

FAMILY SUPPORT PROGRAMS

WHAT IS A FAMILY SUPPORT PROGRAM?

- Called family resource centres, parent/child drop-in centres and family literacy programs.
- Family support programs offer a safe and friendly environment for children to play and learn. They also provide parents and caregivers in the community the opportunity to meet one another, helping caregivers and parents to connect.
- Programs vary depending on age, but usually are geared towards newborns – 5 year olds.

HOW DO FAMILY SUPPORT CENTRES WORK?

- Most are drop-ins (i.e. no registration necessary) and you and your child are welcome to come and go any time during the hours of the program.
- Others are more structured and have planned activities, or may last for a number of weeks.

WHAT TYPES OF ACTIVITIES OR SERVICES ARE OFFERED?

- In addition to a space for your child to play and for you to meet other parents and caregivers, services and activities may include: parenting skills workshops, clothing exchange, toy lending libraries, community kitchens, information and referrals to community services, counseling, support or discussion groups, speakers, English as a second language instruction, physical fitness, recreation, food banks, parenting resource libraries and caregivers registries (lists of babysitters). Not all programs will offer all these services.

WHAT MAKES IT DIFFERENT FROM A DAYCARE CENTRE?

- You will be involved directly in learning activities with the children. You will be responsible for your child at all times. However, sometimes staff or other caregivers supervise the children while caregivers participate in other activities.
- Some programs may have a babysitting cooperative where you and the other caregivers exchange child care.
- Most programs are **free**, while some may charge a small fee or a sliding scale.



LOCATING CHILD AND FAMILY PROGRAMS IN ONTARIO

- [EarlyON Child & Family Centres](#)
Child and family programs in Ontario.
You can use the online search tool to locate programs near you.
edu-eyd@ontario.ca

SPECIALIZED FAMILY SUPPORT PROGRAMS

- [Les Groupes Parent-Bambins](#) 
416-922-2672
- [Miles Nadal Jewish Community Centre: Jungle Gym](#)
416-924-6211
- [Native Child & Family Services of Toronto](#)
416-969-8510
- [The 519 Church Street Community Centre](#)
416-355-6789

FAMILY SUPPORT PROGRAMS IN THE DOWNTOWN CORE

- [St. Alban's Boys & Girls Club St. Alban's Preschool](#) 
416-534-8461
- [Alexandra Park Early On](#)
416-603-9603
- [Cecil Parent Child Drop In](#)
416-392-1090
- [Charles St. Family Drop-in Centre](#)
(for 30 & 35 Charles St. W. residents only)
416-978-1016
- [Children's Storefront](#)
416-531-8151
- [College Montrose Children's Place](#)
416-532-9485
- [Gerrard Resource Centre](#)
416-979-2535
- [Parenting & Family Literacy @ Charles G Fraser Jr PS](#) 
416-393-1830
- [Early On @ Ryerson Community School](#)
416-393-1340
- [Scadding Court Family Drop-in](#)
416-392-0335
- [YMCA Family Development Centre](#)
416-513-1164



For more information on childcare options, financial assistance, and parenting resources, please contact the Family Care Office.

416.978.0951 www.familycare.utoronto.ca

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