



Abiona Centre
For Infant & Early Mental Health

January 2025

Abiona Centre EarlyON Child and Family Program
1102 Broadview Avenue, Toronto ON M4K 2S5 416-425-3636



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Positive Space		1 PROGRAM CLOSED HAPPY NEW YEAR!	2 Morning Drop-In [0 to 6 years] Fireworks Art 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm	3 Morning Drop-In [0 to 6 years] Coffee Filter Snow Flakes 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	4 Saturday Drop In [0 to 6 yrs] 9:00 am—12:00 pm
6 Morning Drop-In [0 to 6 years] Cotton Ball Snow People 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm	7 Morning Drop-In [0 to 6 years] Egg Carton Penguins 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm	8 Morning Drop-In [0 to 6 years] Multicoloured Mittens 9:00am-12:00pm Let's Bake! [0 to 6 yrs] 1:00 pm—4:00 pm	9 Morning Drop-In [0 to 6 years] Visit with Carly from NCCT 9:00am-12:00pm Pre. Reg: Food 4 Thought 3:00 pm—6:00 pm	10 Morning Drop-In [0 to 6 years] Salt Snowflakes 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	11 Saturday Drop In [0 to 6 yrs] 9:00 am—12:00 pm
13 Morning Drop-In [0 to 6 years] Pretend Snow Activity 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm	14 Morning Drop-In [0 to 6 years] Loose Parts Art 9:00am-12:00pm Visit with TPH @ 10:30 am Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm	15 Morning Drop-In [0 to 6 years] Melted Snowman Craft 9:00am-12:00pm Let's Bake! [0 to 6 yrs] 1:00 pm—4:00 pm	16 Morning Drop-In [0 to 6 years] Snowstorm Painting 9:00 am—12:00 pm Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Community Cooking 4:00 pm—6:30 pm	17 Morning Drop-In [0 to 6 years] Paper Plate Igloo 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	18 Saturday Drop In [0 to 6 yrs] 9:00 am—12:00 pm
20 Morning Drop-In [0 to 6 years] Model Magic Snowman Activity 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm	21 Morning Drop-In [0 to 6 years] Snowy Owl Craft 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm	22 Morning Drop-In [0 to 6 years] Polar Bear Craft 9:00am-12:00pm Let's Bake! [0 to 6 yrs] 1:00 pm—4:00 pm	23 Morning Drop-In [0 to 6 years] Popsicle Stick Snowman 9:00am-12:00pm Pre. Reg: Food 4 Thought 3:00 pm—6:00 pm	24 Morning Drop-In [0 to 6 years] Winter Art Collage 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	25 Saturday Drop In [0 to 6 yrs] 9:00 am—12:00 pm
27 Morning Drop-In [0 to 6 years] Chinese New Year Inspired Sensory Play 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm	28 Morning Drop-In [0 to 6 years] Chinese New Year Dragon 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 1:00 pm—4:00 pm	29 Morning Drop-In [0 to 6 years] Lunar New Year Celebration Making Snakes 9:00am-12:00pm Let's Bake! [0 to 6 yrs] 1:00 pm—4:00 pm	30 Morning Drop-In [0 to 6 years] Visit with Carly from NCCT 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 2:00 pm—3:30 pm Pre. Reg: Community Cooking 4:00 pm—6:30 pm	31 Morning Drop-In [0 to 6 years] Tissue Paper Lanterns 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	 Snake / 蛇 (shé)





OUR PROGRAMS

Morning, Afternoon and Saturday Drop-In [0—6 years]

Our morning and afternoon drop in program is for children ages 0-6 and provides opportunities for novel experiences, active engagement and learning from peers and adults. Children are offered a variety of social activities and are encouraged to explore the space at their own pace. Parents and care providers are encouraged to follow their children's lead while playing with them and use age appropriate language to describe their play so to enhance the child's memory, reasoning and speech development. Participants can develop connections with fellow participants and have access to community resources

Infant and Toddler Time [0-18 mths]

Programs designed with our youngest participants in mind. We aim to provide a safe and secure environment that promotes social interaction and safe exploration. We offer experiences that appeal to infant's senses and contribute to their overall growth and development. Art, sensory activities, music and movements help children build on their fine and gross motor skills while exploring and learning about their environment and relating to new people and having their caregivers close by to guide and comfort them in case of distress. By being available when babies need them, caregivers support the development of stress management capacity and build on babies' emotional regulation skills. We also invite community resources to come and share their expertise with us; Public Health Nurses, Literacy Specialists, and many more.

Let's Bake! with EarlyON Staff [0 - 6 years] every Wednesday from 2:00 pm—4:00pm. Come play, bake and learn with us.

Pre-Registered Programs

Young Parents Breakfast Club [Moms 13—29 years] A program to teach young parents to budget, plan and cook healthy breakfasts for their families. This program runs Monday—Friday from 7:30 am—9:00 am.

Pre-Registration Required.

Food 4 Thought [0—6 years] A program designed for parents to improve their cooking skills including knowledge in technique, meal planning and how to create healthier meals. *Pre-Registration Required.*

Community Cooking [0—6 years] Let's cook together! Join us every second Thursday to learn new recipes from the EarlyON Staff and Community. Have a meal you'd like to share? Let a staff Member know! *Pre-Registration Required.*

Please email earlyongroup@abionacentre.ca to Register

Baby Love [2—15 months] is a 7-week group for you and your baby designed to help you as a caregiver understand and respond to your baby's emotional cues through activities, discussions and play. Our next session will begin in February 2025.

Use this QR Code to register!



For EarlyON services in French please contact Centre francophone de Toronto 416-922-2672 poste 250

For Native Child and Family Services EarlyON programming call 416-969-8510 for more information

ABIONA CENTRE FAMILY RESOURCES

Maternal Infant Mental Health at Abiona Centre- MIMH - collaborates with EarlyON staff to promote optimal child and youth mental health and well-being, by focusing on the global development of children. Staffs work collaboratively to provide an evaluation of the child's developmental needs. After the child has turned one month of age we encourage caregivers to complete regular developmental screenings – Ages and Stages Questionnaire - so they can learn if their child's development is on schedule and also what parents can do to ensure the learning process happens as expected. Through these screenings the caregivers learn about the physical, cognitive and social - emotional needs of each individual child at different stages of development and become aware of the necessary support they can provide to facilitate their children's development. For more information or to schedule an ASQ Screening, contact an EarlyON staff member at: earlyongroup@abionacentre.ca

WHAT'S HAPPENING THIS MONTH?

Mondays —Circle Time with Literacy Specialist Kristi

January 1st—Program Closed

January 9th and 30th—Art and Circle Time with Carly from the Native Canadian Centre of Toronto. Visit begins at 10:00am, Circle Time at 11:00 am.

January 14th - Visit with Public Health Nurse, Debbie. 10:30—12:00

January 25th—Robbie Burns Day—A Scottish Celebration of Food and Culture.

January 29th—Lunar New Year—Year of the Snake

EARLYON FEEDBACK AND EARLY LEARNING CENTRE INFORMATION

If you have questions about Childcare enrollment or suggestions on how we can improve our EarlyON Child and Family Centre program please contact the Abiona Centre Child and Family Program Supervisor @ 416-425-6348

