

## Programs for Families Winter 2009/10

### The Prenatal Program Tuesdays, 1 - 3:30 p.m.

Are you pregnant? Do you have young children from birth to 6 months of age? This prenatal program has information on pregnancy, childbirth and taking care of your health. Childcare provided. Call Tanelle to sign up for the next program at 622-8235, ext. 2269

### Breakfast Buddies Fridays, 9:00 – Noon Jan 15 Feb 12 Mar 26

Cook breakfast with us Fridays, once a month. There's play time for the children and special activities for everyone. The program starts at 9 a.m. so come early and help cook a fun and nutritious breakfast. Children nine years and under welcome. Call Kathy for more information at **626-8483**.

### Anishnawbe Quek Craft Group Tuesday Evenings, 6 - 8:30 p.m.

Learn or practice skills in traditional arts & crafts such as beading, leatherwork and earrings. For information on the Anishnawbe Craft Group, call Rolande at **626- 8487**.



### Women's Skill Building Program Wednesdays, 1 – 3:30 p.m.

**Begins Wednesday, Feb 17, 2010**

Get involved in this positive skill-building program. Program starts Feb 17 and runs for 8 weeks. Topics include:

- Self-Esteem Building
- Handling Conflict
- Relationships
- Assertiveness Training
- Goal Setting for the Future

Childcare provided. Call Kathy at 626-8483 or Debbie at 626-8481 to sign up today.

### Play and Learn Program Mondays, 1 - 3:30 p.m.

A child development program for women with children from 6 months to 3 years of age. Positive interaction through circles, music, story time and craft activities. Learn about:

- Child Development
- Women's Health Issues
- Nutrition & Community Resources

Childcare and snacks. Call Vivian to sign up for the next program at 622- 8235, ext. 2261.