







# ♀ MARCH 2010 ♀

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>1</b> 9:00-4:00 Drop In</p> <p>12:30-1:30 LUNCH</p> <p>1:30-3:00 Infant Parenting Group</p> <p>4:30-5:30 DINNER: All Welcome</p> <p>5:15-6:30 Evening Parenting Group</p> <p>5:00-5:45 Prenatal Yoga</p> <p>5:30-6:30 Fathers Group</p> <p>6:00-8:00 Prenatal Class</p> 	<p><b>2</b> 9:00-4:00 Drop In</p> <p>12:30-1:30 LUNCH</p> <p>3:00-4:00 Breastfeeding Parenting Group</p> <p>3:00-5:00 CERA Housing Clinic</p> <p>4:30-5:30 DINNER: All Welcome</p> <p>5:15-6:30 Food for Two</p> <p>4:30-6:30 Belly Casting (please sign up)</p> <p>4:30-6:30 TAX CLINIC</p>	<p><b>3</b> 9:00-4:00 Drop In</p> <p>12:30-1:30 LUNCH</p> <p>1:30-4:30 Well Women and Baby Clinic</p> <p>1:30-3:00 Reading Circle</p> <p>2:00-4:00 Reiki with Joy (please sign up)</p> 	<p><b>4</b> 9:00-4:00 Drop In</p> <p>12:30-1:30 LUNCH</p> <p>1:30-3:00 Shake Rattle and Roll Play Group</p>
<p><b>8</b> 9:00-4:00 Drop In</p> <p><b>International Women's Day</b></p> <p>12:30-1:30 LUNCH</p> <p>1:30-3:00 Infant Parenting Group</p> <p>4:30-5:30 DINNER: All Welcome</p> <p>5:15-6:30 Evening Parenting Group</p> <p>5:00-5:45 Prenatal Yoga</p> <p>5:30-6:30 Fathers Group</p> <p>6:00-8:00 Prenatal Class</p>	<p><b>9</b> 9:00-4:00 Drop In</p> <p>12:30-1:30 LUNCH</p> <p>3:00-4:00 Breastfeeding Parenting Group</p> <p>4:30-5:30 DINNER: All Welcome</p> <p>5:15-6:30 Food for Two</p>  <p>4:30-6:30 TAX CLINIC</p>	<p><b>10</b> 9:00-4:00 Drop In</p> <p>12:30-1:30 LUNCH</p> <p>2:00-4:30 Well Woman and Baby Clinic</p> <p>1:30-3:00 Reading Circle</p> <p>2:00-4:00 Reiki with Joy (please sign up)</p>	<p><b>11</b> 9:00-4:00 Drop In</p> <p>12:30-1:30 LUNCH</p> <p>2:00-4:00 Family Photography</p> <p>Enter the Draw</p> <p>1:30-3:00 Shake Rattle and Roll Play Group</p> 
<p><b>15</b> 9:00-4:00 Drop In</p> <p>12:30-1:30 LUNCH</p> <p>1:30-3:00 <b>FIRST AID: All Welcome</b></p> <p>4:30-5:30 DINNER: All Welcome</p> <p>5:15-6:30 Evening Parenting Group</p> <p>5:00-5:45 Prenatal Yoga</p> <p>5:30-6:30 Fathers Group</p> <p>6:00-8:00 Prenatal Class</p>	<p><b>16</b> 9:00-4:00 Drop In</p> <p>12:30-1:30 LUNCH</p> <p>3:00-4:00 Breastfeeding Parenting Group</p> <p>4:30-5:30 DINNER: All Welcome</p> <p>5:15-6:30 Food for Two</p> <p>4:45-6:45 Prenatal Photography (please sign up)</p> <p>4:30-6:30 TAX CLINIC</p>	<p><b>17</b> 9:00-4:00 Drop In</p> <p>12:30-1:30 LUNCH</p> <p>2:00-4:30 Well Woman and Baby Clinic</p> <p>1:30-3:00 Reading Circle</p> <p>2:00-4:00 Reiki with Joy (please sign up)</p> <p><i>Happy St. Patrick's Day!</i> </p>	<p><b>18</b> 9:00-4:00 Drop In</p> <p>12:30-1:30 LUNCH</p> <p>1:30-3:00 Shake Rattle and Roll Play Group</p> 
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## Every Week at June's Centre:

**Nursery Drop-In:** A warm and cozy space next to the kitchen where moms and babies can gather and play.

**Lunch:** A cooked lunch for you and your family.

**School:** This 10-seat school gives you the chance to gain your secondary credits. No Summer sessions!

**Counselling:** A counselor is available to help you deal with welfare, daycare, housing, custody and relationship issues.

**Health Counselling:** The health counsellor can meet one-on-one with you to answer questions about your health, your pregnancy, or your child's health, growth and development.

**Housing:** A housing counsellor is available to help you find & keep housing, fill out applications or settle housing disputes.

**Swap Shop:** Lots of new and gently used clothes, toys, houseware items and more. Open Monday, Wednesday & Thursday.

### DROP IN: MONDAYS

#### Infant Parenting Group:

For parents with babies 1 year old and under. The program gives you a chance to share your experience and focus on healthy infant-parent relationships.

#### Evening Parenting Group:

This is a support group for parents with children 9 months and older.

#### Fathers Group:

Come and further explore your role as a father. Learn more about how your baby communicates with you.

#### Pre-Natal Yoga:

These classes help to enhance your overall sense of balance, comfort, confidence and enjoyment during pregnancy and help ease the strain of labour.

#### Pre-Natal Classes:

During pregnancy, you and your labour support partner can discuss what to expect during pregnancy, and how to prepare for labour, birth, breastfeeding and mother and infant care.

### International Women's Day - March 8<sup>th</sup>

International Women's Day is a major day of global celebration for the economic, political and social achievements of women. This date is also commemorated at the United Nations and is designated in many countries as a national holiday. When women on all continents, often divided by national boundaries and by ethnic, linguistic, cultural, economic and political differences, come together to celebrate their Day, they can look back to a tradition that represents at least nine decades of struggle for equality, justice, peace and development.

### DROP IN: TUESDAYS

#### Breastfeeding Clinic:

Come get your questions about breastfeeding & parenting answered and receive support from our health counsellor.

#### Food for Two:

This group focuses on nutrition and health concerns during pregnancy. Come get tips on cooking, budgeting and shopping.

#### Belly Casting 1st Tuesday of the month:

A cast of your pregnant belly is offered during your last month of pregnancy. Ask your counsellor for more info.

#### Prenatal Photography 3<sup>rd</sup> Tuesday of the month:

A professional photographer will take your pregnancy pictures to help you celebrate and remember this special time. Ask your counsellor for more info.

#### **Tax Clinics happen this month!**

**Please call to make an appointment.**

**Dates:** March 2<sup>nd</sup>, March 9<sup>th</sup>, March 16<sup>th</sup>, March 22<sup>nd</sup>, March 23<sup>rd</sup>, March 30<sup>th</sup>

**Time:** 4:30 – 6:30

*Please bring the following items with you:*

1. Last year's completed Tax Return and your Notice of Assessment.
2. Social Insurance Card.
3. All your receipts of income (T4, T5) and expenses.
4. A list of your dependents and their birth dates.
5. If you are a new immigrant, your date of arrival in Canada.

### DROP IN: WEDNESDAYS

#### Well Woman and Baby Clinic:

Our Health Counsellor is available to weigh your baby, answer any questions on breastfeeding, immunizations, doctor visits, birth control and other issues.

#### Reading Circle:

Experience the love of reading by participating in book group, with great discussions; poetry writing, stories and putting together your own magazine called "Yo Mama".

#### Reiki with Joy:

Reiki is a type of Japanese therapy. Joy will use healing energy to help you relax. Sign up.



#### ***New this month...***

**Experiencing discrimination?  
Having problems with your landlord?  
At risk of eviction?  
Need legal information?  
Drop in to the CERA workshops on Tuesdays between 3-5 pm.  
Call Heather or Gabie if you have more questions.**

### DROP IN: THURSDAYS

#### Shake Rattle and Roll:

This is a play group for moms & babies of all ages. Come join us in the nursery where you can shake, rattle, roll, paint, sing and play!

#### Family Photography 2nd Thursday of the month:

Capture your children's special moments with portraits taken by a professional photographer. *Space is limited so please sign up at Reception to enter the draw.*