





Abiona Centre
For Infant & Early Mental Health

February 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 Saturday Drop In [0 to 6 yrs] 9:00 am– 12:00 pm
3 Morning Drop-In [0 to 6 years] Pom-Pom Love Bugs 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Fingerprint Heart Ornaments 1:00pm-4:00pm	4 Morning Drop-In [0 to 6 years] Black History Month Collage Mural 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 1:00 pm–4:00 pm	5 Morning Drop-In [0 to 6 years] Beaded Hearts Circle time with Kristi 9:00am-12:00pm Let's Bake! [2 to 6 yrs] 1:00 pm–4:00 pm	6 Morning Drop-In [0 to 6 years] Stain Glass Window Hearts 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 2:00 pm–3:00 pm Pre. Reg: Food 4 Thought 3:00 pm–6:00 pm	7 Morning Drop-In [0 to 6 years] Diversity Chain Craft 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Fingerprint Heart Ornaments 1:00pm - 4:00pm	8 Saturday Drop In [0 to 6 yrs] 9:00 am– 12:00 pm
10 Morning Drop-In [0 to 6 years] Valentines Scavenger Hunt 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] Fingerprint Heart Ornaments 1:00pm-4:00pm	11 Morning Drop-In [0 to 6 years] Valentines Day Cards 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 1:00 pm–4:00 pm	12 Morning Drop-In [0 to 6 years] Watercolour Hearts Let's Make a Yogurt Parfait Day 9:00am-12:00pm Let's Bake! [2 to 6 yrs] 1:00 pm–4:00 pm	13 Morning Drop-In [0 to 6 years] String Art TPL Librarian Circle Time @ 11:00 AM 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	14 Morning Drop-In [0 to 6 years] Valentines Day Brunch 9:00am-12:00pm Wear Red, White and Pink Day Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	15 PROGRAM CLOSED
17 PROGRAM CLOSED - Family Day -	18 Morning Drop-In [0 to 6 years] Diversity Hearts Wreath 9:00am-12:00pm Pre Reg: Baby Love 1:00 pm–4:00 pm  Program Change	19 Morning Drop-In [0 to 6 years] Traffic Lights Art Circle Time with Kristi 9:00am-12:00pm Let's Bake! [2 to 6 yrs] 1:00 pm–4:00 pm	20 Morning Drop-In [0 to 6 years] Alma Thomas Inspired Art 9:00am-12:00pm Afternoon Drop In [0 to 6 yrs] 2:00 pm–3:00 pm Pre. Reg: Food 4 Thought 3:00 pm–6:00 pm	21 Morning Drop-In [0 to 6 years] Watercolour Doily Flowers TPH Nurse Visit @ 10:30 AM 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	22 Saturday Drop In [0 to 6 yrs] 9:00 am– 12:00 pm
24 Morning Drop-In [0 to 6 years] Paper Dolls 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm-4:00pm	25 Morning Drop-In [0 to 6 years] Paper Plate Fish 9:00am-12:00pm Pre Reg: Baby Love 1:00 pm–4:00 pm	26 Morning Drop-In [0 to 6 years] Painting with Vehicles Circle Time with Kristi 9:00am-12:00pm Let's Bake! [2 to 6 yrs] 1:00 pm–4:00 pm	27 Morning Drop-In [0 to 6 years] Making Shakers Special Music Circle 9:00 am–12:00 pm Afternoon Drop In [0 to 6 yrs] 2:00 pm–3:30 pm Pre. Reg: Community Cooking 3:00 pm–6:30 pm	28 Morning Drop-In [0 to 6 years] Foam Sculptures 9:00am-12:00pm Infant and Toddler Time [0 to 18 months] 1:00pm - 4:00pm	





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.

Circle time is at 11:30 AM daily.

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 [2 - 6 years] every Wednesday from 1:00 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 February 18th, 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?

Black History Month

February 5th, 19th & 26th –Circle Time with Literacy Specialist Kristi

Valentines Spirit Week–February 10th – 14th–
Check the calendar for details

February 13th–Circle Time with Elizabeth, our Toronto Public Library Librarian @ 11:00 AM

February 14th–Valentines Day

February 15th–**Program Closed**

February 17th–Family Day–**Program Closed**

February 21st–Visit with Toronto Public Health Nurse Debbie @ 10:30 AM

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