



Abiona Centre
For Infant & Early Mental Health

April 2026

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



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|---|
|  <p>Positive Space</p> |  | <p>1. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Visit from Carly NCCT Easter Egg Hunt Arts and Chats [0 to 6 yrs] 1:00 pm—4:00 pm Egg Painting</p> | <p>2. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Autism Awareness Day (Wear Blue) Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Food 4 Thought 3:30 pm—6:00 pm</p> | <p>3. Good Friday Program Closed</p>  | <p>4. Program Closed</p>  |
| <p>6. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Easter Egg Decorating Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm Egg Sensory</p> | <p>7. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Pantry Soup Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm Cherry Blossom Art</p> | <p>8. Morning Drop-In [0 to 6 years] 9:00am-12:00pm 3D Rainbow Art EMPANADA DAY! Arts and Chats [0 to 6 yrs] 1:00 pm—4:00 pm Crochet Creations</p> | <p>9. Morning Drop-In [0 to 6 years] 9:00 am—12:00 pm Unicorn Art Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Community Cooking 3:30 pm—6:00pm</p> | <p>10. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Tulip Painting Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm Farm Animal Play</p> | <p>11. Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm</p> |
| <p>13. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Egg Craft Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm Puppets</p> | <p>14. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Spring Collage Pantry Soup Afternoon Drop In [0 to 6 yrs] 1:00pm-4:00pm Dandelion Art</p> | <p>15. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Exploring Bugs Arts and Chats [0 to 6 yrs] 1:00 pm—4:00 pm Circle with Literacy Specialist</p> | <p>16. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Rainbow Collage Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Food 4 Thought 3:30 pm—6:00 pm</p> | <p>17. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Jelly Fish Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm Exploring Bugs</p> | <p>18. Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm</p> |
| <p>20. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Sensory Nature Soup Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm BookMania</p> | <p>21. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Pantry Soup Visit from TPH Nurse Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm Water Play</p> | <p>22. Morning Drop-In [0 to 6 years] 9:00am-12:00pm EARTH DAY! Visit from TPL (Librarian) @10:30am Arts and Chats [0 to 6 yrs] 1:00 pm—4:00 pm</p> | <p>23. Morning Drop-In [0 to 6 years] 9:00 am—12:00 pm Fruit Art Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Community Cooking 3:30 pm—6:00pm</p> | <p>24. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Personalized Flower Pots Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm Water Play</p> | <p>25. Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm</p> |
| <p>27. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Sensory Planting Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm Instruments</p> | <p>28. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Pantry Soup Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm Exploring Books</p> | <p>29. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Flower Head Band Circle with Literacy Specialist Arts and Chats [0 to 6 yrs] 1:00pm-4:00pm</p> | <p>30. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Free Art Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Food 4 Thought 3:30 pm—6:00 pm</p> |  | |

MAPLE SYRUP FESTIVAL





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.

Arts and Chats! with EarlyON Staff [0-6years]

Come chat and create with us every Wednesday from 1:00 pm—4:00pm

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 [Moms 13—29 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.*

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.

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 Tuesday– Delicious Pantry Soup served for morning snack. Join us!

Wednesday April 1st– Easter Egg Hunt and Visit from Visit from Carly (Native Canadian Centre of Toronto)

Monday April 6th– Easter Egg Decorating

Wednesday April 8th– Empanada Day! Come eat with us!

Wednesday April 15-Visit from Early Literacy Specialist (9 am-11am)

Tuesday April 21st—Visit from Toronto Public Health Nurse Debbie

Wednesday April 22nd— Visit from Toronto Public Librarian @10:30am

Friday April 29th– Visit from Early Literacy Specialist (2pm-4pm)

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