



# ACSA Child and Family

## PARENT/CAREGIVER PROGRAMS & WORKSHOPS CALENDAR

**AUGUST 2021**

4139 Sheppard Avenue East, Scarborough, ON M1S 1T1

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Child and Family Centre

### COOK WITH US PROGRAM

Ongoing Every Wednesday  
12:00 PM - 1:00 PM

This is an 8 week program, facilitated by an ACSA Staff where you will learn how to make simple recipes. Program runs every Wednesday from August 3 until August 25, 2021.

**Facilitated by:  
Christina, ACSA  
and Yusra, ACSA**

### PARENT CHILD BALLET PROGRAM

Ongoing Every Thursday  
1:30 PM - 2:30 PM

Join us virtually every Thursday from July 15, 2021 until August 26, 2021 to learn Ballet with your child. This FREE program will be taught by a National Ballet School Participant.

**Facilitated by:  
National Ballet School  
Participant, Charlotte  
and Yusra, ACSA**

### GARDENING WITH THE LITTLE ONES

Ongoing Every Monday from  
July 19 until August 16  
1:00 PM- 2:00 PM

Are you interested in learning about Gardening with your child/children? Join us every Monday starting July 19, 2021 until August 16, 2021 to learn about planting and participate in planting BEANS!

Supplies will be provided.

**Facilitated by:  
Food Security Team, ACSA**

### UNDERSTANDING YOUR CHILD'S DEVELOPMENT

Ongoing Every Friday from  
August 12 until August 26  
11:30 AM- 12:15 PM

Do you want to learn about children's social, cognitive and language development? CORAL studies how children develop many of the key skills they need throughout childhood, school and life! ACSA's Child & Family will be joined by CORAL for a 3 week parent/caregiver program to explain what is typical in childhood (3-7 years old) and how to best prepare your young ones for the future

**Facilitated by:  
CORAL, The Child Online Research  
Activity Lab from University of  
Waterloo and Yusra, ACSA**

### PARENT TALK

Ongoing Every Tuesday  
11:30 AM- 12:30 PM

Join us to talk about Child Development, Parenting and Mental Health. Connect with other parents/caregivers for support. Free free to join us for one session to ask questions or on a monthly basis.

**Facilitated by:  
Cecelia Martin, Strides  
Toronto  
and Yusra, ACSA**

Would you like to schedule a 30 minute Family Support Session to discuss Parenting, Child Development or Mental Health?

Click on the following link: <https://calendly.com/myusrafamilysupportsession/30min?month=2021-07>

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