



Abiona Centre
For Infant & Early Mental Health

July 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Canada Day Program Closed 	2. Morning Drop-In [0 to 6 years] 9:00am-12:00pm DONATION TABLE OPENS! Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Community Cooking 3:30 pm—6:00 pm	3 Morning Drop-In [0 to 6 years] 9:00am-12:00pm At Gamble Park Practicing Soccer Kicks! Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm Playing with Cars	4. Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm
6. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Playdough Creations Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm Afternoon Painting	7. Morning Drop-In [0 to 6 years] 9:00am-12:00pm National Macaroni Day! Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm Sensory Fun	8. Morning Drop-In [0 to 6 years] 9:00am-12:00pm At Livingstone Park Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm Making Volcanoes	9. Morning Drop-In [0 to 6 years] 9:00 am—12:00 pm Ice Cream Craft Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Food 4 Thought 3:30 pm—6:00pm	10. Morning Drop-In [0 to 6 years] 9:00am-12:00pm At Gamble Park Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm Water Play	11. Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm
13. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Butterfly Art Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm Bookmania	14. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Making Puppets Afternoon Drop In [0 to 6 yrs] 1:00pm-4:00pm Dinosaur Discovery	15. Morning Drop-In [0 to 6 years] 9:00am-12:00pm At Livingstone Park Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm Ice Cream Day!	16. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Music Circle Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Community Cooking 3:30 pm—6:00 pm	17. Morning Drop-In [0 to 6 years] 9:00am-12:00pm At Gamble Park Practicing Soccer Kicks! Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm Farm Play	18. Saturday Drop In [0 to 6 yrs] 9:00 am-12:00 pm
20. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Moon Day Art Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm Obstacle Course	21. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Wear your Favourite Colour Day! Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm Trains	22. Morning Drop-In [0 to 6 years] 9:00am-12:00pm At Livingstone Park Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm Model Magic Dough Creations	23. Morning Drop-In [0 to 6 years] 9:00 am—12:00 pm Free Art Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Food 4 Thought 3:30 pm—6:00pm	24. Morning Drop-In [0 to 6 years] 9:00am-12:00pm At Gamble Park Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm Puppets	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 The Very Hungry Caterpillar Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm Free Play	28. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Paper Plate Flowers Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm Nature Soup	29. Morning Drop-In [0 to 6 years] 9:00am-12:00pm At Livingstone Park Afternoon Drop In [0 to 6 yrs] 1:00pm-4:00pm Fruit Salad	30. Morning Drop-In [0 to 6 years] 9:00am-12:00pm Nature Art Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Community Cooking 3:30 pm—6:00 pm	31. Morning Drop-In [0 to 6 years] 9:00am-12:00pm At Gamble Park Afternoon Drop In [0 to 6 yrs] 1:00 pm-4:00 pm Dietitian Visit "Intro to Solids" At 2pm	DONATION TABLE CLOSING ON July 31st 





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.

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?

Wed July 1st– Canada Day- Program Closed

Thurs July 2nd– Sat August 1st- Donation

Table Opens

Tue July 7th– National Macaroni Day– Join

us for some YUMMY Macaroni and Cheese!

Wed July 15th– Ice Cream Day!

Join for some ice cream in the afternoon

Tue July 21st- Wear your Favourite Colour Day!

Friday July 31st– Dietitian Visit (Intro to Solids) at 2pm

Wednesday's From 9am-12pm–Livingstone Park

Friday's From 9am-12pm– Gamble Park

Friday July 31st– Donation Table Closes

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