

Program Details

PROGRAM FOR ALL AGES (birth - 6 years old)

Around the World: Join us on Zoom every Monday from 11:00-11:45 a.m. for an interactive all-ages program. We will be traveling all around the world each week learning about food, traditions, songs and much more.	Music Circle: This is an interactive program for families and children birth to 6 years old. Join us Monday through Saturday at 10 a.m. to participate in familiar songs, rhymes and finger plays. This program is offered via Zoom.
Bedtime Stories: This is a pre-recorded program for families with children birth to 6 years old. Tune in every week to listen to a bedtime story and tips to promote a comforting bedtime routine for all children. Video recording will be sent via emailed every Monday afternoon.	Music Makers: This is a pre-recorded program for families with children birth to 6 years old. Every week we will learn new songs along with some favourites. This program promotes language development through singing, movement, and play. Video recording will be sent via emailed every Thursday morning.
Create & Educate: This is an interactive program offered via Zoom for families and their children ages birth to 6 years. Each week we will focus on developing creativity and imagination through various activities such as crafts, interactive games and songs.	

PROGRAMS FOR SPECIFIC AGES

Baby Music: This is an online program using the video application, Zoom. Families along with their babies (birth to 18 months) can log in to Zoom, Friday mornings at 11 a.m. to sing songs, rhymes and finger plays. You will need a shaker, a scarf, and bubbles to use during program.	Numbers for Little Ones: This is an interactive program offered via Zoom. It is for children age 2 - 4 years old. Every week, your children will participate in activities that will help develop numeracy and math skills. Class is every Thursday at 2 p.m.
Busy Bodies Boot Camp: (new) This program is designed to get our bodies moving and promote gross motor development. Physical activity is important for everyone to build strength and coordination but it is also supports attention, focus, and wellness. Join us as we participate in different activities every day starting March 15 from Monday - Friday for 2 weeks.	Phonics Fun: Join us on Zoom every Thursday from 9:15-10:00 am. This is a drop-in program for children ages 3 - 5 years old and their parents/caregivers. Children are encouraged to bring an object from home that reflects the letter of the week. An email will be sent that includes the schedule and materials needed.
Cognitive Toddlers: Join us on Zoom every Tuesday from 11:00 - 11:45 a.m. for an adult and tots' program. Families along with their children (24 - 36 months) will interact in songs, games and stories to promote cognitive and language development.	Pre-Clip: This is an interactive program offered via Zoom. It is for children who will be going to Kindergarten in September 2021. Every week, your children will participate in activities to help them get ready for school. Classes are offered every Tuesday at 1 p.m. and Wednesday at 11 a.m.
Craft Corner: This is a pre-recorded program for families with children 3 to 6 years old. Tune in every week to participate in a craft activity. A list of materials needed will be sent with recordings every Tuesday.	Rainbow Fun: Join us on Zoom every Tuesday from 1:30 – 2:15 p.m. and get your family up and moving! Families alongside their children (2 – 6 years old) are able to take part in some physical activities, songs and dance party!
Emotions ROCK: Join us on Zoom every Monday from 4:30 – 5:15 p.m. to explore different emotions and how to deal with big emotions when they happen. This program helps children 4-6 years of age how to Recognize, Organize, and Celebrate their feelings and to Know what works best for them.	Science Adventure: This is a pre-recorded video for families with their children (2.6 - 6 years old). Families will be introduced to the world of science through simple experiments and activities that explore topics such as nature, life cycles, weather, magnets and more! The video recording will be sent via email every Wednesday.
Fine Motor Fun: This is an interactive program offered via Zoom every Monday at 1:00 p.m. Families alongside their children (2.6 - 6 years old) will partake in story time, songs and fine motor activities that will help build hand strength and coordination to perform tasks in school and everyday life.	Sensory Explorers: This pre-recorded program is designed for families with children ages birth to 3 years old. Families will be introduced to sensory through touch and feel activities including bubbles, paint and more. Video recording will be sent via email every Wednesday afternoon.
Fun with Colours: This is a pre-recorded program for children ages 2.6 - 4 years old. Children will develop colours recognition, early literacy and fine motor skills through a weekly recorded video lesson and activity sheet that parents/caregivers will assist their child with. Recordings will be sent out on Monday afternoon.	Show & Share: This is an interactive program for children ages 2.6 to 6 years old. Join us Monday through Saturday at 10:45 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
Family Baking: (new) Join amateur cook Miss Lisa and some special guests as we create some delicious baked goods. All recipes will be made with items in everyone's cupboard. Program is on Tuesdays starting on March 16th for 3 weeks. Register early to ensure your spot!	Sing & Learn Together: Please join us on Mondays from 1:30 - 2:15 p.m. on Zoom as we sing, learn and explore together. This program includes literacy, creative arts, songs and rhymes for children 2.5 - 4 years old.
Math Made Easy: Join us on Zoom every Saturday afternoon at 1:00 p.m. for this interactive program for children (3.5 - 6 years old) that will focus on developing mathematical and logical reasoning skills. Children will explore basic mathematical concepts through games and other group activities.	Story Stretchers: This is an interactive program offered via Zoom for families along with their children (2.5 - 6 years). Each week 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.
Music & Movement: This is a Zoom online program every Wednesday at 1:00 p.m. Families will participate in action songs that are great for bouncing babies and terrific toddlers! (18 months to 4 years) Speech and language development will also be promoted through songs and finger plays.	Working with Words: Join us on Zoom every Thursday evening from 6:00 to 6:45 p.m. for this independent program for children (3.5 - 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.
Yoga Buddies: This is an interactive program for children ages 2.5 to 6 years old to help them build strength, balance and keep their little minds calm through kid-friendly yoga. Join us on Zoom every Wednesday morning from 9:30 to 10:00 a.m. It would be great if you have a yoga mat for the program.	

ADULT PROGRAMS, WORKSHOPS & SERVICES

Coffee Chat: NEW TIME AND DATE. <i>Saturdays from 3:15 – 4:15 pm.</i> This Zoom program is for parents and caregivers to come together to support one another during this time of social distancing. Topics discussed range from emotional wellness, to children's learning and development, family outings, and anything that is on your mind. Come and join us for a virtual coffee!	Triple P: Positive Parenting Program: Backed by 25 years of clinically proven, worldwide research, the Triple P: Positive Parenting Program has the answers to your parenting questions and needs. Take part in this 3-week workshop series to learn more about the power of positive parenting, and tips to boost your child's confidence and resilience.
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. Simply join us on Zoom and enter the meeting id (846 7073 7053) and passcode (Q&A2021).	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, please Alison at apettigrew@esbgc.ca
School Registration Workshop Series - This four part series will discuss school registration and answer questions on registering your child for school. We welcome guest speaker Christina Hong from The Child Development Institute. For more info contact: Alison at apettigrew@esbgc.ca	Toilet Training - Get all of your questions answered about Toilet Training and get some tips from our facilitator Cecilia Martin and the other parents in the workshop.



Child and Family Centre

Office Hours

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

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

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

Due to the pandemic all of our sites are closed until further notice. Our programs are offered online through the Zoom application and will continue to be offered this way until we are given direction by TPH and our funders that we can offer in-person programming.

Account & Registration

To register or create an account with the Boys & Girls Club of East Scarborough, go to www.esbgc.ca and click on **Registration**. To create a new account, click on **create new account** at the top of the page and follow the prompts.

March 2021

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>

Important Notice

Please note - all winter session programs will be extended until the week of March 15 - Spring programs will start as previously scheduled.

EarlyON Programs

You may check our website www.esbgc.ca for program descriptions and to register on-line for any programs that we offer at the Boys & Girls Club of East Scarborough and Scarborough East EarlyON Child and Family Centre.

Winter Virtual Programs Ends	March 20, 2021
Spring Virtual Programs Start	April 6, 2021
Spring Virtual Programs End	June 12, 2021
Spring Program Registration	March 10 - 26, 2021

Adult Workshops

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 Workshops

Mobile Development Outreach Clinic (M-DOC)

Available by appointment. To book your appointment, please contact Alison Pettigrew at apettigre@esbgc.ca

Upcoming Workshops

Triple P: Positive Parenting Program (Cecelia Martin from Strides Toronto)
Thursday, March 4 - 18, 2021 from 1:00 - 2:30 pm

School Registration Workshop Series - 4 dates, each day 1:00 - 2:30 pm

Thursday - Feb. 25 - First Steps

Monday - Mar. 8 - Options & Resources

Thursday - April 8 - Transition Meetings

Thursday - May 13 - Final Steps

****for more info, contact Alison at apettigrew@esbgc.ca**

Toilet Training: facilitated by Cecelia Martin (Strides Toronto)

Friday, March 12 - 5:00 - 6:00 pm

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

March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 VIA EMAIL 10:00 - 10:45 Bedtime Stories 10:45 - 11:30 Music Circle 11:00 - 11:45 Show & Share 11:00 - 11:45 All Around the World 1:00 - 1:45 Fine Motor Fun 1:30 - 2:15 Sing & Learn Together 3:00 - 4:00 Q&A with Lisa 4:30 - 5:15 Emotions ROCK	2 VIA EMAIL 10:00 - 10:45 Craft Corner 10:45 - 11:30 Learning Through Play 11:00 - 11:45 Music Circle 11:00 - 11:45 Show & Share 1:00 - 1:45 Cognitive Toddlers 1:00 - 1:45 Pre-Clip 1:30 - 2:15 Rainbow Fun 4:30 - 5:30 Q&A with Lori 5:00 - 6:15 Reading Partnership for Parents Program	3 VIA EMAIL 10:00 - 10:45 Science Adventure 10:45 - 11:30 Sensory Explorers 11:00 - 11:45 Q&A with Grace 11:00 - 11:45 Yoga Buddies 11:00 - 11:45 Music Circle 11:00 - 11:45 Show & Share 1:00 - 1:45 Pre-Clip 1:00 - 1:45 Music & Movement 2:00 - 2:45 Create & Educate	4 VIA EMAIL 9:45 - 10:45 Music Makers 10:00 - 10:45 Q&A with Alison 10:45 - 11:30 Music Circle 11:00 - 11:45 Show & Share 11:00 - 11:45 Story Stretchers 1:00 - 2:30 Triple P: Positive Parenting Program 2:00 - 2:45 Numbers for Little Ones 2:30 - 3:30 Q&A with Atheline 4:00 - 5:45 Kids in the Kitchen 6:00 - 6:45 Working with Words	5 VIA EMAIL 9:15 - 10:00 Fun with Colours 10:00 - 10:45 Phonics Fun 10:45 - 11:30 Music Circle 11:00 - 11:45 Show & Share 11:00 - 11:45 Baby Music 11:45 - 12:45 Q&A with Maria	6 10:00 - 10:45 Music Circle 10:45 - 11:30 Show & Share 11:00 - 12:00 Q&A with Rachel 1:00 - 1:45 Math Made Easy 2:00 - 3:00 Busy Bodies 3:15 - 4:15 Coffee Chat
8 VIA EMAIL 10:00 - 10:45 Bedtime Stories 10:45 - 11:30 Music Circle 11:00 - 11:45 Show & Share 11:00 - 11:45 All Around the World 1:00 - 2:30 School Registration Workshop - pt 2 1:00 - 1:45 Fine Motor Fun 1:30 - 2:15 Sing & Learn Together 3:00 - 4:00 Q&A with Lisa 4:30 - 5:15 Emotions ROCK	9 VIA EMAIL 10:00 - 10:45 Craft Corner 10:45 - 11:30 Learning Through Play 11:00 - 11:45 Music Circle 11:00 - 11:45 Show & Share 11:00 - 11:45 Cognitive Toddlers 1:00 - 1:45 Pre-Clip 1:30 - 2:15 Rainbow Fun 4:30 - 5:30 Q&A with Lori 5:00 - 6:15 Reading Partnership for Parents Program	10 VIA EMAIL 10:00 - 10:45 Science Adventure 10:45 - 11:30 Sensory Explorers 11:00 - 11:45 Q&A with Grace 11:00 - 11:45 Yoga Buddies 11:00 - 11:45 Music Circle 11:00 - 11:45 Show & Share 1:00 - 1:45 Pre-Clip 1:00 - 1:45 Music & Movement 2:00 - 2:45 Create & Educate	11 VIA EMAIL 9:45 - 10:45 Music Makers 10:00 - 10:45 Q&A with Alison 10:45 - 11:30 Music Circle 11:00 - 11:45 Show & Share 11:00 - 11:45 Story Stretchers 1:00 - 2:30 Triple P: Positive Parenting Program 2:00 - 2:45 Numbers for Little Ones 2:30 - 3:30 Q&A with Atheline 4:00 - 5:45 Kids in the Kitchen 6:00 - 6:45 Working with Words	12 VIA EMAIL 9:15 - 10:00 Fun with Colours 10:00 - 10:45 Phonics Fun 10:45 - 11:30 Music Circle 11:00 - 11:45 Show & Share 11:00 - 11:45 Baby Music 11:45 - 12:45 Q&A with Maria 5:00 - 6:00 Toilet Training Workshop	13 10:00 - 10:45 Music Circle 10:45 - 11:30 Show & Share 11:00 - 12:00 Q&A with Rachel 1:00 - 1:45 Math Made Easy 2:00 - 3:00 Busy Bodies 3:15 - 4:15 Coffee Chat
15 VIA EMAIL 10:00 - 10:45 Bedtime Stories 10:45 - 11:30 Music Circle 11:00 - 11:45 Show & Share 11:00 - 11:45 Busy Bodies Boot Camp (new) 1:00 - 1:45 Fine Motor Fun 1:30 - 2:15 Sing & Learn Together 3:00 - 4:00 Q&A with Lisa 4:30 - 5:15 Emotions ROCK	16 VIA EMAIL 10:00 - 10:45 Craft Corner 10:45 - 11:30 Learning Through Play 11:00 - 11:45 Music Circle 11:00 - 11:45 Show & Share 11:00 - 11:45 Busy Bodies Boot Camp 11:00 - 11:45 Cognitive Toddlers 1:00 - 1:45 Pre-Clip 1:30 - 2:15 Rainbow Fun 4:30 - 5:30 Q&A with Lori 4:00 - 5:30 Family Baking (new)	17 VIA EMAIL 10:00 - 10:45 Science Adventure 10:45 - 11:30 Sensory Explorers 11:00 - 11:45 Q&A with Grace 11:00 - 11:45 Yoga Buddies 11:00 - 11:45 Music Circle 11:00 - 11:45 Show & Share 11:00 - 11:45 Busy Bodies Boot Camp 1:00 - 1:45 Pre-Clip 1:00 - 1:45 Music & Movement 2:00 - 2:45 Create & Educate 4:00 - 5:30 Kids In The Kitchen	18 VIA EMAIL 9:45 - 10:45 Music Makers 10:00 - 10:45 Q&A with Alison 10:45 - 11:30 Music Circle 11:00 - 11:45 Show & Share 11:00 - 11:45 Story Stretchers 11:00 - 11:45 Busy Bodies Boot Camp 1:00 - 2:30 Triple P: Positive Parenting Program 2:00 - 2:45 Numbers for Little Ones 2:30 - 3:30 Q&A with Atheline 6:00 - 6:45 Working with Words	19 VIA EMAIL 10:00 - 10:45 Fun with Colours 10:45 - 11:30 Music Circle 11:00 - 11:45 Phonics Fun 11:00 - 11:45 Show & Share 11:00 - 11:45 Busy Bodies Boot Camp 11:00 - 11:45 Baby Music 11:45 - 12:45 Q&A with Maria	20 10:00 - 10:45 Music Circle 10:45 - 11:30 Show & Share 11:00 - 12:00 Q&A with Rachel 1:00 - 1:45 Math Made Easy 3:15 - 4:15 Coffee Chat
22/29 10:00 - 10:45 Music Circle 11:00 - 11:45 Busy Bodies Boot Camp 1:00 - 1:45 Let's Learn Together 3:00 - 4:00 Q&A with Lisa	23/30 10:00 - 10:45 Music Circle 11:00 - 11:45 Busy Bodies Boot Camp 11:00 - 11:45 Cognitive Toddlers 4:30 - 5:30 Q&A with Lori 4:00 - 5:30 Family Baking	24/31 8:30 - 9:30 Q&A with Grace 10:00 - 10:45 Music Circle 11:00 - 11:45 Busy Bodies Boot Camp 1:00 - 1:45 Minute To Win It 4:00 - 5:30 Kids In The Kitchen	25 9 9:45 - 10:45 Q&A with Alison 10:00 - 10:45 Music Circle 11:00 - 11:45 Busy Bodies Boot Camp 2:30 - 3:30 Q&A with Atheline 6:00 - 6:45 Game Night	26 10:00 - 10:45 Music Circle 11:00 - 11:45 Busy Bodies Boot Camp 11:45 - 12:45 Q&A with Maria 1:30 - 2:15 Arts and Reading	27 10:00 - 10:45 Music Circle 11:00 - 12:00 Q&A with Rachel 1:00 - 1:45 Share Your Story
		<p>On March 21st, wear your most colourful socks to celebrate World Down Syndrome Day!</p>	<p>Click HERE to see our monthly newsletter</p> <p>Click HERE to see our Special Events Fyer</p>		<p>HAPPY</p>  <p>INTERNATIONAL WOMEN'S DAY</p> <p>March 8th</p>