

RPCHC EarlyON, 38 Regent Street Upper Level, January 2025 In-person Programming

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | 1 | 2 | 3 | 4 |
| | | New Years Day Center Closed | FRP Drop-in 9 am - 3:30 pm 38 Regent St. | FRP Drop-in 9 am - 3:30 pm 38 Regent St. | |
| 6 | 7 | 8 | 9 | 10 | 11 |
| FRP Drop-in 9 am - 3:30 pm 38 Regent St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. SRP: Children 1 pm - 3:30 pm 38 Regent St. SRP: Parents 1 pm - 3:30 | Team and Staff Meetings (mornings) | FRP Drop-in 9 am – 1 pm 38 Regent St. FRP (Gym) 1 pm – 3 pm 402 Shuter St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. SRP: Children 1 pm - 3:30 pm 38 Regent St. SRP: Parents | FRP (Gym) 9 am - 11:30 am 402 Shuter St. FRP Drop-in 11:30 am - 3:30 pm 38 Regent St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. CCPT 9 am - 12 noon 101 Spruce Street SRP: Children 1 pm - 3:30 pm 38 | FRP Drop-in 9 am - 3:30 pm 38 Regent St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. FRP Robertson House 9 am - 12 noon Infant Drop-In 1 pm - 3:30 pm 38 Regent St. | FRP Drop-in 9 am - 3:30 pm 38 Regent St. |

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| pm 38 Regent St. | | 1 pm - 3:30 pm 38 Regent St. | Regent St. SRP: Parents 1 pm - 3:30 pm 38 Regent St. | | |
| 13 | 14 | 15 | 16 | 17 | 18 |
| FRP Drop-in 9 am - 3:30 pm 38 Regent St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. SRP: Children 1 pm - 3:30 pm 38 Regent St. SRP: Parents 1 pm - 3:30 pm 38 Regent St. | Team and Staff Meetings (mornings) Post-natal group (parents of babies up to six months) 12:30 pm – 4 pm 38 Regent St. by registration only | FRP Drop-in 9 am – 1 pm 38 Regent St. FRP (Gym) 1 pm – 3 pm 402 Shuter St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. SRP: Children 1 pm - 3:30 pm 38 Regent St. SRP: Parents 1 pm - 3:30 pm 38 Regent St. | FRP (Gym) 9 am - 11:30 am 402 Shuter St. FRP Drop-in 11:30 am - 3:30 pm 38 Regent St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. CCPT 9 am - 12 noon 101 Spruce Street SRP: Children 1 pm - 3:30 pm 38 Regent St. SRP: Parents 1 pm - 3:30 pm 38 Regent St. | FRP Drop-in 9 am - 3:30 pm 38 Regent St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. Infant Drop-In 1 pm - 3:30 pm 38 Regent St. | FRP Drop-in 9 am - 3:00 am 38 Regent St. |
| 20 | 21 | 22 | 23 | 24 | 25 |

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| <p>FRP Drop-in 9 am - 3:30 pm 38 Regent St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. SRP: Children 1 pm - 3:30 pm 38 Regent St. SRP: Parents 1 pm - 3:30 pm 38 Regent St.</p> | <p>Team and Staff Meetings (mornings)</p> <p>Post-natal group (parents of babies up to six months) 12:30 pm – 4 pm 38 Regent St. by registration only</p> | <p>FRP Drop-in 9 am – 1 pm 38 Regent St. FRP (Gym) 1 pm – 3 pm 402 Shuter St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. SRP: Children 1 pm - 3:30 pm 38 Regent St. SRP: Parents 1 pm - 3:30 pm 38 Regent St. Bengali Speaking Women's Group (ADDA) 1 pm – 3 pm 40 Oak St.</p> | <p>FRP (Gym) 9 am - 11:30 am 402 Shuter St. FRP Drop-in 11:30 am - 3:30 pm 38 Regent St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. CCPT 9 am - 12 noon 101 Spruce Street SRP: Children 1 pm - 3:30 pm 38 Regent St. SRP: Parents 1 pm - 3:30 pm 38 Regent St.</p> | <p>FRP Drop-in 9 am - 3:30 pm 38 Regent St. SRP: Children 9 am - 11:30 am 38 Regent St. SRP: Parents 9 am - 11:30 am 38 Regent St. FRP Robertson House 9 am - 12 noon Infant Drop-In 1 pm - 3:30 pm 38 Regent St.</p> | <p>FRP Drop-in 9 am - 3:00 am 38 Regent St.</p> |
| <p>27</p> | <p>28</p> | <p>29</p> | <p>30</p> | <p>31</p> | |
| <p>FRP Drop-in 9 am - 3:30 pm 38 Regent St.</p> | <p>Team and Staff Meetings (mornings)</p> | <p>FRP Drop-in 9 am – 1 pm 38 Regent St. FRP (Gym) 1 pm – 3 pm </p> | <p>FRP (Gym) 9 am - 11:30 am 402 Shuter St. FRP Drop-in 11:30 am - 3:30 pm </p> | <p>FRP Drop-in 9 am - 3:30 pm 38 Regent St.</p> | |

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| <p>System Navigation 38 Regent St. by referral only</p> |
| <p>Social Work 38 Regent St. by referral only</p> |
| <p>Child Development Clinic (biweekly, on Wednesdays) 10 am - 5:00 pm 38 Regent St. by referral only</p> |
| <p>Child Development Clinic (on Thursdays) from 1 pm - 4:00 pm 38 Regent St. by referral only</p> |
| <p>Preschool Speech & Language on Mondays and Fridays 38 Regent St. by referral only</p> |
| <p>CPNP: Pre-natal and Post-natal group Will resume on Tuesday, January 14th, 2025 12:30 pm – 4 pm 38 Regent St. by registration only</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

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 relationship building 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 Orit:

OritM@regentparkchc.org

Family Resource (Gym)

Fun physical activities for children 1-5 years old and their parents/caregivers at 402 Shuter St. For more information, please contact Suntha: SunthaR@regentparkchc.org

School Readiness (SRP) Children

This morning and afternoon program helps children 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. For more information, please contact Anushiya: AnushiyaR@regentparkchc.org or call (416) 362-0805 ext. 227.

School Readiness (SRP) Parents

This morning and afternoon program helps parents get ready for the transition to kindergarten. To ensure success for families, parents/guardians have separate sessions and attend workshops, share information, 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 contact Suntha: SunthaR@regentparkchc.org

Bengali Speaking Women's Group (ADDA)

This afternoon group runs for 8-week sessions, meeting monthly on the 3rd 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 having them connect, share, and support one another. This is 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

Childcare Providers Training (CCPT)

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 Varinia at (416) 362 - 0805 ext. 232 or Joysree at JoysreeD@regentparkchc.org

Parent of babies up to- six months,

An interdisciplinary staff offers parents with babies 0-6 months old residing in Regent Park and Moss Park the opportunity to socialize and learn about healthy baby development at 38 Regent Street. For more information, please contact Anisa at (416) 362-0805 ext. 223.

Regent Canadian Prenatal Nutrition Program (CPNP) *Pre-registered clients only*

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 (cell) 437-332-2339 or at LylingS@regentparkchc.org

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

System Navigation: 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 programs, reviewing funding options and guidelines, and providing them with information about other services and supports. Supports families in completing the Ontario Autism Program application 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 with access to income and benefit supports such as OW, ODSP, and Child Tax Benefit, and provides ongoing advocacy work and case management, including from justice to immigration and legal assistance, support with forms, advocacy and accompaniment, referrals, and connecting to resources. For more information, please contact Anisa:

AnisaO@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, Workshops, and Crisis Support. For more information, please contact Abdullahi at (416) 362-0805 ext.222 or AbdullahiS@regentparkchc.org

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 Abdullahi at (416) 362-0805 ext.222 or AbdullahiS@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 are eligible, and services. It includes Assessment of children suspected/ identified with speech, language issues and 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. For more information, visit <https://www.surreyplace.ca/services/preschool-speech-and-language-program/>. For more information contact Abdullahi at (416) 362-0805 ext.222 or AbdullahiS@regentparkchc.org