

PROGRAM DESCRIPTIONS:

Toys in the Park:

For the months of July and August we take the drop-in program outdoors to the park. Join us in the park with your child 0 to 6 years of age for games, songs and activities.

Exploring Hands:

You and your toddler will have fun learning to create and express yourselves with lots of fun materials like play dough, sand, and putty!

Countdown to Kindergarten:

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

Love, Laugh and Learn:

This is an infant literacy program where you will sing, read, play and talk with your baby.

Eating For Two:

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

Little Chefs, Healthy Eaters:

Children will work together to make simple snacks and learn about healthy food choices.

Prenatal Classes:

Classes will take place Tuesday evenings July 6, 13, 20 and August 3rd from 6 to 8 p.m. Contact Barbara at 231-7070 extension 243 for more information.

Yoga in the Park: Children 4 to 7 years of age will enjoy stretching and relaxing in the park as they develop flexibility and strength through

STONEGATE

Community Health Centre

Mon	Tue	Wed	Thu	Fri
<p>Parent Relief Stonegate CHC Registration Required Contact Debbie Bridge at 416-252-6471 extension 285 Ages: 18 months to 6 years</p> <p>9:00 to 3:00 ----- Yoga in the Park Bell Manor Park</p> <p>Registration Required Ages: 4 to 7 10:00 to 11:00 July 12 to August 23</p>	<p>Countdown to Kindergarten Stonegate CHC</p> <p>Registration Required</p> <p>July 6 to August 17</p> <p>10:00 to 12:00</p>	<p>Exploring Hands Stonegate CHC 10:00 to 11:30 Starting 18 months to 2.5 years Registration Required July 7 to August 18</p> 	<p>Love, Laugh and Learn Sunnylea Park</p> <p>Ages: 0 to 12 months July 8 to August 20 9:30 to 11:30 -----</p> <p>Toys in the Park Sunnylea Park</p> <p>Ages: 0 to 6 years July to August 26</p> <p>9:30 to 11:30</p>	<p>Toys in the Park Lora Hill Park (Cardigan Rd)</p> <p>Ages: 0 to 6 years July 10 to August 27</p> <p>9:30 to 11:30 -----</p> <p>Family Time Reading Drop-In Bell Manor Park July 9 to August 27 9:30 to 11:30</p> <p>Ages: 0 to 6 years 9:30 to 11:30</p>
<p>Toys in the Park Bell Manor Park</p> <p>Ages: 0 to 6 years</p> <p>July 5 to August 23</p> <p>1:30 to 3:30</p> 	<p>Little Chefs, Healthy Eaters Stonegate CHC</p> <p>Ages: 3 to 6 years</p> <p>Registration Required</p> <p>July 6 to August 17</p> <p>1:00 to 3:00</p> 	<p>Countdown to Kindergarten Stonegate CHC</p> <p>Registration Required</p> <p>July 7 to August 18</p> <p>1:00 to 3:00</p>	<p>Eating For Two Stonegate Registration Required 1:00 to 3:00 -----</p> <p>Learning Through Play Drop-In Stonegate</p> <p>Ages: 0 to 6 years</p> <p>1:00 to 3:00 -----</p> <p>Let's Speak English 1:30 to 2:30 Conversational English program for parents/ caregivers</p>	

FREE PROGRAMS FOR CHILDREN 0 TO 6 AND THEIR CAREGIVERS. FOR MORE INFORMATION CALL 416-231-7070 extension 307