RPCHC EarlyON, 38 Regent Street Upper Level, November 2026 In-Person Programming

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
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)** **Parents and Babies (up to- six months)** **12:30 pm – 4 pm | 201 Winchester St.** **by registration only** FRP at TPL Drop-in **1 pm – 3 pm | 269 Gerrard St. E**	FRP Drop-in **9 am – 1 pm | 38 Regent St.** FRP (Gym) **1 pm – 3:30 pm | 402 Shuter 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 St.** SRP: Children **1 pm - 3:30 pm | 38 Regent St.** SRP: Parents **1 pm - 3:30 pm | 38 Regent St.** Reading Partnership For Black Parents **6 pm – 8 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 St.** 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.** FRP Robertson House **9 am - 12 noon |** Infant Drop-In **1 pm - 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 Drop- in **9 am - 3:30 pm | 38 Regent St.**

9	10	11	12	13	14
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16	**17**	**18**	**19**	**20**	**21**

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		Black Parents **6 pm – 8 pm | 38 Regent St.**			
23	**24**	**25**	**26**	**27**	**28**
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System Navigation | **38 Regent St. by referral only**
Social Work | **38 Regent St. by referral only**
Child Development Clinic (biweekly, on Wednesdays) **From 10 am – 5 pm | 38 Regent St. by referral only**
Child Development Clinic (on Thursday afternoons) **From 1 pm – 4 pm | 38 Regent St. by referral only**
Preschool Speech & Language | **on Mondays | 38 Regent St. by referral only**
CPNP: Pre-natal and Post-natal Group **On Tuesday afternoons| From 12:30 pm – 3 pm | 38 Regent St. by registration only**
ESL Program **From Mondays to Thursdays| From 9 am – 12 noon | 1 Oak St. 3rd Floor |**
Newcomer Homework Club **On Tuesday and Thursday evenings| From 6 pm – 8 pm | Lord Dufferin Public School |**
Women's Support Group **Wednesday, November 25th, 2026| From 11:30 am – 2 pm | 465 Dundas St. E Boardroom |**
African Men's Group **Wednesday, November 18th, 2026| From 12 noon – 3 pm | 465 Dundas St. E Boardroom |**

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 or call (416) 362-0805 ext. 238.

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 Suntha: SunthaR@regentparkchc.org or call (416) 362-0805 ext. 238.

Family Resource (Gym)

Fun physical activities for children 1-5 years old and their parents/caregivers at 620 Dundas St. E. For more information, please contact Suntha: SunthaR@regentparkchc.org or call (416) 362-0805 ext. 238.

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. 235.

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 Anushiya: AnushiyaR@regentparkchc.org or call (416) 362-0805 ext. 235.

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 information, and support one another. This is a partnership program along with Regent Park Community Health Centre Social Work, and the South Asian Women's Centre. For more information, please contact Joysree at JoysreeD@regentparkchc.org or call (416) 362-0805 ext. 225.

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 Anisa: AnisaO@regentparkchc.org or call (416) 362-0805 ext. 223.

Parents and Babies

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: AnisaO@regentparkchc.org or call (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 Varinia (cell) 437-332-2409 or at VariniaO@regentparkchc.org

Additional Services Offered at Regent Park Early Years 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 or call (416) 362-0805 ext. 223.

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: AbdullahiS@regentparkchc.org or call (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 Abdullahi: AbdullahiS@regentparkchc.org or call (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 are eligible. Services include 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 skills, 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: AbdullahiS@regentparkchc.org or call (416) 362-0805 ext. 222.

Reading Partnership for Black Families

This is an evidence-informed early literacy program that guides caregivers through a play-based approach of teaching their children to read. This program is specifically for black children between the ages of 4-6 years that have difficulty reading. For more information contact Desta: destab@regentparkchc.org or call (437) 332-2309.

ESL Program

This program seeks to improve the well-being of individuals by giving them the necessary literary skills required to become productive members of society. Offered in partnership with the TDSB to adults living in Regent Park. For more information contact Ambaro at (437) 332-2309 or at ambarog@regentparkchc.org

Newcomer Homework Club

This is a literacy program for children & adults offered in partnership with United for Literacy (formerly Frontier College). This program is specifically for children in grades 3 – 8 living in Regent Park, and their parents. For more information contact Ambaro at (416) 305-3329 or at ambarog@regentparkchc.org

Women's Support Group

The Women's Group is a multicultural support group. The group has an advisory group that meets once a year and talks about community issues and decisions regarding yearly curriculum for future sessions. The female participants, coming from various cultural backgrounds, gather once a month at the Regent Park Community Health Centre. The program takes place every third or fourth Wednesday of the month for two hours depending on the availability of the board room at 465 Dundas Street East. Various topics are discussed including health and social education. The group also discusses any current events and relevant information. For more information contact Nema at (416) 203-4506 ext.2300 or at nemad@regentparkchc.org

African Men's Group

The African Men's Group is a monthly gathering of men of African descent that deals with mental health, men's health issues, promotion of health and all other relevant information needed (Immigration, CRA, housing, OAS, and all other social services). For more information contact Ambaro at (416) 305-3329 or at ambarog@regentparkchc.org