



## Regent Park CHC: Early Years Programs and Services Program Calendar: April 2024

<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><b>School Readiness: Child &amp; Adult</b> 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><b>Preschool Speech &amp; Language</b>   38 Regent By referral only</p> <p><b>Social Work</b>   38 Regent By referral only</p> <p><b>System Navigation</b>   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>Social Work</b>   38 Regent By referral only</p>	<p><b>Family Resource Drop-in</b> 9 am - 11:30 am   38 Regent</p> <p><b>School Readiness: Child &amp; Adult</b> 9 am - 11:30 am   38 Regent</p> <p><b>Family Resource (Gym)</b> 1 pm - 3:00 pm   402 Shuter St</p> <p><b>Child Development Clinic</b> 10 am - 5:00 pm   38 Regent, On April 3<sup>rd</sup> and April 17th</p> <p><b>Social Work</b>   38 Regent By referral only</p> <p><b>System Navigation</b>   38 Regent- By referral only</p>	<p><b>Family Resource (Gym)</b> 9 am - 11:00 am   402 Shuter St</p> <p><b>School Readiness: Child &amp; Adult (Gym)</b> 9- 11:30 am   402 Shuter</p> <p><b>Family Resource Drop-in</b> 1 pm - 3:30 pm   38 Regent</p> <p><b>Child Development Clinic</b> 1 pm - 5:00 pm   38 Regent By referral only</p> <p><b>Social Work</b>   38 Regent By referral only</p> <p><b>System Navigation</b>   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><b>Preschool Speech &amp; Language</b>   38 Regent By referral only</p> <p><b>System Navigation &amp; Social Work</b>   38 Regent- By referral only</p>



Important Dates:
<b>April 17<sup>th</sup>:</b> Eid/ Bengali New Year Celebration at Fred Victor- 40 Oak St, from 1-3:00pm
<b>April 22<sup>nd</sup>:</b> FRP Walking trip to the book bank, from 2:00- 3:30pm

## 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 Suntha: [sunthar@regentparkchc.org](mailto:sunthar@regentparkchc.org) | (437) 332 -2355

### 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 Anushiya: [anushiyar@regentparkchc.org](mailto:anushiyar@regentparkchc.org) | (437) 221 - 0150

### Family Resource Drop-in Program 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) | (437) 332 -2355

### School Readiness Program (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 or for more information, please contact Marina: [marinat@regentparkchc.org](mailto:marinat@regentparkchc.org) || 437-332-2361

### **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: [joysreed@regentparkchc.org](mailto:joysreed@regentparkchc.org) | (437) 332 - 2331

**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. For registration and more information, please contact Anisa: [anisao@regentparkchc.org](mailto:anisao@regentparkchc.org) | (437) 332 - 2204

**Post-Partum Doula Services** is a partnership project between The Pamoja Institute for Community Engagement and Action and Regent Park Community Health Centre, Early ON. The project is designed for the betterment of Black children and families living in the Regent and Moss Park communities. This project creates an inclusive, culturally safe, accessible and responsive programming in the Early ON setting that will be delivered at 38 Regent Street and 101 Spruce Street. For registration and more information, please contact Desta: [destab@regentparkchc.org](mailto:destab@regentparkchc.org) | (416)362- 0805 x 240 or Anisa: (437) 332 – 2204

**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 Lyling: [lylings@regentparkchc.org](mailto:lylings@regentparkchc.org) | (437) 332 – 2339

### **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, or other Early Year's Program services (on an as needed basis while attending CDWM). For more information, please contact Varinia: [variniao@regentparkchc.org](mailto:variniao@regentparkchc.org) | (437) 332 – 2409



## **Family Night**

Once a month, come and join us from 5:00 - 7:30 pm at 40 Oak St. All families are welcome. Engage and have fun with your community, neighbours and friends (through activities such as board games, movies, etc.)! Light refreshment is provided to enjoy together as a community. Pre-register! For more information, please contact Anushiya: (437) 221 – 0150 or Joysree: (437) 332 – 2331.

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

**System Navigation (Making Client Connections):** The Child and Family Advocate (CFA) supports families of children ages 0-6. They offer services for families with children with special needs: service navigation, reviewing funding options and guidelines, and providing 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. For more information, please contact Sophie at (416) 362-0805 ext. 222

**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; Workshops, and Crisis Support. For more information, please contact Sophie 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 Sophie at (416) 362-0805 ext.222 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 Sophie at (416) 362-0805 ext. 222