



Orchard Park EarlyON Child and Family Centre

62 Orchard Park Drive | Scarborough, Ontario | M1E 3T7

Telephone: (416) 282 -7284 | Email: lmills@esbgc.ca

Website: <http://www.esbgc.ca/earlyon-child-family-centres>

Office Hours

Please note that our phone line is only open during these times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 4:30	8:30 – 4:30	8:30 – 4:30	8:30 – 4:30	8:30 – 4:30	Closed	Closed

EarlyON Programs

You may check our website www.esbgc.ca to register for any programs that we offer at the BGC East Scarborough and Scarborough East EarlyON Child and Family Centre.

Winter Programs End Date	March 1, 2024
Spring Programs Start Date	April 8, 2024

IMPORTANT NOTICE

Please note that we will be closed on the following days:

March 22nd at 12:00 pm

March 29th and April 1st

Account & Registration

To register for a program with BGC East Scarborough, go to www.esbgc.ca and click on “Register For Programs”.

To create a new account, please click [HERE](#)



Pour des services à la petite enfance et à la famille en français, contactez le Centre francophone de Toronto en téléphonant le 416-922-2672 poste : 274, en envoyant un courriel à l’adresse: parents.enfants@centrefranco.org ou en consultant notre site web : www.centrefranco.org

Orchard Park: PROGRAM DESCRIPTIONS

Together Time: This is an interactive program for families with children ages birth to 6. Various learning centers, table activities, and toys are available to explore. Staff are available to provide information regarding your child's development, parenting information, community resources and more. Program staff will lead a circle time at the end.

Music Makers: This is an interactive program for families with children ages birth to 6. Families are invited to join this music circle and participate in new and familiar songs & rhymes.

Friends at Play: This is an interactive program for families with children ages birth to 6. This program gives children and caregivers a chance to explore the toys in the program room. Caregivers are encouraged to play with their child

Cognitive Toddlers: This is an interactive program for families with children ages 18 to 30 months. This program focuses on providing opportunities to learn through play and promotes cognitive, language and social development.

Gym Time: This is an interactive program for families with children ages birth to 6. The gym is set up with toys to promote gross motor development.

Fine Motor Fun: This is a interactive program for families with children ages 2.6 to 4. Children will engage in a variety of activities to improve the ability to coordinate the small muscles of the hand and work on their pre-writing skills.

Creative Tots: This is an interactive program for families with children ages 18 to 30 months. This program is designed to allow toddlers to express themselves creatively through a variety of materials.

Rainbow Fun: This is a interactive program for families with children ages birth to 6. Children and their caregivers will be encouraged to participate in gross motor games, songs and activities.

Ready, Set, Go Toddlers: This is a interactive program for families with children ages 18 to 30 months. Children will engage in a variety of hands-on, motor activities to help develop their small and large muscles.

Babies at Play: This is a interactive program for families with children ages birth to 18 months. Baby toys and sensory activities will be provided along with songs and finger plays to stimulate and enhance your baby's development.

Baby Music: This is an interactive program for families with children ages birth to 18 months. Families with babies will gather together and sing songs, learn rhymes and use a variety of props and materials.

Orchard Park: PROGRAM DESCRIPTIONS Continued....

Play it Up: This is an interactive registered program for families with children ages 18 months to 2.5. This program is designed to support your child's language development and literacy skills.

Kids Club: This is an independent program for families with children ages 2.6 to 6. This is play based program for children who have caregivers in an EarlyON family support program, such as a parent workshop or baby music.

Orchard Park: PROGRAM DESCRIPTIONS for MARCH BREAK

Pajama Day: Wear your favorite pajamas and stay cozy all day long! Join us during Gym Time and bring a stuffed animal or doll to share during music circle!

Hawaiian Day: Aloha Friends! Come dressed in your best Hawaiian attire and take part in tropical themed activities like tiki hut dramatic play area, sea turtle craft and an ocean sensory bin. We've got the leis covered!

Mini Olympics: Join us for action-packed program filled with an obstacle course, Olympic craft and mini games. Don't forget to wear comfortable clothing!

St. Patrick's Day: Come dressed in green and help us celebrate St. Patrick's Day! Take part in crafts, activities and a leprechaun scavenger hunt that will bring you good luck and magic throughout the year.

Orchard Park: ADULT SERVICES

Adult Services

Scarborough East EarlyON Child and Family Centre offers workshops and parent consultations by request. We look forward to hearing from families and caregivers to better determine the community's interest and concerns. We recommend submitting a request at least 4-6 weeks before the requested dates so we can schedule workshops that meet your needs. For more information, please contact **Grace Tameta** at gtameta@esbgc.ca

Let's Talk about Mealtimes: This workshop is all about making mealtimes more manageable. Parents will be provided with a general overview of the nutritional requirements of children and also learning simple, effective strategies for dealing with picky eaters. While the parents partake in this workshop, children between the ages of 2 to 4 years old are able to participate in a food related activity.

Infant Massage: is a 45 week workshop where parents or caregivers will learn the best practices to massage their baby. (0-12 months) This workshop is facilitated by students from the Centennial College Massage Therapy Program under the direction of a Registered Massage Therapist (RMT)

TRIPLE P - Positive Parenting Program: 3 Workshops Triple P – Positive Parenting Program®, backed by over 25 years of clinically proven, world wide research, has the answers to your parenting questions and needs. We have the knowledge and evidence to prove that Triple P works for many different families, in many different circumstances, with many different problems, in many different places!



Child and Family Centre

Galloway EarlyON Child and Family Centre

100 Galloway Road | Scarborough, Ontario | M1E 1W7

Telephone: (416) 281 –0262 | Email: lmills@esbgc.ca

Website: <http://www.esbgc.ca/earlyon-child-family-centres>

Office Hours

Please note that our phone line is only open during these times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 4:30	8:30 – 4:30	8:30 – 4:30	8:30 – 4:30	8:30 – 4:30	9:30 – 3:30	Closed

Galloway: PROGRAM DESCRIPTIONS

Gym Time: This is an interactive program for families with children ages birth to 6. The gym is set up with toys to promote gross motor development.

Together Time: This is an interactive program for families with children ages birth to 6. Various learning centers, table activities, and toys are available to explore. Staff are available to provide information regarding your child's development, parenting information, community resources and more. Program staff will lead a circle time at the end.

Circle of Friends: is an in-person program designed to support children who may require assistance or accommodations in order to participate in group programs. Participants do not need to have a diagnosis in order to attend this program. Join us as we engage in fun activities that have a focus on sensory and gross motor skills.

Connecting with Friends: is an interactive program for families with children ages 4-12. All activities and games have been adapted for children with diverse abilities and extra support needs to support healthy child development through play.

Cognitive Toddlers: This is an interactive program for families with children ages 18 to 30 months. This program focuses on providing opportunities to learn through play and promotes cognitive, language and social development.

Babies at Play: This is a interactive program for families with children ages birth to 18 months. Baby toys and sensory activities will be provided along with songs and finger plays to stimulate and enhance your baby's development.

Fine Motor Fun: This is a interactive program for families with children ages 2.6 to 4. Children will engage in a variety of activities to improve the ability to coordinate the small muscles of the hand and work on their pre-writing skills.

Galloway: ADULT SERVICES

Adult Services

Scarborough East EarlyON Child and Family Centre offers workshops and parent consultations by request. We look forward to hearing from families and caregivers to better determine the community's interest and concerns. We recommend submitting a request at least 4-6 weeks before the requested dates so we can schedule workshops that meet your needs. For more information, please contact **Lisa Mills at lmills@esbgc.ca**

Q&A with Toronto Public Health Nurse: In this session, the Public Health Nurse spends time circulating among individual families or small groups and answering questions about any topic.

Let's Talk About Temper Tantrums: In this workshop parents will learn to recognize the build up to a temper tantrum and how to effectively diffuse and/ or prevent one. Several simple, yet effective techniques will be discussed. Handouts will be provided.



Mornelle EarlyON Child and Family Centre

110 Mornelle Crt. | Scarborough, Ontario | M1E 1W7

Telephone: (416) 287 –3578 | Email: lmills@esbgc.ca

Website: <http://www.esbgc.ca/earlyon-child-family-centres>

Office Hours

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 4:30	8:30 – 4:30	Closed	8:30 – 4:30	8:30 – 4:30	Closed	Closed

IMPORTANT NOTICE

Mornelle: PROGRAM DESCRIPTIONS

Together Time: This is an interactive program for families with children ages birth to 6. Various learning centers, table activities, and toys are available to explore. Staff are available to provide information regarding your child's development, parenting information, community resources and more. Program staff will lead a circle time at the end.

Family Math: This is an interactive program for families with children ages birth to 6. Families will be introduced to simple math activities and language to help young children learn some pre-math concepts. This program will help caregivers feel more confident in doing math activities with their children.

Journey Toward Independence: This is an interactive registered program for families with children ages 2.6 to 4. This program involves the activities of everyday life and children observe these activities in the environment and gain skills through the real experience in a purposeful way. These activities give the child a sense of belonging and contribute to the control and coordination of movement, development of concentration, and self-esteem.

Mornelle: ADULT SERVICES

Adult Services

Scarborough East EarlyON Child and Family Centre offers workshops and parent consultations by request. We look forward to hearing from families and caregivers to better determine the community's interest and concerns. We recommend submitting a request at least 4-6 weeks before the requested dates so we can schedule workshops that meet your needs. For more information, please contact

Lisa Mills lmills@esbgc.ca

Mealtime Environments & Responsive Feeding Relationships: In this workshop, participants will identify and address common feeding challenges for children ages two to six years. Participants will learn about feeding relationships, how to allow children to follow their hunger and fullness cues and how to make mealtimes a positive and enjoyable experience for children within this age group.



Corvette EarlyON Child and Family Centre

30 Corvette Ave | Scarborough, Ontario | M1K3G2

Telephone: (416) 396-5822 | **Email:** awright@esbgc.ca

Website: <http://www.esbgc.ca/earlyon-child-family-centres>

Office Hours

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Corvette: PROGRAM DESCRIPTIONS

Together Time: This is an interactive program for families with children ages birth to 6. Various learning centers and toys are available to explore. Staff are available to provide information regarding your child's development, parenting information, community resources and more. Program staff will lead a circle time at the end.

Baby Music: This is an interactive program for families with children ages birth to 18 months. Families with babies will gather together and sing songs, learn rhymes and use a variety of props and materials.

Alphabet Buddies: This is an interactive program for families with children ages birth to 6. Activities will focus on letter and sound recognition.

Exploring Numbers: This is an interactive program for families with children ages 2.6 to 4. Families will engage in activities that will help develop number recognition and basic math concepts.

Gym Time: This is an interactive program for families with children ages birth to 6. The gym is set up with toys to promote gross motor development.

Corvette: ADULT SERVICES

Adult Services

Scarborough East EarlyON Child and Family Centre offers workshops and parent consultations by request. We look forward to hearing from families and caregivers to better determine the community's interest and concerns. We recommend submitting a request at least 4-6 weeks before the requested dates so we can schedule workshops that meet your needs. For more information, please contact

Atheline Wright at awright@esbgc.ca

Let's Talk About.... Toileting: This workshop will help parents decide if their child is ready for toilet training. Parents will also learn a simple and effective program they can introduce that builds on their child's success. Helpful resources such as books and videos are also discussed. Handouts will be provided.



LIBRARY PROGRAM LOCATIONS & DESCRIPTIONS

Note: All are welcome to participate.
No registration required.



Guildwood Library: Babies in Playland 10:30-11:30 am

Address: 123 Guildwood Parkway, Scarborough, ON, M1E 4V2

This is an interactive program for families with children ages birth to 18 months. This program includes songs, toys, rhymes and activities which encourage play and connecting with your baby.

Start Date: Wednesday April 10, 2024

End Date : Wednesday May 30, 2024

Highland Creek Library: Let's Learn Together 1:00-2:00 pm

Address: 3550 Ellesmere Road, Scarborough, ON, M1C 3Z2

This is an interactive program for families with children ages birth to 6. Families are welcome to engage in a variety of fun early learning experiences that build positive relationships.

Start Date: Wednesday April 10, 2024

Ends Date: Wednesday May 30, 2024

Port Union Library: Let's Learn Together 4:00-5:00 pm

Address: 5450 Lawrence Ave East, Scarborough, ON, M1C 3B2

This is an interactive program for families with children ages birth to 6. Families are welcome to engage in a variety of fun early learning experiences that build positive relationships.

Start Date: Thursday April 11, 2024

End Date: Thursday June 6, 2024