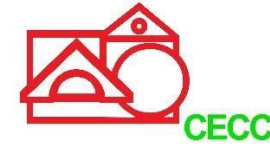




# January 2025



Central Eglinton EarlyON Child and Family Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>EarlyON Baby Drop In</b> Ages 0-18 Months 10:00am – 1:00pm</p> <p><b>EarlyON Creative Arts Drop In</b> Ages 18 Months-6 years 3:00pm – 4:00pm</p>	<p><b>EarlyON Family Drop In</b> Ages 0-6 Years 9:30am – 3:00 pm</p>	<p><b>EarlyON Baby Drop In</b> Ages 0-18 Months 10:00am-1:00pm</p> <p><b>EarlyON Family Drop In</b> Ages 0-6 Years 2:00pm-5:00pm</p>	<p><b>EarlyON Family Drop In</b> Ages 0-6 Years 9:30am-3:00pm</p>	<p><b>EarlyON Family Drop In</b> Ages 0-6 Years 10am-1:00 pm</p> <p><b>EarlyON Baby Drop In</b> Ages 0 – 18 Months 2:30pm – 3:30pm</p>	<p><b>EarlyON Family Drop In</b> Ages 0-6 Years 10am-1pm</p>
<p><b>Effective January 6<sup>th</sup> – January 31<sup>st</sup>, 2025</b></p>					

In January, all programs will run on a drop-in basis. Drop-In programs do not require pre-registration, but program capacities will still be met and there is a risk it could be full at busy times. To book a 1-on-1 consult or if you have any questions or wish to be added to our EarlyON e-mail distribution list, please contact our EarlyON & Family Resource Coordinator, Stacey Rupert, at 416-392-0511 ext. 246 or e-mail [familyprograms@centraleglinton.com](mailto:familyprograms@centraleglinton.com).

### January Program Updates

- Kanthi from FoodShare will visit on Tuesday January 7<sup>th</sup> to discuss “Feeding Your Toddler”
- Nancy from Toronto Public Health will be facilitating a workshop on Friday January 10<sup>th</sup> from 2:30 – 3:30pm
- The Toronto Public Library will visit program on Thursday January 16<sup>th</sup> for a special circle time at 11:00am
- Join us at Northern District Library on Monday January 20<sup>th</sup> from 10:00 – 11:30am for our EarlyON Pop-Up
- Join Laura on Wednesday January 29<sup>th</sup> for Postnatal yoga, from 11:00 – 11:30am



Central Eglinton EarlyON Child and Family Centre is a place where parents and caregivers with children aged 0-6 can: Participate in free early learning and programs that support healthy child development, talk to EarlyON staff and other parents/caregivers/grandparents in the community and find information about programs and services available in the community.

# Central Eglinton EarlyON Child and Family Centre Program Update

**January 6<sup>th</sup> – 31<sup>st</sup>, 2025**

**EarlyON Family Drop In! – Tuesdays & Thursdays 9:30am-3:00pm, Wednesdays 2:00pm-5:00pm, Fridays & Saturdays 10:00am-1:00pm**

**For caregivers and their children 0-6 years of age.** Play and socialize in a safe, relaxed, and supportive environment. Participate in open-ended activities, S.T.E.M activities and sensory play and then join us for circle time! Connect with our RECE to ask about resources and community programs. **No registration required.**

**EarlyON Baby Drop In! – Mondays & Wednesdays 10:00am-1:00pm, Fridays 2:30pm – 3:30pm**

**For caregivers and their babies aged 0-18 months.** Join us in a safe, inviting environment as we participate in free-play activities and early literacy activities for babies, such as reading, singing and hand rhymes. Time for socialization with other parents and caregivers. **No registration required.**

**Creative Arts Drop In! – Mondays – 3:00 – 4:00pm**

**For caregivers and their children aged 18 months-6 years.** Children can get crafty and work on their creative and fine motor skills with new creative activities weekly. **No registration required.**

**1-on-1 Consults with EarlyON RECE – Virtual or In-Person**

Have any questions or concerns about your child's development? Looking for resources in your community? Looking for childcare and have questions? Book a time to speak with our EarlyON Coordinator. **Registration required. E-mail: [familyprograms@centraleglinton.com](mailto:familyprograms@centraleglinton.com) or call 416-392-0511 ext. 246.**

**Toronto Public Health Growth and Development Workshop - Friday January 10<sup>th</sup> 2:30pm – 3:30pm**

Join Nancy from Toronto Public Health as she facilitates a workshop related to your children's development and milestones. Participants will learn about tools to help determine if a child's development is on track, the connection between child development and behaviour and ideas and tips to encourage a child's overall healthy development. **No registration required.**

**FoodShare Presentations – “Feeding Your Toddler” – Tuesday January 7<sup>th</sup>, 10:30am**

Join Kanthi during Family Drop-In to get ideas and suggestions on healthy snacks and meals for fussy toddlers! **No registration required.**

**Visit from the Toronto Public Library (TPL) – Thursday January 16<sup>th</sup>, 11:00am**

Join us during Drop In for a visit from the Toronto Public Library Librarian! They will share some early literacy tips, current and upcoming programming at the Northern District branch and join us for a circle time! **No registration required.**

**EarlyON Pop-Up at Northern District Library – 40 Orchard View Blvd. – Monday January 20<sup>th</sup> from 10:00am-11:30am – Ages 0 – 6 Years**

Join us at Northern District Library for an EarlyON Pop-Up! Participate in art and sensory activities and stay for Circle Time alongside the Children's Librarian and the EarlyON Team. **No registration necessary, see you there!**

**EarlyON Baby Yoga – Wednesday January 29<sup>th</sup>, 11:00 – 11:30am**

Join us during Baby Drop-In as Laura leads us through a simple Postnatal Yoga Class. Make sure to bring your mat and water bottle. **No registration is required.**

Please feel free to contact Stacey with any questions about our programs at 416-392-0511 ext. 246, email [familyprograms@centraleglinton.com](mailto:familyprograms@centraleglinton.com) or visit our website at

[www.centraleglinton.com](http://www.centraleglinton.com).

## Program Reminders

Please no shoes in the EarlyON space. We ask children and adults to wear socks or indoor slippers inside the space.

We are a nut-free environment. Please no snacks or food that contain any nuts. Please no hot drinks in the EarlyON space.

When taking photos and videos please make sure you are not capturing other children or staff. This includes circle time.

Please do not make or take any Facetime or video calls while in program.

The EarlyON staff are not responsible for supervising your child while at program. Please watch your children to ensure they are being safe.

Please make sure you close and lock the doors when you enter and leave the program space. We don't want any children escaping.