



Child and Family Centre

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## Scarborough East EarlyON Child & Family Centre

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

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

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### 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.

|                                  |                             |
|----------------------------------|-----------------------------|
| Winter 2022 Program Start Date   | January 10 , 2022           |
| Winter Program End Date          | March 5, 2022               |
| March Break Program Registration | February 21 - March 5, 2022 |

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## IMPORTANT NOTICE

**Please note that all in-person programs are closed until further notice.**

We will continue providing programs virtually through Zoom.

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### 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](#)

### 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](mailto: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](mailto:mfatehi@esbgc.ca)

## **Upcoming Workshops**

### **CARES Program:**

Wednesday, January 12 - March 2, 2022 at 5:00 - 6:00 p.m.

The **CARES program** is a family support program that empowers caregivers 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.

### **COVID Vaccination Information Session**

Thursday, January 20 at 1:30 - 2:30 p.m.

### **Tips on Managing Behaviour (Part 1)**

Friday, January 28 at 1:00 - 2:00 p.m.

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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)

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## PROGRAM FOR ALL AGES (birth - 6 years old)

**Music Circle:** This interactive virtual program is for families with children birth to 6. Families can tune in on Monday to Saturday at 10 a.m. to participate in familiar songs, rhymes, and finger plays.

Show and Share will happen directly after Music Circle is finished.

**Together Time:** This is an interactive virtual program for families with children birth to 6. Tune in on Wednesdays at 11 a.m. Participants can interact and engage in crafts, games and songs!

## PROGRAM FOR SPECIFIC AGE GROUPS:

**Note: Please register both parent and child that will be attending the program.**

**Alphabet Activities:** This is a virtual program for children 2.5-4 years. Children will be introduced to the letters of the alphabet and letter recognition through a variety of activities such as crafts, sensory, circle time and games.

**Arts & Reading:** This is a virtual interactive program for children age 2- 4 years old,. Each week children will participate in creative arts, songs and reading circle activities to help prepare your children for school.

**Baby Music:** This is an online interactive program for families along with their babies (birth to 18 months). Parents will become familiar with children's song, speech and language development will be promoted through songs, rhymes and finger plays. You are encouraged to bring a shaker (or rattle), a scarf (or cloth), and bubbles to use during program.

**Cognitive Toddlers:** This is a virtual interactive program. Families along with their children (18 - 36 months of age). will interact in songs, games and stories to promote cognitive and language development. You may receive an email from the Facilitator with items you will need for the program.

**Fun with Letters:** This is a virtual program that provides families with activities that help children (2-6 years old) build their letter and sound recognition, while teaching the alphabet in a creative and hands-on way.

**Health & Safety:** Join us on Zoom for this independent program for children (3 - 6 years old) that will focus on Health and Safety related topics. Children will learn about a variety of topics including Traffic Safety, Stopping the Spread of Germs and Nutrition through fun activities such as crafts, stories, games and more!

**Math Made Easy:** This independent program for children (4 - 6 years old) offered via Zoom on Thursday evenings, will focus on developing mathematical and logical reasoning skills. Children will explore basic mathematical concepts through games and other virtual group activities.

**Music with Yoga for Kids:** Children 2.6-5 years old, will be introduced to some simple yoga positions and techniques to build flexibility using fun and imaginative images with music. This program will help to improve children's physical and mental health.

**My 5 Senses:** This is a interactive, virtual program for families with children ages 0-6. Children will explore and engage in activities that involve one of their 5 senses: touch, smell, taste, hearing, and sight.

**Numbers for Little Ones:** Families alongside their children (2.6- 5 years old) can join us every Thursday morning. This interactive program will focus on number recognition and basic math skills through various activities such as songs, stories, creative arts and games.

**Play N' Learn:** This is an interactive Zoom program for families with children birth to 6-years-old. Children will engage in various activities such as arts and crafts, interactive games, songs, and a story.

**Pre-CLIP:** This is an independent program offered every Tuesday via Zoom. It is for children who will be going to Kindergarten in September 2022. Every week, your child will participate in activities to help them get ready for school.

**Rainbow Fun:** This is a virtual program on Fridays to get your family up and moving! Parents alongside their children 2.5- 6 years old are able to participate in child friendly workout activities, songs, games and dance party!

**Ready 2 Read:** This interactive program for children (4.5 - 6 years old) offered on Zoom, will focus on developing reading and comprehension skills. Children will learn basic word recognition techniques through various reading exercises, games and other virtual group activities.

**Show & Share:** This is a virtual program for children ages 2 to 6 years old which will take place after Music Circle. It 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 when children share one item based on the theme of the week.

**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!

## PRE-RECORDED PROGRAMS.

**Note: Please register both parent and child that will be attending the program.**

**Community Helpers:** This **pre-recorded** program is for caregivers with children ages 18-months to 6 years old. Every Monday, you will receive a video with activities to help children get familiar with community helpers in our local neighbourhood (e.g. firefighters, nurses, teachers, etc.)

**Music Circle:** This is an **pre-recorded** program for families along with their children . On Wednesdays, you will receive a link to the weekly video. We will focus on songs and story books

**Fun With Numbers:** Sign up to receive a video YouTube link when you register yourself and your child/ren (2.6 - 4 years old) for this program. The focus will be on number recognition skills through various activities such as songs, stories, creative arts and games.

**Story Stretchers:** This is a **pre-recorded** program for families along with their children (2 - 6 years old). We will focus on a story book that will be followed by an art experience, interactive games and songs to reinforce the theme of the story. You will receive a link to the weekly video on Wednesdays.

## ADULT PROGRAMS, WORKSHOPS & SERVICES

**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:

**Meeting ID:** 894 0611 9528 **Passcode:** 892988

**COVID VACCINATION INFORMATION SESSION:** Do you have questions about the 5 to 11 year old vaccine roll-out in Toronto?

Join us in a conversation with local public health nurses as they share up-to-date COVID-19 information and answer your questions about the COVID-19 vaccine for children.

Topics covered will be:

- 5 - 11 year old COVID-19 vaccine roll-out,
- Vaccine safety review and approval process,
- Status of Covid-19 cases in Ontario,
- Risks vs benefits,
- Vaccine ingredients & allergies,
- Myocarditis & pericarditis,
- How to receive a one-on-one consultation and also where to go for additional information.

**CARES Program:** The **CARES program** is a family support program aimed at increasing caregiver capacity to support the development of children on the autism spectrum. This program pairs caregivers with trained CARES facilitators to address common emotional and mental health challenges related to caring for children with complex needs.

**Tips on Managing Behaviour (Part 1):** This workshop will provide an overview about positive parenting and review tips on specific ways parents/caregivers can help guide their children's behaviours. We will also review tips on how to make reasonable rules in order to make it easy for children to behave well.