



## Regent Park CHC: Early Years Programs and Services

### Program Calendar: March 2023

<https://regentparkchc.org/program/earlyon-drop-in-centre/>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Family Resource Drop-in</b> 9 am - 11:30 am   38 Regent</p> <p>School Readiness: Child &amp; Adult 9 am - 11:30 am   38 Regent</p> <p><b>Family Resource Drop-in</b> 1:00 pm - 3:30 pm   38 Regent</p> <p>School Readiness: Child &amp; Adult 1 pm - 3:30 pm   38 Regent</p> <p>Preschool Speech &amp; Language   38 Regent by referral only</p>	<p><b>Team and staff Meetings (am)</b></p> <p><b>CPNP Pre/Postnatal</b> 1:30 pm - 3:30 pm   38 Regent By registration only</p>	<p><b>Family Resource Drop-in</b> 9 am - 11:30 am   38 Regent</p> <p>School Readiness: Child &amp; Adult 9 am - 11:30 am   38 Regent</p> <p><b>Family Resource (Gym)</b> 1 pm - 3:30 pm   402 Shuter St</p> <p>School Readiness: Child &amp; Adult 1 pm - 3:30 pm   402 Shuter St</p> <p><b>Child Development Clinic</b> 10 am - 5:00 pm   38 Regent, every other Wednesday by referral only</p> <p><b>Bengali Speaking Women's Group (ADDA)</b> 1:00 pm - 3:00 pm   40 Oak St <u>Once a month: Wed. March 22</u> by registration only</p>	<p><b>Family Resource (Gym)</b> 9 am - 11:30 am   402 Shuter St</p> <p>School Readiness: Child &amp; Adult 9 am - 11:30 am   402 Shuter St</p> <p>School Readiness: Child &amp; Adult (Gym) 1 pm - 3:30 pm   38 Regent</p> <p><b>Family Resource Drop-in</b> 1 pm - 3:30 pm   38 Regent</p> <p><b>Childcare Providers Training (CCPT)</b>   38 Regent by registration only 9:00 am - 12 noon</p> <p><b>Child Development Clinic</b> 1 pm - 4:00 pm   38 Regent by referral only</p>	<p><b>Family Resource Drop-in</b> 9 am - 11:30 am   38 Regent</p> <p><b>Family Resource Robertson House</b> 9:30 am - 11:30 am   Robertson House By referral only</p> <p><b>Family Resource Drop-in</b> 1 pm - 3:30 pm   38 Regent</p> <p><b>Infant Drop-In</b> 1 pm - 3:30 pm   38 Regent</p> <p>Preschool Speech &amp; Language   38 Regent by referral only</p>
<p><b>International Women's Day:</b> Wednesday March 8 – Celebration at 40 Oak Street 10 am - 12 pm</p>				
<p><b>Come Dine With Me:</b> <u>Once a month:</u> Saturday March 11 9:30 am - 1:30 pm @ CRC 40 Oak Street</p>				



## Program Descriptions:

### Infant Drop-In

The Infant group Drop-in program provides an excellent opportunity for infants' ages 0-14 months to spend quality time with each other and their caregivers in a supportive, nurturing environment. For more information, please contact Joysree: [JoysreeD@regentparkchc.org](mailto:JoysreeD@regentparkchc.org)

### Family Resource Drop-in program (FRP)

This is an in-person program designed to provide an enriched environment where children ages 0-6 and their families can participate in activities that support relationships and healthy development. These drop-ins offer a fantastic opportunity for children and parents to have fun and meet other families in the neighbourhood. For more information, please contact Marina: [MarinaT@regentparkchc.org](mailto:MarinaT@regentparkchc.org)

### Family Resource Gym

Fun physical activities for children 1-5 years and their parents/caregivers. Walk, exercise, and interact with each other at 402 Shuter Street in the Regent Park Community Center gym. For more information, please contact Suntha: [sunthar@regentparkchc.org](mailto:sunthar@regentparkchc.org)

### School Readiness (SRP)

This morning and afternoon program helps children and their parents get ready for the transition to kindergarten. Available to families by registration only and containing parent/guardian and child learning components. Children attending the program learn alongside one another in one of our school readiness classrooms, designed to encourage play-based learning that supports their development of kindergarten readiness skills. To ensure success for families, parents/guardians have separate sessions. Parents/guardians attend workshops, share information, observe their children, and receive coaching and support to optimize their child's learning and facilitate the transition to school. To pre-register for the School Readiness program, please call (416) 362-0805 ext. 227. For more information, please contact Anushiya: [AnushiyaR@regentparkchc.org](mailto:AnushiyaR@regentparkchc.org)



### **Bengali Speaking Women's Group (ADDA)**

This afternoon group runs for 8 week sessions, meeting monthly on the 4<sup>th</sup> Wednesday of the month, and is held in Bengali. It supports mothers in the Regent Park and Moss Park area that have children from 0 to 6 years old by connecting, sharing, and supporting. A partnership program along with Regent Park Community Health Centre Social Work, the South Asian Women's Centre, and Fred Victor. For more information, please contact Joysree at [joysreed@regentparkchc.org](mailto:joysreed@regentparkchc.org)

**Childcare Providers Training (CCPT)** is a free community-based training program that promotes healthy child development education, builds child-caring skills, strengthens social networks, and creates local childcare-related employment opportunities. This is a registered weekly program running on Thursdays from January 19 to May 27, 2023, from 9:00 am to 12:00 noon at 38 Regent Street. For registration and more information, please contact Anushiya at (437) 221 -0150 or Suntha at (437) 332 -2355.

**Regent Canadian Prenatal Nutrition Program (CPNP)** \*\*Pre-registered clients only\* - families with babies under eight months.

The program's goal is to improve the health and well-being of pregnant women, new mothers, and babies. A team of nurses, family support workers, social workers & settlement workers provide fun and informative presentations focusing on issues relevant to physical and mental well-being. For more information, contact Anisa at (416) 362-0805 ext. 223 or [anisao@regentparkchc.org](mailto:anisao@regentparkchc.org)

### **Come Dine With Me (CDWM)**

CDWM is a drop-in program that offers families with children 0-6 years old residing in Regent Park and Moss Park the opportunity to share food, socialize, and learn about the customs and cultures of neighbours. Additionally, we offer support to families who need referrals to Social Work, Child and Family Advocacy, or other Early Year's Program services (on an as needed basis while attending CDWM).

## **Additional Services Offered at Regent Park Early Years services are as follows:**

**Making client 1:1 connections:** Child and Family Advocate (CFA) supports families of children ages 0-6.

First, the services for children with Special needs: service navigation, educating families about the programs, reviewing funding options and guidelines, and providing them with information about other services and supports. Support families in completing the Ontario Autism



Program and other funding applications (OAP, SSAH, ACSD, TTC Support, and Respite Services). Working seamlessly with our inter-agency partners towards inclusion and advocacy within schools, locating accessible and appropriate programming, and continuity of care across healthcare professionals.

Second, supporting families to access income and benefit supports such as OW, ODSP, and Child Tax Benefit, provide ongoing advocacy work and case management, including from justice to immigration and legal, support with forms, advocacy and accompaniment, referrals, and connecting to resources. For more information, please contact Elona: [ElonaN@regentparkchc.org](mailto:ElonaN@regentparkchc.org)

**Early Years Social Work:** This social work service seeks to improve the quality of life and well-being of individuals and families facing social disadvantages such as poverty, mental and physical health challenges, or disability. This service is available to expectant families and families of children under seven. A variety of Early Years Social Work services are available, including Individual counseling; Groups; Workshops, and Crisis Support. For more information, please contact Maya at (416) 362-0805 ext.222

**Child Development Clinic (CDC):** In partnership with St. Michael's Hospital, the clinic offers services for children ages 0-6. After attending the Child Development Clinic, clients will receive individualized referrals to appropriate support services from a Developmental Pediatrician. A physician referral is required for this service. Physicians can contact Maya at (416) 362-0805 ext.222 or [mayak@regentparkchc.org](mailto:mayak@regentparkchc.org) to access referral forms and receive further information.

**Preschool Speech and Language Program (PSL):** In partnership with The Hanen Centre, speech and language services are offered either virtually, or in- person at Regent Park Community Health Centre. Preschool children living within PSL-Hanen postal codes (accompanied by their parents or caregivers) are eligible, and services may include:

1. Assessment of children suspected or identified as having speech, language, or communication issues
2. Individual or group intervention programs, focused on parent training, to further develop your child's language and communication, and ability to interact with peers and family. Please see <https://www.surreyplace.ca/services/preschool-speech-and-language-program/>. You can contact Maya at (416) 362-0805 ext.222 or [mayak@regentparkchc.org](mailto:mayak@regentparkchc.org).