

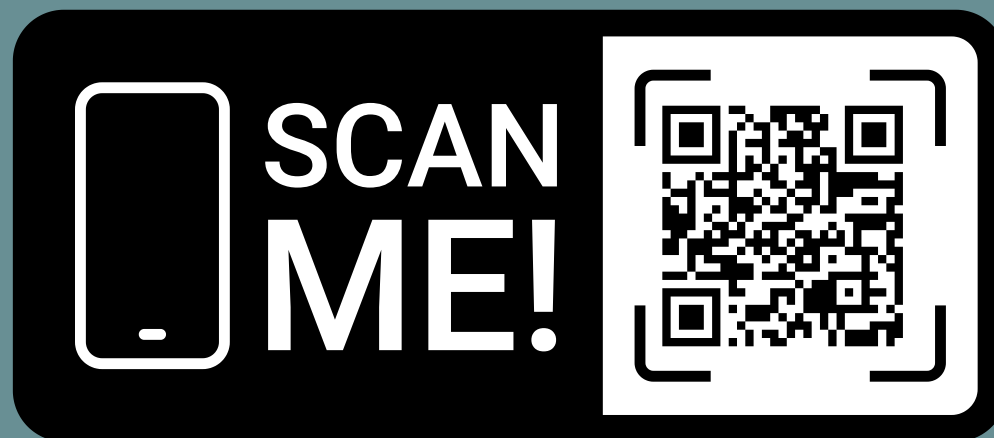
SUMMER 2025



@SCHCEarlyON

# SCHC EARLYON

## CHILD AND FAMILY CENTRE



### Centre Registration:

<https://forms.office.com/r/E0DEJKcCga>



416-847-4150



[earlyon@schcontario.ca](mailto:earlyon@schcontario.ca)



EARLYON WEBPAGE



4110 Lawrence Avenue East



SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES

[www.schcontario.ca](http://www.schcontario.ca)



Child and Family Centre

| M                                                                                                                                                                                                           | T                                                                                                                                   | W                                                                                                                                                         | TH                                                                                                                                                                            | F                                                                                                                                                                                                                   | S                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <br><b>Centre Registration</b><br><a href="https://forms.office.com/r/E0DEJKcCga">https://forms.office.com/r/E0DEJKcCga</a> | <b>CENTRE CLOSED</b><br><b>HAPPY CANADA DAY</b>                                                                                     | <b>INFANT ZONE (I)</b><br>10:30AM - 12:30PM<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                                      | <b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                                                                                                         | <b>DROP-IN (I)</b><br>9:30AM - 12:00PM                                                                                                                                                                              | <b>TPH FATHERING PARENTING GROUP (I)</b><br><b>WITH FACILITATORS DIPO &amp; ANTARPREET</b><br>10:30AM - 12:30PM |
| <b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><b>UMOJA SOCIAL (I)</b><br>5:00PM - 7:00PM                                                                                                                         | <b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><b>TPH NURSE VISIT</b><br>10:30AM - 12:00PM<br><b>UMOJA DROP-IN (I)</b><br>1:30PM - 3:30PM | <b>INFANT ZONE (I)</b><br>10:30AM - 12:30PM<br><b>SCHC BREASTFEEDING BASICS BY SUAD, RN</b><br>11:00AM - 12:30PM<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM | <b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                                                                                                         | <b>DROP-IN (I)</b><br>9:30AM - 12:00PM<br><b>*KINDERGARTEN READINESS (I)</b><br>PARENT CAREGIVER WORKSHOP BY STRIDESTORONTO<br>2:00PM - 4:00PM                                                                      |                              |
| <b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><b>UMOJA SOCIAL (I)</b><br>5:00PM - 7:00PM                                                                                                                         | <b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><b>TPH NURSE VISIT</b><br>10:30AM - 12:00PM<br><b>UMOJA DROP-IN (I)</b><br>1:30PM - 3:30PM | <b>INFANT ZONE (I)</b><br>10:30AM - 12:30PM<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                                      | <b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><b>COMMUNITY OUTING (O)</b><br>DROP-IN WALK TO MORNINGSID PARK + SPLASH PAD<br>1:30PM - 3:30PM                                       | <b>DROP-IN (I)</b><br>9:30AM - 12:00PM<br><b>*KINDERGARTEN READINESS (I)</b><br>PARENT CAREGIVER WORKSHOP BY EVERY CHILD BELONGS<br>2:00PM - 4:00PM                                                                 | <b>JUNIOR CARNIVAL AND FAMILY DAY @NEILSON PARK (I)</b><br>11:00AM - 7:00PM                                     |
| <b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><b>UMOJA SOCIAL (I)</b><br>5:00PM - 7:00PM                                                                                                                         | <b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><b>UMOJA DROP-IN (I)</b><br>1:30PM - 3:30PM                                                | <b>INFANT ZONE (I)</b><br>10:30AM - 12:30PM<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                                      | <b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><b>*COMMUNITY OUTING (O)</b><br>CLICK HERE TO APPLY @MORNINGSID LIBRARY + SPLASH PAD<br>4279 LAWRENCE AVENUE EAST<br>1:30PM - 3:30PM | <b>DROP-IN (I)</b><br>9:30AM - 12:00PM<br><b>*KINDERGARTEN READINESS (I)</b><br>PARENT CAREGIVER WORKSHOP BY STRIDESTORONTO<br>2:00PM - 4:00PM                                                                      |                                                                                                                 |
| <b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                                                                                                                                       | <b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><b>UMOJA DROP-IN (I)</b><br>1:30PM - 3:30PM                                                | <b>INFANT ZONE (I)</b><br>10:30AM - 12:30PM<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                                      | <b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><b>*COMMUNITY OUTING (O)</b><br>CLICK HERE TO APPLY @SCARBOROUGH MUSEUM<br>1007 BRIMLEY RD<br>1:30PM - 3:30PM                        | <b>HOURS OF OPERATION</b><br>MONDAYS - THURSDAYS:<br>9:30AM - 5:00PM<br>FRIDAYS:<br>9:30AM - 12PM & 2PM - 6:00PM<br><b>SCHEDULE LEGEND:</b><br>(V) = VIRTUAL (ZOOM) Click link on program<br>(I) = IN-PERSON/ONSITE |                                                                                                                 |

**UMOJA** is a drop-in gathering created by Black families for Black families. Led by Black educators. Enjoy intentional activities, peer support, culture, and empowerment as we emphasize belonging. Sessions currently are Umoja Social & DROP-IN. Allies are welcome

**Drop-In** is a Play-based program providing learning experiences such as early literacy skills in storytelling, circles with songs, rhythm & movement, expressive arts, science & tech, engineering, math, and nature & outdoor explore opportunities

**FAMILY FUN NIGHT:** Popular drop-in offering themes such as Bingo, Lego Challenges & Board Game Night. Light dinner provided. Siblings welcome. *Returns in the Fall*

**\*RPBP (READING PARTNERSHIP PROGRAM FOR BLACK PARENTS):** Equips parents with skills to teach the fundamentals of reading to their children 4-6. Registration Closed. Next time to register will be in Aug/Sept 2025. Contact us to stay on our interested list!

**INFANT ZONE:** Drop-in series to enhance peer interaction and secure attachment. Workshops and guest speakers periodically.

**\*TAMIL INBAM தமிழ் இன்பம்:** ONLINE PROGRAM INTRODUCES TAMIL LANGUAGE & CULTURE WITH LITERACY, SONG AND MUSIC. *RETURNS IN THE FALL*

**\*HEWS (HEALTHY EATING WELLNESS SERIES): ON HOLD.** Hybrid (drop-in onsite & online). Focuses on evidence-based healthy strategies such as positive eating, & nutritional facts. By SCHC Registered Dietitian & Health Promotion Specialist

**Welcome to SCHC's EarlyON Child & Family Centre!** We provide drop-in & registered programs for parents & caregivers with children **0-6 years of age**. Caregivers must remain onsite & involved in programming. [Reminder to refer to our Caregiver Involvement Policy here.](#) Snacks are also provided.   
**Note:** We are a NUT-FREE Centre.  
**(\*) programs with a star may ask for pre-registration.**

| M                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | T                                                                                                                                                                                                                      | W                                                                                                                                                                                         | TH                                                                                                                                                                                                                                                  | F                                                                                                                                                                                                                        | S                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <div>Welcome to SCHC's EarlyON Child &amp; Family Centre! We provide drop-in &amp; registered programs for parents &amp; caregivers with children <b>0-6 years of age</b>. Caregivers must remain onsite &amp; involved in programming. <a href="#">Reminder to refer to our Caregiver Involvement Policy here.</a> Snacks are also provided🙌</div> <div>Note: We are a NUT-FREE Centre.</div> <div>(*) <i>programs with a star may ask for pre-registration.</i></div> </div> <div>  <div> <div>Centre Registration</div> <div>https://forms.office.co</div> <div>m/r/E0DEJKcCga</div> </div> </div> |                                                                                                                                                                                                                        |                                                                                                                                                                                           |                                                                                                                                                                                                                                                     | <div> <div>DROP-IN (I) 1</div> <div>9:30AM - 12:00PM</div> </div> <div> <div>*KINDERGARTEN READINESS (I)</div> <div>PARENT CAREGIVER WORKSHOP BY EVERY CHILD BELONGS</div> <div>2:00PM - 4:00PM</div> </div>             |                                                                                                                                                          |
| <div> <div>4</div> <div>DROP-IN (I)</div> <div>9:30AM - 3:30PM</div> </div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <div> <div>5</div> <div>DROP-IN (I)</div> <div>9:30AM - 3:30PM</div> </div> <div> <div>UMOJA DROP-IN (I)</div> <div>1:30PM - 3:30PM</div> </div>                                                                       | <div> <div>6</div> <div>DROP-IN (I)</div> <div>9:30AM - 12:00PM</div> </div> <div> <div>INFANT ZONE (I)</div> <div>BABY LOVE WITH ABIONA CENTRE</div> <div>12:30PM - 2:30PM</div> </div>  | <div> <div>7</div> <div>DROP-IN (I)</div> <div>9:30AM - 3:30PM</div> </div> <div> <div>*COMMUNITY OUTING (O)</div> <div>CLICK HERE TO APPLY @MCDONALDS TOUR &amp; TREAT</div> <div>4473 KINGSTON RD</div> <div>1:30PM - 3:30PM</div> </div>         | <div> <div>8</div> <div>DROP-IN (I)</div> <div>9:30AM - 12:00PM</div> </div> <div> <div>*KINDERGARTEN READINESS (I)</div> <div>PARENT CAREGIVER WORKSHOP BY ABIONA CENTRE</div> <div>2:00PM - 4:00PM</div> </div>        |                                                                                                                                                          |
| <div> <div>11</div> <div>DROP-IN (I)</div> <div>9:30AM - 3:30PM</div> </div> <div> <div>UMOJA SOCIAL (I)</div> <div>5:00PM - 7:00PM</div> </div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div> <div>12</div> <div>DROP-IN (I)</div> <div>9:30AM - 3:30PM</div> </div> <div> <div>TPH NURSE VISIT</div> <div>10:30AM - 12:00PM</div> </div> <div> <div>UMOJA DROP-IN (I)</div> <div>1:30PM - 3:30PM</div> </div> | <div> <div>13</div> <div>DROP-IN (I)</div> <div>9:30AM - 12:00PM</div> </div> <div> <div>INFANT ZONE (I)</div> <div>BABY LOVE WITH ABIONA CENTRE</div> <div>12:30PM - 2:30PM</div> </div> | <div> <div>14</div> <div>DROP-IN (I)</div> <div>9:30AM - 3:30PM</div> </div> <div> <div>*COMMUNITY OUTING (O)</div> <div>CLICK HERE TO APPLY @FIRE STATION VISIT</div> <div>740 MARKHAM RD</div> <div>1:30PM - 3:30PM</div> </div>                  | <div> <div>15</div> <div>DROP-IN (I)</div> <div>9:30AM - 12:00PM</div> </div> <div> <div>*KINDERGARTEN READINESS (I)</div> <div>PARENT CAREGIVER WORKSHOP BY ABIONA CENTRE</div> <div>2:00PM - 4:00PM</div> </div>       |                                                                                                                                                          |
| <div> <div>18</div> <div>DROP-IN (I)</div> <div>9:30AM - 3:30PM</div> </div> <div> <div>UMOJA SOCIAL (I)</div> <div>5:00PM - 7:00PM</div> </div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div> <div>19</div> <div>DROP-IN (I)</div> <div>9:30AM - 3:30PM</div> </div> <div> <div>UMOJA DROP-IN (I)</div> <div>1:30PM - 3:30PM</div> </div>                                                                      | <div> <div>20</div> <div>DROP-IN (I)</div> <div>9:30AM - 12:00PM</div> </div> <div> <div>INFANT ZONE (I)</div> <div>BABY LOVE WITH ABIONA CENTRE</div> <div>12:30PM - 2:30PM</div> </div> | <div> <div>21</div> <div>DROP-IN (I)</div> <div>9:30AM - 3:30PM</div> </div> <div> <div>END OF SUMMER PARTY (O)</div> <div>DROP-IN</div> <div>43 DIVISION NEIGHBOR OFFICERS VISIT - ST MARGARETS GREENSPACE</div> <div>1:30PM - 3:30PM</div> </div> | <div> <div>22</div> <div>DROP-IN (I)</div> <div>9:30AM - 12:00PM</div> </div> <div> <div>*KINDERGARTEN READINESS (I)</div> <div>PARENT CAREGIVER WORKSHOP BY EVERY CHILD BELONGS</div> <div>2:00PM - 4:00PM</div> </div> | <div> <div>23</div> <div>TPH FATHERING PARENTING POP-UP (I)</div> <div>WITH FACILITATORS DIPO &amp; ANTARPREET</div> <div>10:30AM - 12:30PM</div> </div> |
| <div> <div>25</div> <div>DROP-IN (I)</div> <div>9:30AM - 3:30PM</div> </div> <div> <div>UMOJA SOCIAL (I)</div> <div>5:00PM - 7:00PM</div> </div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div> <div>26</div> <div>DROP-IN (I)</div> <div>9:30AM - 3:30PM</div> </div> <div> <div>TPH NURSE VISIT</div> <div>10:30AM - 12:00PM</div> </div> <div> <div>UMOJA DROP-IN (I)</div> <div>1:30PM - 3:30PM</div> </div> | <div> <div>27</div> <div>DROP-IN (I)</div> <div>9:30AM - 12:00PM</div> </div> <div> <div>INFANT ZONE (I)</div> <div>BABY LOVE WITH ABIONA CENTRE</div> <div>12:30PM - 2:30PM</div> </div> | <div> <div>28</div> <div>CENTRE CLOSED</div> <div>PROFESSIONAL DEVELOPMENT</div> </div>                                                                                                                                                             | <div> <div>29</div> <div>CENTRE CLOSED</div> <div>PROFESSIONAL DEVELOPMENT</div> </div>                                                                                                                                  |                                                                                                                                                          |

**UMOJA** is a drop-in gathering created by Black families for Black families. Led by Black educators. Enjoy intentional activities, peer support, culture, and empowerment as we emphasize belonging. Sessions currently are Umoja Social & DROP-IN. Allies are welcome

**Drop-In** is a Play-based program providing learning experiences such as early literacy skills in storytelling, circles with songs, rhythm & movement, expressive arts, science & tech, engineering, math, and nature & outdoor explore opportunities

**FAMILY FUN NIGHT:** Popular drop-in offering themes such as Bingo, Lego Challenges & Board Game Night. Light dinner provided. Siblings welcome. Returns in the Fall

**\*RPBP (READING PARTNERSHIP PROGRAM FOR BLACK PARENTS):** Equips parents with skills to teach the fundamentals of reading to their children 4-6. Registration Closed. Next time to register will be in Aug/Sept 2025. Contact us to stay on our interested list!

**INFANT ZONE:** Drop-in series to enhance peer interaction and secure attachment. Workshops and guest speakers periodically.

**\*TAMIL INBAM தமிழ் இன்பம்:** ONLINE PROGRAM INTRODUCES TAMIL LANGUAGE & CULTURE WITH LITERACY, SONG AND MUSIC. RETURNS IN THE FALL

**\*HEWS (HEALTHY EATING WELLNESS SERIES): ON HOLD.** Hybrid (drop-in onsite & online). Focuses on evidence-based healthy strategies such as positive eating, & nutritional facts. By SCHC Registered Dietitian & Health Promotion Specialist

| M                                                                                             | T                                                                                              | W                                                                                                                                                                                                                     | TH                                                                                                                               | F                                                                                                                                      | S                                                                                                 |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| 1<br><b>CENTRE CLOSED</b><br><br><b>LABOUR DAY</b>                                            | 2<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><br><b>UMOJA DROP-IN (I)</b><br>1:30PM - 3:30PM  | 3<br><b>DROP-IN (I)</b><br>9:30AM - 12:00PM<br><br><b>INFANT ZONE (I)</b><br>BABY LOVE WITH ABIONA CENTRE<br>12:30PM - 2:30PM                                                                                         | 4<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                                                       | 5<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                                                             |                                                                                                   |
| 8<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                    | 9<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><br><b>UMOJA DROP-IN (I)</b><br>1:30PM - 3:30PM  | 10<br><b>DROP-IN (I)</b><br>9:30AM - 12:00PM<br><b>TPH NURSE VISIT</b><br>10:30AM - 12:00PM<br><b>INFANT ZONE (I)</b><br>INFANT MASSAGE BY CONCETTA, RN<br>12:30PM - 2:30PM                                           | 11<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><br><b>EVERY CHILD BELONGS EDUCATOR MEET &amp; GREET (I)</b><br>10:30AM - 12:00PM | 12<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><br><b>VISIT TO ADULT DAY CENTRE (I)</b><br>2658 EGLINTON AVE EAST<br>10:30AM - 12:00PM | 13<br><b>TPH FATHERING POP-UP (I)</b><br>WITH FACILITATORS DIPO & ANTARPREET<br>10:30AM - 12:30PM |
| 15<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                   | 16<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><br><b>UMOJA DROP-IN (I)</b><br>1:30PM - 3:30PM | 17<br><b>DROP-IN (I)</b><br>9:30AM - 12:00PM<br><b>INFANT ZONE (I)</b><br>INFANT MASSAGE BY CONCETTA, RN<br>12:30PM - 2:30PM                                                                                          | 18<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                                                      | 19<br><b>DROP-IN (I)</b><br>9:30AM - 12:00PM<br><br><b>FAMILY FUN NIGHT</b><br>KICK OFF - BACK TO SCHOOL(I)<br>4:00PM - 6:00PM         | 20<br><b>TPH FATHERING POP-UP (I)</b><br>WITH FACILITATORS DIPO & ANTARPREET<br>10:30AM - 12:30PM |
| 22<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM                                                   | 23<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><br><b>UMOJA DROP-IN (I)</b><br>1:30PM - 3:30PM | 24<br><b>DROP-IN (I)</b><br>9:30AM - 12:00PM<br><b>INFANT ZONE (I)</b><br>INFANT MASSAGE BY CONCETTA, RN<br>12:30PM - 2:30PM                                                                                          | 25<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><br><b>TPH NURSE VISIT</b><br>10:30AM - 12:00PM                                   | 26<br><b>DROP-IN (I)</b><br>9:30AM - 12:00PM<br><br><b>FAMILY FUN NIGHT</b><br>AUTUMN CRAFTS (I)<br>4:00PM - 6:00PM                    | 27<br><b>TPH FATHERING POP-UP (I)</b><br>WITH FACILITATORS DIPO & ANTARPREET<br>10:30AM - 12:30PM |
| 29<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><br><b>UMOJA SOCIAL (I)</b><br>5:00PM - 7:00PM | 30<br><b>DROP-IN (I)</b><br>9:30AM - 3:30PM<br><br><b>UMOJA DROP-IN (I)</b><br>1:30PM - 3:30PM |  <p><b>Centre Registration</b><br/><a href="https://forms.office.co/m/r/E0DEJKcCga">https://forms.office.co/m/r/E0DEJKcCga</a></p> |                                                                                                                                  |                                                                                                                                        |                                                                                                   |

**Welcome to SCHC's EarlyON Child & Family Centre!** We provide drop-in & registered programs for parents & caregivers with children **0-6 years of age**. Caregivers must remain onsite & involved in programming. **Reminder to refer to our Caregiver Involvement Policy here.** Snacks are also provided 🙌  
**Note:** We are a NUT-FREE Centre.  
**(\*) programs with a star may ask for pre-registration.**

**UMOJA** is a drop-in gathering created by Black families for Black families. Led by Black educators. Enjoy intentional activities, peer support, culture, and empowerment as we emphasize belonging. Sessions currently are Umoja Social & DROP-IN. Allies are welcome

**Drop-In** is a Play-based program providing learning experiences such as early literacy skills in storytelling, circles with songs, rhythm & movement, expressive arts, science & tech, engineering, math, and nature & outdoor explore opportunities

**FAMILY FUN NIGHT:** Popular drop-in offering themes such as Bingo, Lego Challenges & Board Game Night. Light dinner provided. Siblings welcome.

**\*RPBP (READING PARTNERSHIP PROGRAM FOR BLACK PARENTS):** Equips parents with skills to teach the fundamentals of reading to their children 4-6. Registration Closed. Next time to register will be in Aug/Sept 2025. Contact us to stay on our interested list!

**INFANT ZONE:** Drop-in series to enhance peer interaction and secure attachment. Workshops and guest speakers periodically.

**\*TAMIL INBAM தமிழ் இன்பம்:** ONLINE PROGRAM INTRODUCES TAMIL LANGUAGE & CULTURE WITH LITERACY, SONG AND MUSIC. RETURNS IN THE FALL

**\*HEWS (HEALTHY EATING WELLNESS SERIES): ON HOLD.** Hybrid (drop-in onsite & online). Focuses on evidence-based healthy strategies such as positive eating, & nutritional facts. By SCHC Registered Dietitian & Health Promotion Specialist

**HOURS OF OPERATION**  
**MONDAYS - THURSDAYS:**  
9:30AM - 5:00PM  
**FRIDAYS:**  
9:30AM - 12PM & 2PM - 6:00PM

4110 Lawrence Avenue East,  
Scarborough, Ontario M1E 2S1  
[earlyon@schcontario.ca](mailto:earlyon@schcontario.ca) | 416-847-4150

**SCHEDULE LEGEND:**  
**(V) = VIRTUAL (ZOOM)**  
Click link on program  
**(I) = IN-PERSON/ONSITE**

# 2025 FATHERING PARENTING GROUP



## SUMMER POP-UPS:

- Saturday, July 5
- Saturday, Aug 23

## FALL PROGRAM SERIES:

- Saturdays, Starts September 13<sup>th</sup> - November 1<sup>st</sup>



**10:30am - 12:30pm**



## SCHC EarlyON Child & Family Centre

4110 Lawrence  
Ave East,  
Scarborough,  
Ontario, M1E 2S1



**For more information,**  
earlyon@schcontario.ca  
416-847-4150

- Led by Toronto Public Health Facilitators, Dipo & Antarpreet
- Offers 2 Summer Pop-Ups
- 8-Week Parenting Group
- Light refreshments offered!
- TTC 1 way vouchers!

## SIGN UP

<https://forms.office.com/r/Zj2G2V6pqq>

## SCAN ME



SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES



EarlyON  
Child and Family Centre

# UNMOJA

## SOCIAL DROP-INS

### Activities

- Arts and Crafts
- Workshops
- Guest Speakers
- Raffle Draw

### WHERE:

4110 Lawrence Ave East,  
Program Room, Main floor  
Scarborough, On  
M1E 2S1

Join our Drop-in Series created by Black families for Black families. **Allies are welcome.** Enjoy a **FREE** light meal, culture, peer support, & empowerment as we emphasize belonging. TTC 1 Way Vouchers available.

### Monday Dates:

- July 7
- July 14
- July 21
- Aug 11
- Aug 18
- Aug 25

- NO SESSIONS - JULY 28 & AUG 4<sup>TH</sup>

Mondays | 5:00PM - 7:00PM

&

Tuesdays | 1:30PM - 3:30PM

For more information,  
Email [earlyon@schcontario.ca](mailto:earlyon@schcontario.ca)

Call | WhatsApp | Text  
Kimisha @ 647-613-2646



SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES

EarlyON  
Child and Family Centre

# KINDERGARTEN READINESS

**Join us in a FREE  
program series!**

For children entering Junior  
Kindergarten September 2025

 **4110 Lawrence Avenue East,  
Scarborough, Ontario M1E 2S1**



**JULY 11 - AUGUST 22, 2025**



**FRIDAYS | 2:00PM - 4:00PM**

TEAM EDUCATORS



Farzana



Kimisha



Karuna

**Register Today!**

**SCAN  
ME! >>**



## BENEFITS



- Snacks provided
- Every child receives **free** books & \$25 gift card
- Free resources & presentations
- Workshops by Abiona Centre (The Kuumba Project), StridesToronto, & Every Child Belongs - City of Toronto
- Childminding offered
- Parents & Caregivers involved in workshop group in separate space
- Siblings welcome

For more information, contact us at [earlyon@schcontario.ca](mailto:earlyon@schcontario.ca) or 416-847-4150



SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES



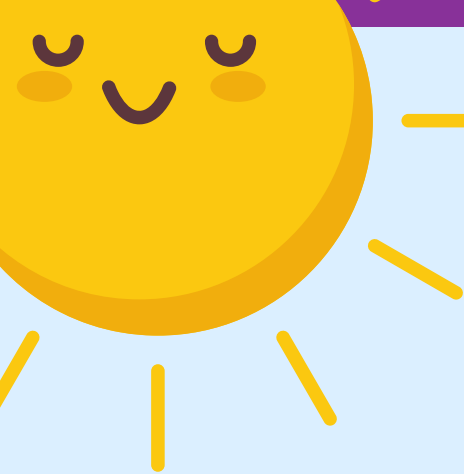
Helping children, youth  
and families thrive



**Abiona Centre**  
For Infant & Early Mental Health



Child and Family Centre



# 2025 SUMMER COMMUNITY OUTINGS

THURSDAYS 1:30PM - 3:30PM

**JULY 17:** DROP-IN **WALK TO MORNINGSIDE PARK + SPLASH PAD**  
390 MORNINGSIDE AVE

**JULY 24:** REGISTRATION REQUIRED  
TTC BUS TO MORNINGSIDE LIBRARY + SPLASH PAD  
4279 LAWRENCE AVE EAST

**JULY 31:** REGISTRATION REQUIRED  
SCARBOROUGH MUSEUM  
1007 BRIMLEY RD

**AUGUST 7:** REGISTRATION REQUIRED  
WALK TO MCDONALD'S + TREAT  
4473 KINGSTON RD

**AUGUST 14:** REGISTRATION REQUIRED  
TTC BUS TO FIRE STATION VISIT  
740 MARKHAM RD

**AUGUST 21:** DROP-IN **END OF SUMMER PARTY +**  
**NEIGHBOURHOOD OFFICERS VISIT**  
@GREEN SPACE - ST MARGARET'S JPS

## REGISTER

[https://forms.office.  
com/r/rTKvPgnKgm](https://forms.office.com/r/rTKvPgnKgm)



**For More Information**  
[earlyon@schcontario.ca](mailto:earlyon@schcontario.ca) | 416-847-4150

 4110 Lawrence Avenue East,  
Scarborough, Ontario M1E 2S1



SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES

**Early ON**  
Child and Family Centre

# Infant Massage

## Key Benefits:

- Enhances bond with your baby
- Stimulates baby's circulation, digestion, nervous, and lymphatic systems.
- Develops baby's body awareness and coordination.
- Increases baby's recognition of facial and emotional expressions which supports development of social skills.
- Relief of baby's wind, colic, constipation, and teething discomfort.

**FREE** 5-Week Series led by a trained Specialist, Registered Nurse!  
Best suitable for expecting mothers, children newborn to 12 months



**WEDNESDAYS**  
**SEPT 10 - OCT 8, 2025**



**10:30 AM - 12:30 PM**



**4110 LAWRENCE AVE  
EAST, SCARBOROUGH,  
ONTARIO M1E 2S1  
MAIN FLOOR**



**REGISTER!  
SCAN  
ME!**

For more information,  
[earlyon@schcontario.ca](mailto:earlyon@schcontario.ca) | 416-847-4150



**SCARBOROUGH  
CENTRE FOR  
HEALTHY  
COMMUNITIES**



**Early ON**  
Child and Family Centre

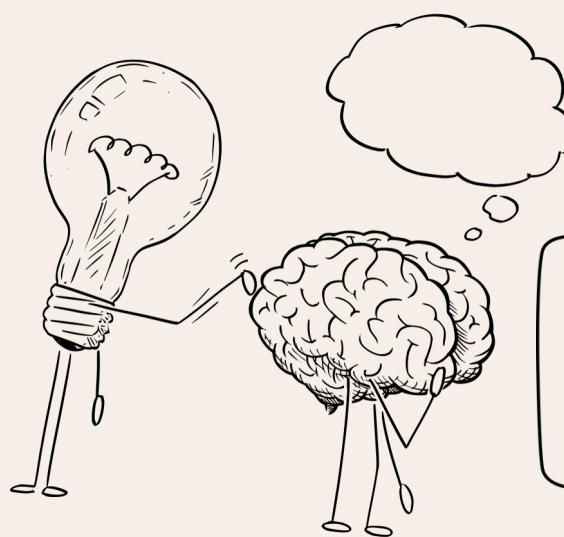
**EARLYON MENTAL HEALTH INITIATIVE IS OFFERING ...**

# **PARENT SUPPORT**

## **ONE-TO-ONE BRIEF SESSIONS**

"Valuing and prioritizing your own mental health and ability to feel emotionally stable is the most powerful thing to support your child's growth and well-being"

EarlyON MHI is here to support the mental wellbeing of parents and their children aged 0 - 6 years old. We offer private individual (1:1) support sessions with experienced early childhood professionals. Come ask us anything related to your mental health wellbeing and/or parenting needs/concerns. This session will provide you with strategies/skills and resources to meet your specific need(s).



### **DURATION:**

**1 - 1.5 hour per session**

### **WHERE?**

**Virtual**

### **HOW TO ACCESS THE SERVICE?**

**Scan the QR code or Click Here**

### **FOR INQUIRIES: Please**

**contact Akua at**

**[earlyonmhi@lumenus.ca](mailto:earlyonmhi@lumenus.ca)**

### **NOT SURE WHERE TO START YOUR CONVERSATION...?**

(Topics that you may wish to discuss during One-to-One Brief sessions)

#### **Parent Stress**

e.g. feeling isolated/ alone, parent guilt, conflicting parenting styles, self care,

#### **Understanding Your Child's Challenging Behaviors**

e.g. tantrums, aggression, difficulty in following instructions

#### **Creating Healthy Routines**

e.g. mealtime, bedtime, play, transitions

#### **Building Connection/ Attachment With Your Child**

#### **Child Developmental Concerns**

e.g. emotional support for parents pre/ post developmental assessment and diagnosis

#### **Community Resources**

e.g. service navigation / referrals



**lumenus**  
Community Services



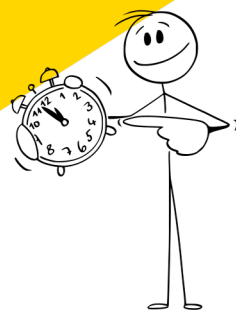
# EARLYON MENTAL HEALTH INITIATIVE IS HOSTING ... STRESS BUSTERS (VIRTUAL) WORKSHOPS

**FOR PARENTS/CAREGIVERS OF CHILDREN 0-6 YEARS OLD**

The workshop session will focus on understanding and managing stress with practical exercises and techniques easily integrated to support everyday parenting.



**Scheduled Dates**



WHAT DOES  
STRESS  
LOOKS LIKE  
FOR YOU?



**2025 - FRIDAYS**  
**9:30-11:30 AM**

July 11th

August 8th

September 12th

October 10th

November 14th

December 12th

**SCAN/CLICK TO JOIN**



**MS TEAMS**  
**MEETING**  
**ID:288 800 426**  
**424 1**  
**PASSCODE:**  
**Wi7oo2Cp**



WHAT DO YOU  
KNOW ABOUT  
EMOTIONAL  
HEALTH?

KNOW ANY  
TIPS ON  
HOW TO  
REDUCE  
STRESS?

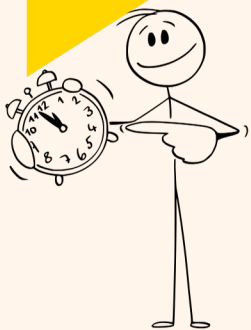
For more information, please email Akua at [aasamoah@lumenus.ca](mailto:aasamoah@lumenus.ca)

# EARLYON MENTAL HEALTH INITIATIVE IS HOSTING ... POSITIVE PARENTING 101 (VIRTUAL) WORKSHOPS

## FOR PARENTS/CAREGIVERS OF CHILDREN 0-6 YEARS OLD

Positive Parenting 101 helps parents and caregivers understand children's behaviors by teaching 7 key principles: recognizing developmental stages, understanding temperament, planning ahead, maintaining consistency, setting consequences, being a role model, supporting social-emotional well-being, and encouraging play.

### Scheduled Dates



**2025 - FRIDAYS**  
**9:30-11:30 AM**

July 18th

August 15th

September 19th

October 17th

November 21th

December 19th

**SCAN/CLICK TO JOIN**



MS TEAMS

MEETING ID:288

800 426 424 1

PASSCODE:

Wi7oo2Cp



For more information, please email Akua at [aasamoah@lumenus.ca](mailto:aasamoah@lumenus.ca)