



Child and Family Centre

## Orchard Park EarlyON Child and Family Centre

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

Telephone: (416) 282 -7284 | Email: [lmills@esbgc.ca](mailto: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](http://www.esbgc.ca) to register for any programs that we offer at the BGC East Scarborough and Scarborough East EarlyON Child and Family Centre.

### IMPORTANT NOTICE

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

**May 17th at 12:00 PM**

**May 18th, and 20th**

### Account & Registration

To register for a program with BGC East Scarborough, go to [www.esbgc.ca](http://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](mailto:parents.enfants@centrefranco.org) ou en consultant notre site web : [www.centrefranco.org](http://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.

**All About Me:** This is an interactive program for families with children ages 2.6 to 4. This program focus' on teaching children about themselves, their family, home, culture, traditions, friends, pets and more!

**Pre K Practice:** This is an interactive program for families with children ages 2.6 to 4. This is a play based program developed to support children who are going into kindergarten.

**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: 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](mailto:gtameta@esbgc.ca)

**Reading Partnership for Parents (RPP)** : is a 10-week virtual\* play-based program that guides parents through the process of teaching their children (ages 4 to 6) to read. It equips them with the skills, tools and confidence to improve their children's literacy levels by fostering positive reading and learning environments at home. Participating families receive over \$200 worth of learning tools and resources. \*You will need a device that connects to the internet, as well as a microphone and camera to participate in the program.

**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.



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](mailto: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.

**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.

**Quiet Time:** This program is designed for families with children birth to 12 years old. A quiet space for reading, puzzles and snacks.

## 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](mailto:lmills@esbgc.ca)**

**I'm a Big Kid Now! Encourage Your Child to be More Independent:** Is your child timid? Is he/she highly dependent on you? Does your child have difficulty separating from you? Are you worried about adjustment to kindergarten? If you have answered yes to any of these questions, you may want to join this parent session for some supportive discussions about how to foster independence.

**Healthy Eating, Food and Mood:** "We are what we eat". Healthy eating is essential for overall health. In this workshop, participants will be introduced to the relationship between food and mood. Parents/caregivers will be able to identify common foods that support positive mood using the Canada's Food Guide, understand how mood can effect your food choices and apply concepts of mindful eating to make mealtimes with young children less stressful.



Child and Family Centre

## Mornelle EarlyON Child and Family Centre

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

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

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

### Office Hours

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### 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.

**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. Children will engage in a variety of language activities and expand their vocabulary and verbal/ nonverbal language.

## **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](mailto:lmills@esbgc.ca)

**Managing Stress in Children Workshop:** This workshop will help participants understand the different kinds of stress, explain what happens to children's bodies and minds during stress and how to identify signs and symptoms of stress in young children. It will also provide strategies to help children cope with and manage stress.





Child and Family Centre

## Corvette EarlyON Child and Family Centre

30 Corvette Ave | Scarborough, Ontario | M1K3G2

Telephone: (416) 396-5822 | Email: [awright@esbgc.ca](mailto:awright@esbgc.ca)

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

### Office Hours

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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.

**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. Children under 2 are welcome.

**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.

## 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](mailto:awright@esbgc.ca)**

**Establishing Healthy Routines Workshop:** The benefits of routines to create structure and security in your child daily life is explored and discussed by reviewing examples of common routines. Discussion includes how to set a child up for success and keep the family on track.



## 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 29, 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 29, 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 May 30, 2024**