FEEDBACK AND EARLY LEARNING CENTRE INFORMATION</b></p> <p>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</p>