


Day	Program Times	Programs
<b>Monday</b> 	9:30AM — 10:00AM 10:00AM — 10:30AM 10:30AM — 11:00AM 11:00AM — 11:30AM	Wiggle & Giggle Story Time in French Circle Time Fun with Food / Healthy Eating
	4:00PM—4:30PM 4:30PM — 5:00PM	Story Time With Props Fitness Fun
<b>Tuesday</b> 	9:30AM — 10:00AM 10:00AM — 10:30AM 10:30AM — 11:00AM 11:00AM — 11:30AM	Reading with a Family* (Registered Program) Toddler Adventures STEM/STEAM Circle Time (Audio Only Program)
	4:00PM—4:30PM 4:30PM — 5:00PM	iSpy in my Neighbourhood Story Time
<b>Wednesday</b> 	9:30AM — 10:00AM 10:00AM — 10:30AM 10:30AM — 11:00AM 11:00AM — 11:30AM	All About Me Music and Movement Busy Bodies Fun with Numbers
	3:00PM — 3:30PM 3:30PM — 4:00PM	Story Time (Urdu/Hindi) Outdoor Fun
<b>Thursday</b> 	9:30AM — 10:00AM 10:00AM — 10:30AM 10:30AM — 11:00AM 11:00AM — 11:30AM	Reading with a Family* (Registered Program) Little Builders Read & Rhyme Circle Time (Baby & Me)
	4:00PM—4:30PM 4:30PM — 5:00PM	Story Time Messy Play
<b>Friday</b> 	9:30AM — 10:00AM 10:00AM — 10:30AM 10:30AM — 11:00AM 11:00AM — 11:30AM	Active Play Count with Me Nature Exploration Story Time with Show & Share
	4:00PM—4:30PM 4:30PM — 5:00PM	Story Time in Tamil Music & Movement
<b>Saturday</b> 	10:30AM—11:00AM 11:00AM—11:30AM	Let's Get Ready for School Daddy & Me

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel."  
-Eleanor Brown

All Virtual Programs  
via Zoom

Meeting ID: 926-4507-2320

One Tap Mobile Number:  
(647)374-4685

Email or Call for Password

[childandfamily@agincourtcommunityservices.com](mailto:childandfamily@agincourtcommunityservices.com)

(647-884-2739)

## Important Announcements

### In-Person Programs (Registered)

We are now open for in-person programs at two of our locations! Please [Click Here](#) to find more information and register. Your opinion matters!

We'd love to hear what you think of our services and how we can improve! Simply [Clicking Here](#) to fill our feedback form.

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# ACSA Child & Family Program Descriptions



ACSA Child & Family offers **FREE** high quality virtual programs for parents/caregivers with children ages 0 -6 years of age. Our aim is to support the child's developmental well-being. These include the social/ emotional skills, physical skills, and communication skills. We follow the expectations from pedagogies such as How Does Learning Happen and ELECT.

## Programs for 0 — 6 years of Age

**Story Time** engages children and their caregivers in interactive stories, rhymes, songs, activities and many more. We also offer language specific story times in Cantonese/Mandarin and Tamil and a no video virtual story time.

**Circle Time** explores a variety of children's songs, rhymes, activities and many more by engaging in interactive singing and movement in a virtual platform.

**Fun with Food** promotes healthy eating, exploring different cultural foods and engage in active play.

**Music & Movement** Let's move to the rhythm! Making our own music with different instruments as well as to a variety of different music genres. Children will learn new sounds, words, patterns through music and enjoy learning how to move and control bodies.

**STEM/STEAM** program is a fun and creative way to discover science, technology, engineering, math and arts through play and exposure to hands on learning.

**iSpy in my neighbourhood** children discover local community monuments, their environment and community members.

**Messy Play** program fosters children's natural curiosity by discovering different senses, expressing their thoughts/emotions through play.

**Ready & Rhyme** focus on developing language skills in a fun and interactive way where children will learn through short stories, poems, rhymes and many more.

**Language Specific Story/Circle Time** fosters children's language development and supports multilingualism. Currently offered in Tamil, Cantonese/Mandarin, & Urdu/Hindi.

**Adventure Time** exposes children to learning about the world, different cultures,

**Dances around the world** explore the importance and meanings behind dance styles in around the world. Also, engaging children to build their hand-eye coordination and learning to move their bodies.

**Fitness Fun** is an interactive program that promotes children's and families' physical, emotional, cognitive well-being through interactive activities such as yoga, exercises, meditation and more.

**Outdoor Fun/Nature Exploration** is an interactive virtual program that nurtures children's natural curiosity by bringing the outdoors indoors, exploring their local environment and local monuments and engaging physical activity.

**Daddy and Me** is an informal program for children and their male caregivers to engage in a variety of unstructured play based learning.

**Wiggle and Giggle** is a program which aims to explore the children's natural curiosity by exploring humor, drama, self-expression and many more.

**Healthy eating** is a program where families and children can sit together and enjoy their healthy meals. Families and children will learn the importance of healthy eating and exploring traditional dishes from other cultures.

**All about Me** is a program where children and families explore fun techniques on self-regulation through various activities such as meditation, yoga, exploring their bodies and many more.

**Active Play** engages children and their families in a variety of activities that promote the physical well-being.

## Infant/Toddler focused Programs

**Circle Time - Baby & Me (0 – 18 Months)** is a great way for you and your infant to engage in face to face singing, creative homemade activities and connecting with parents/caregivers.

**Toddler Adventures (18 months - 24 months)** nurtures toddler's developmental skills such as language, physical wellness and their social/emotional skills.

**Shake, Rattle & Roll** is an unstructured program promoting the natural curiosity of children's toys, singings songs, creative activities and many more.

## Kindergarten Readiness Programs (3 - 6 years)

**Play to learn/ Let's Get Ready for school** is an unstructured program of early learning activities to encourage interactions in an age appropriate, child focused environment that enhances and promotes healthy child development.

**Fun & Learn** aims to balance children learning and engaging in fun activities by building children's self-help skills, turn-taking skills, communication skills and many more.

**Fun with Letters/Numbers** children to build on their literacy and numeracy skills.

**Count with Me** aims to promote children's numeracy skills through fun, interactive in a virtual platform.

## Registered Program

**Reading with a Family** a great opportunity to get one on one support from a facilitator to strengthen children's language and communication skills. To register, email us at [childandfamily@agincourtcommunityservices.com](mailto:childandfamily@agincourtcommunityservices.com)