

Scarborough East EarlyON Child & Family Centres

October 2021

EarlyON Fall Programs

Don't miss out on some of our Virtual EarlyON Programs that will be continuing this Fall:

Monday - Together Time 11:30 am -12:30 pm

[Register Now](#)

Wednesday- Rainbow Fun 9:15 am -10:00 am

[Register Now](#)

If you have not already registered for these programs, click the link to register today.



EarlyON Virtual Halloween Costume Party

Join the EarlyON Staff in a Halloween themed music circle, games and dance party.

This is also a wonderful opportunity for children to share their fun, spooky costumes in our fashion show!

Date: Friday, October 29th, 2021

Time: 10:00 - 11:00 a.m.

Detailed information coming soon for registration and pick-up date for treat bags.





Wellness Workshop Series

In this workshop series, we will be learning about and identifying the different aspects of wellness, the challenges that may occur, and strategies to help manage our overall health. By the end of this series, participants will have a greater understanding about wellness as well as a wide range of strategies to support their own mental health and well-being.

Dates: Friday October 8 & 29, 2021

Friday November 12 & 26 2021

Time: 1:00 – 2:30pm

[Register now](#) for the October sessions.

For more information, please contact Alison at apettigrew@esbgc.ca



EarlyON Workshop

Supporting our children in times of stress

This (zoom) workshop is meant to provide education on how children experience stress, how parents can identify stress in their children and strategies for helping our children cope with stress. We will also discuss how we can support our children in building resiliency as part of their emotional development, so that they can adapt and cope with adversity in life.

DATE: Friday, October 15, 2021

TIME: 1:00 pm - 2:00 pm

[Register Now](#)

Login ID: 846 3412 8018 **Password:** 290986

Kids in the Kitchen



Sign up today for
Kids in the Kitchen.

This is a pre-recorded video with amateur cook Miss Lisa.

Each week we will be cooking or baking a yummy treat and enjoying some family friendly activities such as crafts, stories, songs and games. The video link will be sent to you every Thursday.

[Register Now](#)

Thanksgiving Family Activity

We are thankful tree



Each family member can add a handprint “leaf” to the tree with what they are thankful for this year.



Please note our services will be **closed** and **no programs** will be held on **October 11th, 2021** due to the Thanksgiving holiday. Have a wonderful long weekend!