

SCHEDULE

June 8-12

MONDAY

Family Drop-In Time

9:00am-3:30pm

Circle Time
10:30am

10:30am-12:00pm
off-site Black Joy Program at Birkdale

BABY TIME

1:00- 2:00pm



TUESDAY

Family Drop-In Time

9:00am-3:30pm

Circle Time
10:30am

10:30am - 12:00 pm

Parenting Workshop-
"Self-Regulation"



Strides
TORONTO

Helping children, youth and families thrive

WEDNESDAY

Family Drop-In Time

9:00am-3:30pm

Registration Required

swimming class

10:00am-1:30pm



THURSDAY

Family Drop-In Time

9:00am-3:30pm

1:30-3:30pm
Parenting Workshop-
"Circle of Security"



Black Joy

12:00-3:30pm

Drop in program for families with Black children ages 0-6



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Community Serv

FRIDAY

Family Drop-In Time

9:00am-3:30pm

Read-a-Book-Get-a-Book Circle time at 10:30am



Outdoor Play



Contact:

437-214-5539

earlyonmail@heartbeatz.ca

Early ON

Child and Family Centre

Get to know more about our programs:

Family Drop-in Time

- Parents/caregivers connect through play while children engage in music and community
- Our daily 10:30 AM circle time fosters school readiness by supporting intellectual, social-emotional, language, and literacy development through songs, props, and interactive fun

Baby Time

- Parents/caregivers of babies (newborn to 12 months) connect through play, songs, and interactive activities Enjoy baby-friendly music, engaging props, and discussions on baby care and development.
- Please bring a blanket for your little one

Black Joy

- Parents/caregivers of Black children (ages 0-6) come together to connect, share a meal, and play in a welcoming community
- Enjoy culturally relevant activities, discussions, toys, and food that celebrate and support Black families
- Activities for Black families living in Birkdale, which is a shelter.

Swimming Classes

Swimming classes to develop early swimming skills, designed to build confidence and safety

Positive Parenting

Practical strategies for encouraging positive behavior, setting respectful boundaries, improving communication, and nurturing children's emotional well-being

Circle of Security- Parenting Workshop

An evidence-based program designed to improve secure attachment with parents and their children

Outdoor Play

- Parents/caregivers and children explore the outdoors and engage in physical activity games, water play, etc.

Read-a-Book-Get-a-Book

- Staff engage children in interactive storytime, fostering conversations and a love for reading
- Parents/caregivers read with their child, and each family receives a book to take home
- Storytime helps children develop new sounds, words, language skills, and early literacy

We offer a free drop-in program for families with children aged 0-6.

Visit us at 14 Centre Street in Scarborough, located at: Markham Rd & Eglinton Ave E.

Important Information

- First-time visitors must complete a registration form, updated annually
- We are a nut-free facility
- If you or your children are feeling unwell, please stay home
- Masking is optional
- We maintain enhanced cleaning of high-touch surfaces
- Please do not bring hot drinks in the program room
- Limit calls on cell phones
- Ensure you are supervising your child(ren) at all times