

Program Without Walls

Calendar of Programs
May 1, 2011 – August 31, 2011

Free programs for parents, caregivers
and children up to 6 years old in the community of York



Program Without Walls at 416-789-7441 x314
www.macaulaycentre.org

Program Without Walls is funded by the Public Health Agency of Canada
through Community Action Program for Children (CAPC)



Meet other pregnant woman

Pregnant? If you are pregnant and live in the York community, please join us at one of our three Drop-In locations.

Once a week, you can drop in to:

- learn about pregnancy, birth and baby care
- learn about nutrition and food preparation
- enjoy a snack and taste new food

We offer **free** child care, snacks, food vouchers, and T.T.C. fare.

Having a Baby

Drop-in for pregnant women
(3 locations)

Tuesday Afternoons:

1:30 – 3:30 p.m.
1651 Keele Street, 3rd Floor
(Keele and Rogers)

Wednesday Mornings:

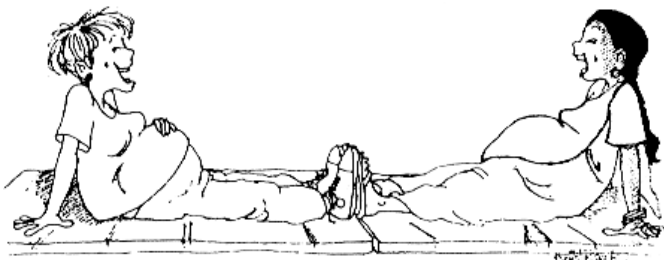
10:00 a.m. - 12:00 noon
761 Jane Street, Suite 200B
(Jane & Woolner)

Thursday Mornings:

9:30 – 11:30 a.m.
1267 Weston Road
(Weston & Ray)

Want to know more?

Call Maria at 416-653-5400 ext. 1300



Meet other pregnant youth & young parents under 21

Would you like to meet other teen parents?

Drop in for:

- prenatal and breast feeding support
- learn about how your child grows and learns
- playtime for children
- young mothers support group
- nutrition and cooking experience

We offer **free** child minding, snacks, food vouchers, and T.T.C. fare.

Supporting Young Families Prenatal and parenting programs for teens.

Where: Jane Street Hub
1541 Jane Street
(Jane & Trethewey Dr.)

When: Thursdays 4:00 – 6:30 p.m.

Want to know more about this program?
Call Karina at 416-394-2424 ext. 225



Visit with a trained home visitor

Do you have young children? Are you feeling alone and isolated?

A Parent Education and Support worker can visit you in your home and give you:

- parent support
- information about how your baby or child learns & grows
- information about your community

Parent Education and Support workers are trained, experienced parents from your neighborhood.

We offer this program in: English, Hindi, Italian, Portuguese, Punjabi, Somali, Spanish, Urdu and Vietnamese.

Family Education & Support Program

Where: In your home

When: We arrange times and dates with you.
You can sign up at any time

Want to know more?

**Call Lois at Macaulay Child Development Centre
416-789-7441, ext. 315**



Learn more about parenting

COPE Group

Would you like to meet with other parents to talk about how to solve challenges you face?

Join the COPE parenting group.

While you meet with the group, we offer **free**:

- Childcare stimulation for infants and toddlers
- Children's social skills and activity groups
- Snacks

9 Week COPE Group

Where: to be confirmed

When: Fall 2010
Tuesday evenings
6:30 – 8:00 p.m.

**Call Yorktown Child and Family Centre at
416-394-2424**

Living & Learning with Baby

Would you like to talk to other parents and learn more about parenting your new baby? (6 weeks to 6 months).

Where: Various locations in the community of York

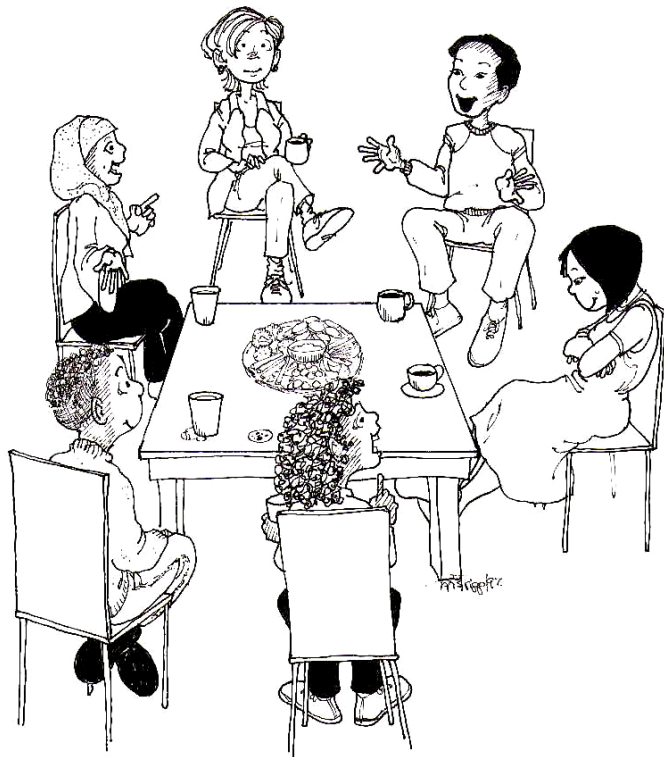
When: Weekday afternoons

Free preschool children's program, nutritious snacks and T.T.C. fare as needed.

Register anytime!

Call Toronto Public Health at 416-338-7600

Learn more about parenting



"Nobody's Perfect" Group

Would you like to join a parent group that meets in your community?

Talk about parenting, safety, behaviors & child development.

- Public Health Nurses and experienced community facilitators run the sessions
- We provide free child care, T.T.C, fare, snacks and resource books

"Nobody's Perfect" Group

Where: Groups meet in several locations within the community of York.

When: New groups start regularly and are offered in different languages

Register anytime!

Toronto Public Health at 416-338-7600

Come to a parent and child drop-in

Would you and your young children like to get out and meet other parents (and caregivers) and their children?

Drop in to Syme Woolner, a fun place where children and parents can play together.

Drop-In Centre

Where: George Syme Community School
69 Pritchard Avenue
(north of St. Clair West & Jane St)

When: You can drop in any time:
Monday - Friday
9:00 –11:30 a.m. and 1:00–3:30 p.m.

Want to know more? **Call 416-767-2186**

Take a Break

Would you like to take some time for yourself? Sign your child up for free part-time licensed child care:

- The children are 2 ½ to 5 years old
- We have an integrated setting for children with special needs

We need a break

Where: 20 Bansley Avenue
D'Arcy McGee Catholic School

When: Monday – Friday
8:30 a.m. – 11:30 a.m.

This program is closed during July & August. Call after September 5th to register.

Call St. Bernadette's Family Resource Centre at 416-397-6300 for more information.

Be Creative

Creative Expressions

Chat with others, make new friends, come and have fun, feel less stress, learn creative new skills.

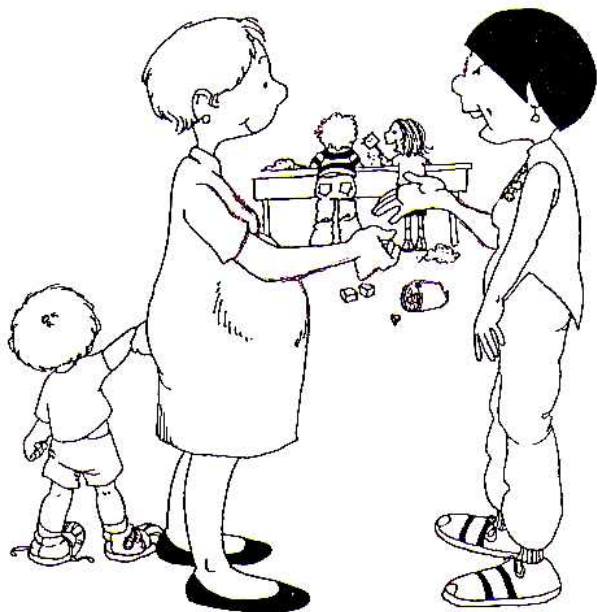
Free children's art program, snack and T.T.C.

Where: To be announced

When: Fall 2011
Mondays and Fridays

Watch for more information coming in the fall.

Call Fatima at Art Starts at 416-656-9994 ext. 3 for more information.



Find out about good food for your family

Do you enjoy cooking? Want to learn how to cook low cost healthy meals for your family?

Come to the Somali Community Kitchen. You can cook with other women and learn new recipes.

We can give you one-to-one counseling about nutrition. Available in Somali and Arabic.

Community Kitchen

Where: Different locations throughout the community of York.

When: Saturday afternoons

Drop In

Where: Somali Immigrant Aid Organization
1778 Weston Road Suite #105

When: Wednesday & Thursday
Learn about a variety of health topics

You can sign up at any time. Want to know more?

Call Habon at Somali Immigrant Aid Organization at 416-243-1988

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