



# ACSA Child and Family

## PARENT/CAREGIVER PROGRAMS & WORKSHOPS CALENDAR

### DECEMBER 2021

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Child and Family Centre

### COOKING HEALTHY TOGETHER

Every Thursday from  
November 11- December 16  
12:00 PM- 1:00 PM

Get together for a 6 week parent/caregiver program series to build food skills, learn and share cultural, nutritious and affordable meals for families!

**Facilitated by: ACSA Food Security Team and Yusra Mohamed, 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: Strides Toronto, Cecelia Martin and Yusra Mohamed, ACSA**

### Things to note for December 2021

1. ACSA Child & Family Centre and Programs including parent/caregiver programs, virtual programs and in person programs will be closed from December 25, 2021 until January 3, 2022 for the holidays. Programs will resume on Tuesday, January 4, 2022.
2. Parent Talk will be paused for three weeks December 21, December 28 and January 4. We will be starting again on Tuesday, January 11, 2022!

### Support Services

Assaulted Women's Helpline	1-866-863-0511
Children's Aid Society- Scarborough	416-924-4646
Kids Help Phone	1-800-668-6868
Ontario Poison Centre	1-800-268-9017
Distress Line Toronto	416-408-4357
Toronto Central Intake	416-338-4755
ACSA Food Bank	647-723-9238
Telehealth	1-866-797-0000

If you are in danger, call **911** immediately!

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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