

**PROGRAM DESCRIPTIONS**

**Parent Relief:**

One day a week family support program. Must meet eligibility criteria. Contact Debbie Bridge at 416-252-6471 ext.285

**Drop-In Programs:**

A place where you and your child can take part in activities, games, learning circles and more.

**Tools for School:**

A school readiness program that will help prepare children entering kindergarten September 2012. Space is limited. Registration required.

**Living and Learning with Baby:**

6 week parenting program for caregivers with infants birth to 6 months of age.

**Toddler Steps to Healthy Living:**

12 week program for caregivers with children 12 to 24 months. Spaces limited.

**Make the Connection Program:**






Make the Connection is a 9 week program for parents or caregivers with children from birth – 1 year. Spaces limited.

**Incredible Years Parenting Program:**

12 week parenting program for parents of children 2 to 6 years of age. Childcare is available. Spaces limited.

**Eating For Two:**

Learn about pregnancy, baby care and nutrition. Registration is required for this program. To register call 416-744-6312 extension 281.

Mon	Tue	Wed	Thu	Fri
<p><b>Parent Relief</b> Stonegate CHC</p> <p><b>REGISTRATION REQUIRED</b></p> <p>18 months to 6 years</p> <p>9:00 a.m. to 3:00pm -----</p> <p><b>Sunnylea Drop-In</b> Royal York United Church</p> <p>9:15 a. m. to 11:15 a.m.</p> <p>Birth to 6 years</p>  <p><b>Learning Through Play Drop-In</b> Stonegate CHC Annex</p> <p>5:30 p.m. to 7:00 p.m.</p> <p>Birth to 6 years</p> <p>Starts September 19th</p>	<p><b>Toddler Steps to Healthy Living</b> Stonegate CHC Annex 10:00 a.m. -12:00 p.m.</p>  <p><b>REGISTRATION REQUIRED</b> September 13th to November 29th 18 months to 2 years -----</p> <p><b>Norseman Drop-In</b> Queensway Baptist Church 950 Islington Ave 9:30 a.m. to 11:30 a.m. Birth to 6 years</p>	<p><b>Tools for School</b> Stonegate CHC Annex</p> <p>9:30 a.m. to 11:30 a.m.</p> <p>September 21st to June 20th</p>  <p>Children must be attending kindergarten in September 2012</p> <p><b>REGISTRATION REQUIRED</b> Registration Required</p>	<p><b>Sunnylea Drop-In</b> Royal York United Church</p> <p>9:15 a.m. to 11:15 a.m.</p> <p>Birth to 12 months</p>  <p><b>Sunnylea Baby Club</b> Royal York United Church</p> <p>10:00 to 11:30 Birth to 12 months</p> <p><b>REGISTRATION REQUIRED</b></p>	<p><b>Sunnylea Drop-In and Learn</b> Royal York United Church</p> <p>9:15 to 11:15</p> <p>Birth to 6 years of age -----</p> <p><b>Family Time Reading Drop-in Program</b> Stonegate CHC Annex</p> <p>9:30 a.m. to 11:30 a.m.</p> <p>Birth to 6 years of age</p>
	<p><b>Living, and Learning with Baby</b> Stonegate CHC Annex 1:00 p.m. to 3:00 p.m. October 11th to November 15th -----</p> <p><b>Making the Connection</b> Stonegate CHC Annex</p> <p>1:00 p.m. to 3:00 p.m. November 22 to January 31</p> <p><b>REGISTRATION REQUIRED</b></p>	<p><b>Incredible Years Parenting Program</b> Stonegate CHC Annex</p> <p><b>REGISTRATION REQUIRED</b></p> <p>1:00 p.m. to 3:00 p.m.</p> <p>September 21st to December 7th</p>  <p><b>The Incredible Years</b></p>	<p><b>Eating For Two</b> Stonegate CHC 1:00 p.m. to 3:00 p.m.</p> <p><b>REGISTRATION REQUIRED</b></p> <p>Prenatal Nutrition Program -----</p> <p><b>Learning Through Play Drop-In</b> Stonegate CHC Annex</p> <p>Birth to 6 years</p> <p>1:00 p.m. to 3:00 p.m.</p>	<p><b>Prenatal Classes</b> PRENATAL CLASSES WILL BE OFFERED AT THE FOLLOWING LOCATIONS:</p> <p><b>Rexdale Community Health Centre</b></p> <p>Saturday September 10, 17, 24 and Saturday October 1.</p> <p><b>Stonegate Community Health Centre</b> Tuesday October 11 to Tuesday November 29</p> <p>Contact Barbara at 416-231-7070 ext. 243 for more details and to register</p>