




# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><i>Quote of the Month</i> - To be in your child's memories tomorrow you have to be in their lives today!          Anonymous</p>			1	2 Family Morning 9:30 - 12 "Loose Ends" 1 - 2:30	 <p><i>"What is the ACE program?"</i>          Join us as we partner once again with Algonquin College! An employment counselor will walk us through the steps of this program that could help us in accessing further employment and/or education. 10 - 12 Please register</p>	
5	6 Canada Prenatal Nutrition Program Prenatal Class #3 10:30 - 12	7 Parent Café - Fun & Frolic! How to Have Fun with Your Toddler! 10 a.m.	8 Beyond the Basics #4	9 Family Morning 9:30 - 12 "Loose Ends" 1 - 2:30	<p><i>In the Community!</i>  <i>Snospre Winter Carnival!</i>          Feb. 1 - 5          Visit our booth and take part in many FREE and fun activities for children including SINGERS, BALLOON TWISTING AND A FIRE AND ICE SHOW! FREE loot bags for the first 200 children and door prizes!          Saturday, Feb. 4 12 - 4p.m. at the Equinox School</p>	
12	13 Canada Prenatal Nutrition Program Prenatal Class #4 10:30 - 12	14 Collective Kitchen 9 - 3	15 Beyond the Basics #5	16 Family Morning 9:30 - 12 "Loose Ends" 1 - 2:30	<p><i>Family Day! Monday Feb 20th</i>          Do something together as a family today!!!</p>	
19 	20 Happy Family Day!	21 "What is the ACE Program?" 10 - 12	22 Beyond the Basics #6	23 Family Morning 9:30 - 12 "Loose Ends" 1 - 2:30		
26	27 Canada Prenatal Nutrition Program Prenatal Class #5 10:30 - 12	28 Take A Break - Food Bingo 10 - 11:30	29 Beyond the Basics #7			

**Family Morning** - Drop in and join us for a hot cup of coffee and some warm friendship. Activities for little ones make this morning a great play-date!

**Canada Prenatal Nutrition Program** - Join us for information and support about various topics including nutrition, breastfeeding, parenting, midwifery, labour and delivery, etc. Lunch, food vouchers and vitamins included. Transportation provided. Please call for more information.

**Baby Cupboard** - Is having a new little one in your home making it difficult for you to afford everything that you need? Please call and we'll see if we can help.

**Collective Kitchen** - Join us as we make and take home a delicious meal for supper tonight!. Call for more info! Please register by **Feb. 10th** for this program.

**Beyond the Basics Parenting Group** - This supportive parenting group provides a relaxed, accepting environment where parents share information, techniques and challenges and learn new approaches to parenting. This group is 10 weeks long. Some of the topics include importance of routines, feeding and mealtimes, positive discipline and well as learning about how your child develops. Childcare and transportation available. Evening and daytime groups available. Call for more information.

**Take A Break - Food Bingo** - Feeling lucky? Come and have some fun by playing bingo while winning some groceries for the fridge! Call to register.

**“Loose Ends”** - Do you have a project sitting around the house that you always mean to finish or start! Now is the time! Join us as we scrapbook, knit, crochet, sew or do anything that you have on the go. Please call to register for childcare.

**Parent Café - Fun & Frolic - How to Have Fun with Your Toddler** - What are the best games, toys and ways to play with your little one at this age? Join us and see if you can find something new! Discussion begins at 10.

