



Central Eglinton EarlyON Child and Family Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>EarlyON Baby Drop In Ages 0-18 Months 10:00am– 1:00pm</p> <p>EarlyON Creative Arts Drop In Ages 18 Months- 6 years 2:30pm – 4:30pm</p>	<p>EarlyON Family Drop In Ages 0-6 Years 9:30am – 3:00 pm</p>	<p>EarlyON Baby Drop In Ages 0-18 months 10:00am-1:00pm</p> <p>EarlyON Family Drop In Ages 0-6 Years 2:00pm-5:00pm</p>	<p>EarlyON Family Drop In Ages 0-6 Years 9:30am-3:00pm</p>	<p>EarlyON Family Drop In Ages 0-6 Years 10am-1:00 pm</p>	<p>EarlyON Family Drop In Ages 0-6 Years 10am-1pm</p>

In March, 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 Program Coordinator Valeria Hook, at 416-392-0511 ext. 246 or e-mail familyprograms@centraleglinton.com.

March Program Updates

- A Community Nutrition Educator will be facilitating a workshop on Monday March 3rd at 10:00am
- Alice from the TPL will visit the program on Thursday March 6th for a special circle time at 11:00am
- Kanthi from FoodShare will visit on Tuesday March 11th to discuss “How to Feed Your Toddler” at 10:30am
- Nancy from Toronto Public Health will be facilitating a workshop on Tuesday March 18th at 10:00am
- Join Laura on Wednesday March 26th for Postnatal yoga, from 10:00 – 10:30am



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

March 2025

<p>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.</p>
<p>EarlyON Baby Drop In! – Mondays & Wednesdays 10:00am-1:00pm 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</p>
<p>Creative Arts Drop In! – Mondays – 2:30pm – 4:30pm 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.</p>
<p>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 Program Coordinator. Registration required. E-mail: familyprograms@centraleglinton.com or call 416-392-0511 ext. 246.</p>
<p>Toronto Public Health “Complementary Food and Making Your Own Baby Food” – Monday March 3rd Join us during Baby Drop In to discuss complementary foods for children 6 to 12 months, the importance and benefits of breastfeeding and iron rich foods and how to prepare and make healthy baby foods. No registration required.</p>
<p>Visit from the Toronto Public Library (TPL) – Thursday March 6th, 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.</p>
<p>FoodShare Presentations – “Feeding Your Toddler” – Tuesday March 11th, 10:30am Join Kanthi during Family Drop-In to get ideas and suggestions on healthy snacks and meals for fussy toddlers! No registration required</p>
<p>Toronto Public Health “Screen Time” – Tuesday March 18th, 10:00am Join Nancy from Toronto Public Health as she facilitates a workshop about the benefits and impacts of screen time, screen time recommendations and how to model and manage appropriate screen time behaviour and physical activity. No registration required.</p>
<p>EarlyON Baby Yoga – Wednesday March 26th, 10:00 – 10:30am 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 Valeria with any questions about our programs at 416-392-0511 ext. 246, email familyprograms@centraleglinton.com or visit our website at www.centraleglinton.com.</p>

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 to escape.