

Programs for Families Spring 2010

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 March 26 April 16 May 14

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**.



Nobody's Perfect Parenting Wednesdays, 1:00 – 3:30 p.m. Begins Wednesday, April 28th

Get ideas and support from other parents. We'll talk about:

- Problem-Solving
- Children's Behaviours
- Setting Limits
- Fussy Eating and Bedtime Routines

Childcare is provided. This group is for parents from all kinds of families. Call Kathy to sign up, at **626- 8483**.

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.