

# KIDS 'N CARE

## A NEWSLETTER FOR PARENTS AND CAREGIVERS

Brought to you by Community Action Resource Centre

January/  
February/  
March 2011

### Child Care Registry

Our Child Care Registry serves parents looking for child care and caregivers providing child care in or out of their homes, on a full or part-time basis.

We provide parents with a full range of information on various child care options available to them - in-home licensed or informal, childcare centres, etc. The Child Care Registry keeps a list of informal (unlicensed) care providers and tries to connect them with parents seeking care. The services of the Child Care Registry are free.

CARC also provides FREE information and referral on community agencies, job search, seniors' programs, education, recreation, government programs, emergency food banks and clothing depots, immigration and anything else you need to know.

Call or visit our office, we look forward to meeting you !

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- Support to individuals
- Group programs
- Facilitating access to social, community and government services
- Community development and community capacity building



A registered charitable organization

Contact Us:

### COMMUNITY ACTION RESOURCE CENTRE

1884 Davenport Road, Unit #1, Toronto ON M6N 4Y2

Tel: 416-654-0299 Tel: 416-654-9860 (OEC Davenport) Fax: 416-654-0522

Email: [volunteer1@toronto.ca](mailto:volunteer1@toronto.ca)

Website: [www.communityarc.ca](http://www.communityarc.ca)

Funded by Toronto Children's Services



COMMUNITY PAGE

**Open House: A Community Celebration**

Join us for an evening dinner and entertainment.

**Where: 1900 Symington Ave, at the sanctuary space on the second floor.**

**When: Wednesday, February 16<sup>th</sup> 2011 6-9PM**

Be a part of unifying and building a healthy community.

Door prizes and raffles will be given, we will have performances by the **Hillcrest Choir** and **R.A.W: Raging Asian Women Taiko Drumming Group** and much more!!!!

Please contact Ash Yoon at:  
**416-652-7867 x. 222**



**Healthy Relationship between Parents and Children**

Community Action Resource Centre is pleased to invite you to our **Information Session**.

Great opportunity to receive information about having a healthy relationship between parents and children.

Learn, share experiences, and meet other moms!!!

- ◆ Where: 1900 Davenport Rd
- ◆ Date: March 23, 2011
- ◆ Time: 1:00-3:30

Light refreshments will be served.

Child care will be available on the premises.

For more information or to confirm attendance please call Marilia: 416-652-2273 ext 228



**Are you ready for your income tax return?**



Community Action Resource Centre, is pleased to announce our **FREE** Income Tax Clinic. Refugee claimants, Permanent residents, Canadian citizens and Families with low income are welcome to register at our Community Centre.

**Please be advised that spaces are limited.**

**We are located at:**

**1652 Keele Street  
Toronto ON M6M 3W3  
Tel: 416-652-8992  
E-mail: [info@communityarc.ca](mailto:info@communityarc.ca)**



KIDS PAGE

After School Program Resumes !!



Attention Parents, Community Action Resource Centre is happy to invite your children to our After School Program . We will be doing fun and educational activities such as: **Reading sessions**, **Home Work Club** and **New exciting games**



**COME AND JOIN US !!!**

Where: 25 Martha Eaton Way

When: Tues, Wed and Thurs

Time: 3:30 pm – 6:00pm

**HEALTHY SNACKS WILL BE PROVIDED !**



For more information contact  
**George Martin**  
416-652-2273 EXT 227

KIDS CRAFT, LETS HAVE FUN

**HAND PRINT RAINBOW CRAFT**

**Materials Needed:**

- ◆ Eight sheets of Paper
- ◆ Glue
- ◆ Scissors
- ◆ Crayons ( red, orange, yellow, green, blue, indigo, violet).

**How to Make “Hand Print Rainbow Craft”**

- ◆ Mark seven shapes of your hand on paper, then cut them out
- ◆ Colour each hand shapes with one of your crayons
- ◆ Paste all seven shapes on each other in a semi- circle, in this order red, orange, yellow, green, blue, indigo, violet.



<http://www.dltk-bible.com/mhandrainbow.html>

**EDUCATION AND CHILDCARE**

**Tips for Helping Kids With Home Work**



**Turn off the TV set.** Make a house rule, depending on the location of the set, that when it is study time, it is "no TV" time.

**What about the radio?** Should it be on or off? Contrary to what many specialists say, some youngsters do seem to function all right with the radio turned on to a favorite music station.

**Certain rules should be set about the family phone during study hours.** The more people in the household, the more restrictions on long and unnecessary phone calls are needed. A timer, placed next to the phone, can help to control the length of calls so that the telephone will be available if it becomes necessary to call a schoolmate to confirm an assignment or discuss particularly difficult homework.

**Designate specific areas for homework and studying.** Possibilities include the child's room or the kitchen or dining room table. Eliminate as much distraction as possible.



**Healthy Child Screening Day !!!**



Don't miss this great opportunity to bring your children 2-6 years old for **FREE** testing:

- ◆ Hearing
- ◆ Vision
- ◆ Speech & Language
- ◆ Nutrition
- ◆ Dental
- ◆ General Health
- ◆ Social/ Emotional & Development

**Where: Carleton Village JS Public School  
(315 Osler Street, Toronto)**

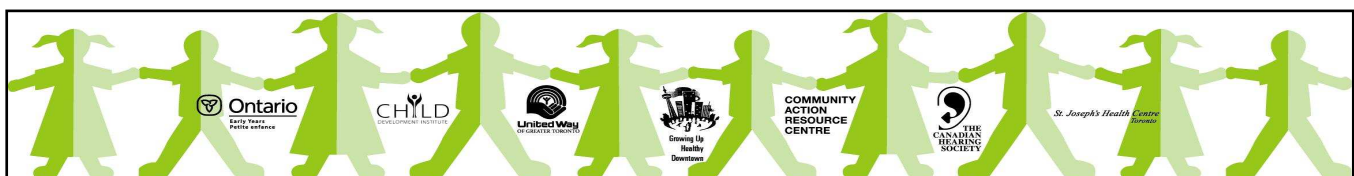
**Date: Monday, March 7, 2011**

**Time: 8:45 a.m. to 3:30 pm.**

**For more information contact Leah at:**

**416-604-3361**

Call to register your child. Tell your friends and neighbours that we will have an Audiologist, Social worker, Dental hygienists, Nurses and Settlement counsellors.



## HEALTH PAGE

**COMMON COLD**

Bringing sniffles and sneezes and perhaps a sore throat and annoying cough, can be a pain of having the common cold.

**Causes**

Most colds are caused by rhinoviruses that are in invisible droplets in the air we breathe or on things we touch. More than 100 different rhinoviruses can infiltrate the protective lining of the nose and throat, triggering an immune system reaction that can cause a throat sore and headache, and

**Signs and Symptoms**

- ◆ Tickle and sore throat
- ◆ Runny or stuffy nose
- ◆ Sneezing and coughing
- ◆ Headache and fever
- ◆ Fatigue and muscle ache
- ◆ Loss of appetite

**What you should know**

- ◆ Medicine can't cure the cold, it can be used to relieve the symptoms.
- ◆ Aspirin should **never** be given to children younger than 12.
- ◆ Kids and teens under age 19 shouldn't take aspirin during viral illnesses, It may increase the risk of developing Reye Syndrome

[http://kidshealth.org/parent/infections/cold\\_flu\\_review/cold.html](http://kidshealth.org/parent/infections/cold_flu_review/cold.html)

**Free dental care for your kids!!****Give your kids health smiles.**

A new no-cost dental program is now available in Ontario that will help ensure that eligible kids can establish and maintain good oral health.

Administered by public health units, the program will provide preventive dental care at no cost to kids who:

- ◆ Are 17 years and under.
- ◆ Are members of a household with an Adjusted Family Net Income of \$20,000 per year or less
- ◆ Don't have access to any form of dental coverage

**The program will give kids access to services like:**

X-rays, Cleaning, Scaling and Filling



<http://news.ontario.ca/mohltc/en/2010/10/giving-kids-healthy-smiles.html>





## FAMILY / PARENTS PAGE

### Family day in Canada

Family Day was first held in Canada in the province of Alberta in 1990. It is supposed to reflect the values of family and home that were important to the pioneers who founded Alberta, and give workers the opportunity to spend more time with their families.

Family Day is the third Monday of February and observed in 2007 as a public (or statutory) holiday in the three Canadian provinces of Alberta, Saskatchewan, and Ontario.

#### What does people do?

Many people plan and take part in activities aimed at the whole family. These include visiting art exhibitions, watching movies, skating on outdoor ice rinks, playing board games and taking part in craft activities. Some communities plan special public events, and art galleries and museums may have reduced price or free entry. Some people use the day to explore their personal heritage and family history.

As the weather is usually very cold in February, hot chocolate and freshly baked cookies are popular snacks. Other people use the long weekend as an opportunity for a short winter break or to travel to visit family members or friends.

<http://www.timeanddate.com/holidays/canada/family-day>



### Black History



#### Elijah McCoy

George McCoy and his wife, Mildred Goins, fled the repression of slavery in the State of Kentucky. Using the Underground Railroad way across the border into Ontario.

At 15 years old McCoy's parents saw his skill in Mechanic and sent him to school abroad. Upon completing school, he worked as an oil man with railway Michigan. During these times locomotive trains had to stop quite often for oiling which was time consuming. McCoy saw this problem and created a lubricating device, can-shaped container with an adjustable stop-cock that automatically oiled moving parts while in motion. This intervention became a standard equipment for machinery worldwide. The original "Real McCoy"

[http://en.wikipedia.org/wiki/Elijah\\_McCoy](http://en.wikipedia.org/wiki/Elijah_McCoy)

## Family Day Fest!!!!

Family Day Fest features the largest one day indoor amusement park, just for Family Day!

Place: Downsview Park  
On: February, 21, 2011  
Between: 10: 00 am -6:00 pm

Boasting an impressive line-up of Rides, Jumping Castles, Obstacle Courses, Arcade Games, Attractions, Carnival Games and Interactive entertainment for the whole family.

Contact: 416-745-2882

[www.familydayfest.com](http://www.familydayfest.com)



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- Community development and community capacity building

## Client Services

- Information and referral by telephone or drop-in
- Form filling, letter-writing, advocacy, follow-up, worker liaison
- Informal supportive counselling
- Crisis counselling
- Settlement services & support
- Interpretation and translation
- Voice Mail, mail and message services
- Commissioner of Oaths
- New and used clothing bank
- Income tax clinics
- Housing Connections Access Centre for subsidized housing
- Community Access Program (CAP) - internet access



*A registered charitable organization*

## Community / Group Programs

- Community Dining
- Child Care Registry & Newsletter
- Ontario Early Years Centre Satellite Service
- Children's Drop-in Recreation Program & Summer Camp
- Community development & community capacity building
- Group workshops in English and Spanish

## Volunteer Opportunities

We rely on our dedicated team of volunteers, without whom we could not provide so many programs and services.

If you would like to contribute to the quality of life in your community while learning new skills, give us a call!

## MISSION STATEMENT:

" Our organization works to build the capacity of our communities by mobilizing resources and providing supportive social services, for the empowerment of individuals and groups. We focus on serving the most vulnerable and disadvantaged "

## Support to New-comers

- Settlement services and support
- Information, referral and orientation
- Interpretation and translation
- English Conversation Group "The English Club"
- Spanish-speaking women's support group
- Information sessions on topics of interest to newcomers

### DAVENPORT SITE;

1884 Davenport Road, Unit #1  
Toronto, ON M6N 4Y2

Tel: 416-654-0299

Fax: 416 654-0522

E-mail: [volunteer1@toronto.ca](mailto:volunteer1@toronto.ca)

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Toronto ON M6M 3W3

Tel: 416-652-8992

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