

<p>Play and Learn Mondays from 1 to 3:30 pm for women with children ages 6 months to 3 years of age. Childcare and snacks are provided. Call Vivian or Genevieve at 622-8235 to register.</p>	<p>Prenatal Program Tuesdays from 1 to 3:30 pm for pregnant women. Features information on pregnancy, childbirth and taking care of your health. Call Tanelle at 622-8235 to register.</p>
<p>Breakfast Buddies Cook breakfast while there is playtime for the children and special activities for everyone. Call Kathy at 626-8483 for more information.</p>	<p>Preventive Dental Care for children up to age 18 for children without a regular dentist and whose parents do not have dental coverage or cannot afford the cost of treatment. Please call 622-8235 for an appointment.</p>
<p>Seniors Lunch A Month On the last Monday of every month from 11 am to 1 pm. Join us for soup and sandwiches, fun and conversation! Rides available. Call Vivian or Debbie at 622-8235 to register.</p>	<p>Gray Hares Exercise Program A weekly one-hour exercise and active living program at the Ogden Community Centre. Includes warm up, stretches, aerobic and muscle strengthening. Call Debbie at 622-8235 for more information.</p>
<p>Aboriginal Craft Program Learn or practice skills in traditional arts & crafts such as beading, leatherwork and earrings. Call Rolande at 626-8487 for more information.</p>	<p>Aboriginal Community Kitchen Join a small group that gets together once a month to cook meals to take home. Pay 5 dollars to take home two or three meals. Call Rolande at 626-8487 to register.</p>
<p>Women Skills Building Get involved in this positive skill building experience featuring a variety of topics such as recognizing strengths, relationship and boundaries, etc. Call Kathy at 626-8483 to register.</p>	<p>Mom's Community Kitchen Join a small group that gets together once a month to cook meals to take home. Pay 5 dollars to take home two or three meals. Call Jonelle at 622-8235 to register.</p>
<p>Diabetes Self Management Program Call Jonelle at 622-8235 to register for the 6 week program starting in February. Offered from 6:30 – 8:30 pm Thursday evenings.</p>	<p>Living With Diabetes Features a different topic each month. Blood sugar & blood pressure checks available. Call Jonelle at 622-8235 for more information.</p>
<p>Fluoride Varnish free of charge for children ages 6 months to 7 years. October 2nd and November 13th from 9 am to 1 p.m. Please call 622-8235 for an appointment.</p>	<p>FASD Community Kitchen A program for youths, to teach them about nutrition and how to cook. Call Maureen at 626-8485 to register.</p>
<p>FASD Parenting Program A Program for Parents and Caregivers The next 8-week program running on Thursday from 12:30 – 3:00 p.m. will start on October 1. Call Maureen at 626-8485 to register.</p>	<p>Nobody's Perfect Parenting Program The next 9-week program running on Wednesday from 1:00 – 3:30 p.m will start on April 28. Call Kathy at 626-8483 to register.</p>

Hours of Operation: Monday – Friday 8:30 am to 4:30 pm

Urgent Care: Monday – Thursday 4:30 - 8:00pm, Friday 1:00 - 4:00pm