



Child and Family Centre

Scarborough East EarlyON Child & Family Centre

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

Telephone: (416) 559 - 2604 | Email: mveyra@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.

Fall Virtual/Outdoor Programs Start	September 13, 2021, 2021
Fall Virtual/Outdoor Programs End	December 11, 2021
Winter 2022 Registration Begins	December 16 - 31, 2021

IMPORTANT NOTICE

Please note that there will be no programs and services available on October 11th, due to Thanksgiving Holiday.

Account & Registration

To register or create an account with BGC East Scarborough, go to www.esbgc.ca and click on **Register for Programs**. To create a new account, click on **create new account** at the top of the page and follow the prompts.

Zoom Details for EarlyON Virtual Programs

After you have registered for programs, the meeting ID and passcode will be sent to you by email within 24 hours. If you have not received the Zoom details, please check your junk folder before contacting the program staff.

Program Updates

We are now offering pre-registered in-person programs. The Guidelines for these will be posted soon. It will be as per the Public Health Guidelines and are in place for the comfort and safety of our members.

We will still continue virtual programs through the Zoom application.

To see our monthly Newsletters, Parenting Tips and Workshops, click on <https://www.esbgc.ca/earlyon-child-family-centres>

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

Ongoing Items

Mobile Development Outreach Clinic (M-DOC): The M-DOC is intended to create awareness about autism spectrum disorder (ASD) by streamlining the development assessment process and creating better access to culturally respectful support services for all families. M-DOC will be offered virtually through the Zoom app. To book your appointment, contact Munira at (416) 559-2604 or mfatehi@esbgc.ca

Upcoming Workshops

Supporting Our Children In Times of Stress

Friday, October 15, 2021 at 1:00 - 2:00 p.m.

This online (Zoom) workshop presented by a Toronto Public Health Nurse, 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.

To register contact Munira at mfatehi@esbgc.ca or 416-559-2604.

Login information:

Meeting ID: 846 3412 8018

Passcode: 290986

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

PROGRAM FOR ALL AGES (birth - 6 years old)

Music Circle: This is an interactive program for families and children birth to 6 years old. Join us Monday Saturday at 10 a.m. to participate in familiar songs, rhymes and finger plays. This program is offered via [Zoom](#).

Together Time: This is a interactive online program on Monday mornings for families with children birth - 6 years old. Children will participate in activities, sing songs and interact with each other. Parents will receive an email from the facilitator with items/ materials you will need for the program.

PROGRAM FOR SPECIFIC AGE GROUPS

Alphabet Buddies: This is an interactive program for caregivers and children ages 2.5 - 4. Each week we will work on letter recognition and sound through hands-on activities.

Blooming Buds: Join us online on Mondays, for this interactive program for children ages 1.6 - 3 years old. It will provide opportunities for the child's wholistic development through songs, stories, and crafts. You may receive an email from the Facilitator with items you will need for the program.

Busy Bodies: This is a 6-week online program for children ages 3 - 6 years of age. This is a physical activity program designed to help children organize their bodies, improve focus and attention, and support body coordination and self regulation. This program is offered on Tuesdays.

Busy Builders: This is an interactive program designed for children (2-6 years old) who love to create, build and fix things! Each week children will tackle a new construction plan which they develop their creativity and problem-solving skills

Cognitive Toddlers: This is an interactive program for caregivers and children ages 1 - 3 years old. Each week we will work on different skills to promote healthy toddler development. Activities may include songs, a story, games, and sensory play.

Math Made Easy: Join us on Zoom every Saturday afternoon for this interactive program for children (4 - 6 years old) that will focus on developing mathematical and logical reasoning skills. Children will explore basic mathematical concepts through games and other virtual group activities.

Music Makers: This is an interactive program designed to inspire children (2-4 years old) to learn and grow through sound exploration! In this program children are invited to make their own musical instruments and play them as we share different songs and rhymes!

Number Bees: This interactive program on Thursdays, is for pre-schoolers ages 2.6 - 3.6 years old. Children will develop math skills through songs, games, activities, practicing writing.

Rainbow Fun: Join us on Zoom every Wednesday and get your family up and moving! Families alongside their children 2.6 - 4 years old are welcome to participate in child friendly workout activities, songs, games and dance party!

Reading Partnership for Parents (RPP): This is an online program using the application Zoom. This 10-week pre-registered program provides parents with children ages 4-6 years old, the tools and resources needed to successfully teach their children to read. Mandatory orientation session is in September for families who have been selected. Apply online at www.readingpartnership.com

Pre-K-Practice: Join us in this virtual interactive program every Monday. Parents will work together with their children on fine motor skills (for writing and self help), social-emotional skills (making friends), language and cognitive skills (ABCs, 123s, etc.) preparing their children for Kindergarten.

Science Smart: This independent program for children ages 4 - 6 years aims to develop their cognitive skills using basic topics and concepts in science. Children will take part in interactive demonstrations, carry out simple experiments and participate in group activities/games to arrive at known conclusions. Each week a material list will be email out by the facilitator.

Show & Share: This is an interactive program for children ages 2 to 6 years old. Join us Monday through Saturday at 10:30 a.m. on Zoom to share one item based on the theme of the week. This program will help build essential skills, such as communication and listening skills, turn taking, and promote self-confidence as each child is given the opportunity to speak in front of others and answer simple questions.

Parent/Caregiver Corner and Craft: Join us for a virtual Parent/Caregiver chat and a craft, where you can connect with the EarlyON team as well as each other to discuss different topics around child development, parenting, self care, the impacts of COVID, fun Fall activities etc. This program is directed by *you*, the parent/caregiver as this is an opportunity to chat about the things that interest you while engaging in an adult craft experience.

Working with Words: Join us on Zoom every Thursday evening for this independent program for children (4 - 6 years old) that will focus on word building. Children will use letter sounds to learn new words through games, stories and other virtual group activities.

Halloween Party: Join our EarlyON team on Friday October 29th, and participate in a Halloween themed Music Circle, games and a Costume Parade. Registration details coming soon.

PRE-RECORDED PROGRAMS

Animal Adventruers: is a pre-recorded program that provides families with activities that help children (2-6 years old) discover animals all around the world! Children will take part in story time and songs, while learning about animals and their homes or habitat.

Babies at Play: This pre-recorded program is for caregivers with children ages birth to 18-months. Every Tuesday, you will receive a video with songs and a play activity to engage in with your child at home.

Kids in the Kitchen: Sign up for Kids in the Kitchen and create some amazing home cooked recipes each week with amateur cook Miss Lisa! A recipe will be sent out each week, along with the pre recorded You Tube video link.

Fairy Tales and Nursery Rhymes: This is a pre-recorded program that will introduce fairy tales and nursery rhymes to children ages 2 - 6. Printable materials will be provided to encourage children to retell and replay the stories at home with their families and friends

Story Time: This is a pre-recorded program for families with children 18 months to 4 years old. Children will listen to a story and participate in related songs and rhymes, and will develop early literacy, listening and language skills. Video recording link will be sent to families on Mondays.

IN-PERSON PROGRAMS (OUTDOOR/INDOOR: NO DROP-INS ACCEPTED.)

Note: Please register both parent and child that will attending the program. Masks are required for anyone ages 2 and up.

(Mornelle:Indoor/In-Person) Play N Learn: This is a pre-registered in person program for families with children birth to 6-years-old. Children will engage in various activities such as arts and crafts, interactive games and a story.

Corvette Stroller Walk (Outdoor): This is a pre-registered **out-door** in person program for families with children birth to 3 years old. Please join us on Tuesdays at 10:00 a.m. in the Corvette Park.

Orchard Park Outdoor Family Time: This pre-registered outdoor in-person program for caregivers and children ages birth to 6 years old, will be held at **62 Orchard Park Drive**. Activities may include: games, a story, arts and crafts, songs, and activity stations.

Please bring a blanket or mat to sit on.

***Galloway: Music Circle (Outdoor)** This is a pre- registered Out door in-person program for families with children birth to 6 years. Please join us on Thursdays at 6:00 p.m. at 100 Galloway Road in the back parking lot.

ADULT PROGRAMS, WORKSHOPS & SERVICES

Coffee Chat: This is a program for parents to connect with the EarlyON team as well as each other. Topics of discussion come from the interests of the families who register and open discussion is encouraged. **Coffee Chat will be moving back to its original time slot over the summer running on Thursdays from 1:00 – 2:00 p.m.**

Q&A with EarlyON Staff: This is a virtual Zoom session where parents and caregivers are welcome to chat with our staff, ask questions about our programs, offer suggestions for workshop topics, seek parenting advice, referrals and more! No registration is required. Join us on Zoom and enter the Meeting ID (846 7073 7053) and Passcode (Q&A2021).

Wellness Programs: 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.