

<p style="text-align: center;">MAIN SITE (<b>TOMKEN</b>) PROGRAM DESCRIPTION</p>	<p style="text-align: center;">Workshops:</p>
<p><b><u>Family Time</u></b> A program for parents/caregivers and their children (0-6 years). The program focuses on promoting positive child development in an informal relaxed environment. Activity stations, arts and crafts and circle/story time will be available. Come out and meet new people, socialize and have fun!</p>	<p>1. <b>Growing as Parents G.A,P Life Skills</b> Fri Jan 8-Mar 26,10 1:00 pm -3:00 pm</p>
<p><b><u>Adjustments After Birth Peer Support Group</u></b> Drop in, non-professional peer support for mothers experiencing Postpartum Mood adjustments.</p>	<p>1. <b>Adjustments After Birth Peer Support Group</b> Drop in Every Monday 1:30pm-3:30pm</p>
<p><b><u>Esso Math</u></b> A family Math project for families who would like their children aged (4-5 years) to experience success in Math by introducing math games and activities as well as fostering an enjoyment for mathematics.</p>	<p>2. <b>Esso Math</b> 6 sessions Tue Feb 16,2010 2:00pm-2:45pm</p>
<p><b><u>Jolly Phonics</u></b> A program for children (3 1/2-6 years) old where they learn to use jolly jingles songs and actions as a fun and interactive way of learning the letter sounds.</p>	<p>3. <b>Jolly Phonics*</b> Evening session ( 14 sessions) Thu Jan 19,10 6:00 pm - 6:45 pm Afternoon session Wed, Feb 3,2010 2:00pm - 2:45 p</p>
<p><b><u>Infant Massage</u></b> A program for infants (0-12 months) to enhance emotional and physical development. Massage helps your baby to relax and let go of tension.</p>	<p>4. <b>Infant Massage</b> ( 2 session) 10:30am - 11:15pm</p>
<p><b><u>Focus on Science</u></b> Fun filled hands on activities (3-6 years) that enhance children's natural wonder for science through exploration, comparison, estimation and sensory experiences.</p>	<p>5. <b>Focus on Science</b> (8 sessions) Thu,Jan 14,10- Mar 4,10 6:00 pm - 6:45 pm</p>
<p><b><u>Music &amp; Movement</u></b> An interactive program (0-6 years) to introduce children to the concepts of music, movement and creative play to encourage listening skills, limitation and gross motor development.</p>	
<p><b><u>Mother Goose</u></b> An interactive program with your babies (0-12 months) that focuses on rhymes, songs and stories. This program emphasizes the development of your baby's communication</p>	<p>6. <b>Mother Goose*</b> ( 8 sessions) Thu Jan 14 ,10-Mar 4,10 2:00 pm - 2:45 pm</p>
<p><b><u>Reading Circle</u></b> A program for parents and children (0-6 years) to promote love for books and discover the joy of reading, literacy through songs, rhymes and story books.</p>	

*All programs are for parents/caregivers and their children.  
Parents are responsible for supervision of their children during programs.*

