

# Scarborough East EarlyON Child & Family Centres

## April 2022

### Drop-in Programs

Our EarlyON staff are thrilled to share that participants are welcome to drop in for our programs once again. No registration is needed. Simply stop by one of our EarlyON Centres during the program listed below.



#### Monday

- 9:30 - 11:30 a.m. Mornelle EarlyON: Let's Learn Together
- 10:00 - 11:30 a.m. Galloway EarlyON: Gym Time
- 1:00 - 2:30 p.m. Orchard Park EarlyON: Ready, Set, Go Toddlers
- 1:30 - 2:30 p.m. Galloway EarlyON: Fine Motor Fun

#### Wednesday

- 10:00 a.m. - 12:00 p.m. Galloway EarlyON: Family Time
- 1:00 - 2:00 a.m. Galloway EarlyON: Together Time
- 1:00 - 3:00 p.m. Corvette EarlyON: Arts & Reading
- 1:00 - 3:00 p.m. Orchard Park EarlyON: Rainbow Fun

#### Thursday

- 9:30 - 11:30 a.m. Mornelle EarlyON: Together Time
- 1:00 - 2:30 p.m. Galloway EarlyON: Gym Time

#### Friday

- 10:30 - 11:30 a.m. Orchard Park EarlyON: Baby Music & Kids Club

### Baby Buddies



The Baby Buddies program fosters an environment that allows both parent and infant to socialize with one another and other families. Paired with our Baby Music program, participants can take part in songs and rhymes that stimulate healthy relationships, brain growth and child development. Additionally, through interactive discussions, parents will learn important information about their infant's social and emotional development.

Baby Buddies is offered at the Orchard Park EarlyON Centre every Friday, starting on April 8 from 10:30 to 11:30 a.m. Families are welcome to join us in person or virtually on Zoom as well.

**Meeting ID:** 897 1461 5649    **Passcode:** BABYBUDS



## Autism Awareness

Join us and wear blue on April 2 to help increase understanding and acceptance for people with autism and create a world where all people with autism can reach their full potential.

To help foster awareness and empathy for kids on the spectrum, parents can share books like *My Brother Charlie*, which is available through the Toronto Public Library. Click [HERE](#) to access the e-book now.

For more books that promote understanding of autism, please click [HERE](#).



## Circle of Friends

This is an in-person program designed to support children who may require assistance or accommodations in order to participate in group programs.

Come and join us on Saturdays at the [BGC East Scarborough Gymnasium](#) as we engage in fun activities that have a focus on sensory and gross motor skills.

Weekly registration is required and we kindly ask that you only register for one of the group sessions. To register, please click [HERE](#) to sign-up your family now!



## CARES Program

CARES is a family support program aimed at increasing caregivers capacity to support the development of children on the autism spectrum and to address common challenges related to caring for children with complex needs.

In this 7 session virtual program, participants will engage in discussions and activities to help them learn and practice self-care techniques, coping strategies and problem solving skills.

**Date:** April 6 to May 18, 2022

**Time:** 5:00 - 6:00pm

To register, please contact **Alison Pettigrew** at [apettigrew@esbgc.ca](mailto:apettigrew@esbgc.ca).



## Earth Day

On April 22nd, celebrate Earth Day by taking action that day and every day! Here are some creative and fun ideas.

**Food:** Reduce food waste by saving leftovers or turning them into tastier meals!

**Energy:** Reduce screen times and try reading a book, crafting or spending time with family and friends instead.

**Waste:** Move towards zero waste by reducing your usage of single-use plastics.

**Nature:** Keep our environment clean by sorting and throwing out your trash.

For more environmental actions that you can do at home, visit [earthday.ca](http://earthday.ca).

Please note our services will be **closed** and **no programs** will be held on Good Friday (April 15) & Easter Monday (April 18). Have a wonderful long weekend!