

# Scarborough East EarlyON Child & Family Centres

January 2022

## CARES Program



The CARES program is a family support program that empowers caregiver to overcome the challenges posed by an autism diagnosis. This is an 8-session virtual program, delivered through a combination of support group discussions and social leisure activities.

To register, please contact Grace Tameta at [gtameta@esbgc.ca](mailto:gtameta@esbgc.ca) or click [HERE](#).

Date: Wednesday, January 19 to March 9, 2022

Time: 5:30 to 6:30 PM

Location: Zoom App (Meeting ID and Passcode will be emailed to registered participants)

## Winter Bucket List Challenge

This is a six week (offline) family challenge that aims to bring your family together and enjoy everything that winter has to offer! Each family that registers will receive a kit that will include instructions and materials to complete the challenges every week. Please make sure to add all members who will partake in the challenges so that staff can make sure to include the necessary materials in the kits.

*Space is limited, so sign-up now!* Click [HERE](#) to register.

Please note that weekly kit pick-up will be on Fridays, starting January 21 to February 24 between 10:00 a.m. - 3:00 p.m.

Contactless pickup will be at 62 Orchard Park Drive.





## Locations are closed until further notice

Following the new guidelines from the government of Ontario, we have made the decision to temporarily stop our in-person programs as of January 3, 2022. Safety is most important to our families and to our staff. This affects four of our locations that were open: Mornelle, Galloway, Corvette, and Orchard Park.

Please check your emails for updates and we've added some new virtual, pre-recorded, and even an offline program to our winter session.

Click [HERE](#) to see them all.



## Family Literacy Day

Family Literacy Day takes place every January 27th to raise awareness about the importance of reading and engaging in other literacy-related activities as a family.

Celebrate Family Literacy Day 2022 virtually with Honorary Chair Barbara Reid! Barbara will be doing a demonstration on how to use clay to create a picture. She will share unique techniques you can use to make different things.

Jan 27, 2022 4:30 PM

Click [HERE](#) to register.



## Individual Consultation

If you are interested in connecting with staff to discuss your child's overall development, address any concerns, or how to access community resources, our Inclusion Facilitator is able to connect with you and provide an individual consultation.

For more information, please contact our Inclusion Facilitator, Alison Pettigrew at [apettigrew@esbgc.ca](mailto:apettigrew@esbgc.ca)



## Health & Safety Winter Tips

Whether we want to accept it or not, the cold season is upon us. Here are some safety tips for everyone to consider.

1. **Dress Warmly**  
Wear dry, loose-fitting layers that will hold your body heat and cover exposed skin, like your face and hands. Do not forget that trendy pom-pom toque!
2. **Prevent Falls**  
Watch out for slips on ice and snow by wearing sturdy shoes and walking at a slow pace.
3. **Watch Your Shoveling**  
Snow shoveling is responsible for thousands of injuries each year. If you are not regularly active and then shovel pounds of snow for hours, you are putting your heart at risk. Don't shovel after eating or while smoking, go slow, and do not work to the point of exhaustion. Pick up small amounts of snow each time and use your legs to help lift rather than your back.



Please note our services will be **closed** and **no programs** will be held on **Friday, January 1, 2022** due to New Years Day. We wish you all the best in 2022!