

# October 2019 Program Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning	30	1 ABC Markham, 10:30-12:30pm Olive Branch Community Church	2	3 Rosie's Closet, 9:30-11:30am, RofS  Apple Picking, Homestead Apple Orchard, 9:30-12:30pm, ABC Keswick and RofS Outreach	4	<div> <p>To register for <b>Outreach Programs</b>, text or call Jacque at 905-252-2680</p> <p>To register for <b>Kim's Cooking</b>, text or call Kim at 289-763-3792</p> <p>To register for <b>Stay and Play</b>, text or call Amanda at (905) 716-4629</p> <p>For <b>ALL</b> transportation bookings, call Tamara at 905-853-5514 OR text 905-251-6859</p> </div>
Afternoon		Triple P Tip Sheet Session: <i>Coping With Stress</i> . 1:00-3:00pm. RofS	ABC Richmond Hill, 1:00-3:00pm EarlyON. Richmond Hill			
After School						
Morning	7 Stay and Play, 10:00-12:00pm Rose of Sharon	8 ABC Markham, 10:30-12:30pm Olive Branch Community Church	9	10 ABC Keswick, 10:00-12:00pm Maple Hill Baptist Church	11	
Afternoon	ABC Newmarket, 1:00-3:00pm Rose of Sharon	Triple P Tip Sheet Session: <i>Separation Anxiety</i> , 1:00-3:00pm. RofS	ABC Richmond Hill, 1:00-3:00pm EarlyON. Richmond Hill			
After School						
Morning	14	15 ABC Markham, 10:30-12:30pm Olive Branch Community Church	16	17 ABC Keswick, 10:00-12:00pm Maple Hill Baptist Church	18	
Afternoon	OFFICE CLOSED	Rosie's Closet, 1:30-3:30pm. RofS  <i>NO TRIPLE P SESSION TODAY!!</i>	ABC Richmond Hill, 1:00-3:00pm EarlyON. Richmond Hill			
After School				Create and Connect Expressive Art Workshop with Jacqueline Stewart, 4:00-6:30pm, RofS		
Morning	21 Stay and Play, 10:00-12:00pm Rose of Sharon	22 ABC Markham, 10:30-12:30pm Olive Branch Community Church	23	24 ABC Keswick, 10:00-12:00pm Maple Hill Baptist Church	25	
Afternoon	ABC Newmarket, 1:00-3:00pm Rose of Sharon	Triple P Tip Sheet Session: <i>Sleep Patterns</i> , 1:00-3:00pm, RofS	ABC Richmond Hill, 1:00-3:00pm EarlyON. Richmond Hill			
After School				Kim's Cooking: Asian Fusion Flavours of the East Workshop 4:00-6:00pm, Rose of Sharon		
Morning	28	29 ABC Markham, 10:30-12:30pm Olive Branch Community Church	30	31 ABC Keswick, 10:00-12:00pm Maple Hill Baptist Church	1	
Afternoon	ABC Newmarket, 1:00-3:00pm Rose of Sharon	Triple P Tip Sheet Session: <i>Tantrums</i> , 1:00-3:00pm, RofS	ABC Richmond Hill, 1:00-3:00pm EarlyON. Richmond Hill			
After School	Talk Café Pilot Session, 4:00-6:00pm, RofS					



# OCTOBER 2019 PROGRAM CALENDAR

## WORKSHOPS

**Create and Connect Expressive Art Workshop with Jacqueline Stewart Thursday, October 17, 4:00pm-6:30pm, RofS**

Jacqueline Stewart returns for one day only! Gather together for an afternoon of intuitive art making. Not only will you walk away with an original piece of art, you will also learn more about personal reflection, the beauty of play, embracing imperfection, opening yourself up to different outcomes, and much more! No previous artistic experience required. Come and play!

**Talk Café: PILOT  
Monday, October 28, 4-6pm, Rose of Sharon**

We have heard your desire to have a space where you can formally come together to informally talk about the things that are happening in your lives. So here it is! Join us for the first Talk Café pilot session. In these 2 hours, the first half will be discussion around what you would want these sessions to look like moving forward; the second half we will have guided conversation based around questions and concerns you bring to the table.

**Asian Fusion Flavours of the East Cooking Workshop, Thursday, October 24, 4:00-6:00pm, RofS**

Join Kim’s Cooking workshop to cook in an inclusive space to learn flavour combinations of the east. During this interactive workshop you will learn basic sauces, bases and techniques. We will make Singapore Noodles, Thai Red Curry Soup, and Stir-Fry Sichuan Chicken using a wok. Each participant will receive a food bag with ingredients from the workshop. A \$10 grocery gift card, YRT bus tickets. Participants new to the cooking workshop will receive a crockpot.

## PROGRAMS AND SERVICES

**Triple P Tip Sheet Sessions, Tuesdays, September 24, October 1, 8, 22, 29 (*NO session October 15th*), 1:00-3:00pm, Rose of Sharon**

Triple P practitioner Jacquie Gill from Kinark Child and Family Services returns to facilitate informative tip sheet sessions on the topics chosen by you! This customized 5-week parenting program will include tip sheet discussions on The Power of Positive Parenting, Coping with Stress, Separation Anxiety, Sleep Patterns, and Tantrums.

**Stay and Play, Every Other Monday, 10:00am – 12:00pm**

Join us in the Child Development Center (CDC) for our drop-in stay and play program where moms and children are invited to explore materials and engage in fun and meaningful experiences that build on your little one’s interests and emerging skills. This is also a great time to chat with our expert staff to ask any questions that you may have about parenting and/or child development.

**ABC, Mondays 1:00-3:00pm (Newmarket) / Tuesdays 10:30-12:30pm (Markham) / Wednesdays 1-3:00pm (Richmond Hill) / Thursdays 10:00-12:00pm (Keswick)**

ABC (All Babies Count) is a weekly prenatal nutrition program. York Region Public Health Nurses and other community resources offer information on: breastfeeding, labour and delivery, newborn care, healthy eating during

**Food Security Program**

We invite you to attend Kim’s Cooking Club as a part of the Food Security Program. Each participant will receive a food bag with ingredients from the workshop to make the demonstrated meal at home, plus a free crockpot the first time they attend! Further, at each Rosie’s Closet, you will receive bus tickets and a \$10 grocery card to help you access fresh food in your local grocery store. And finally, if you have any questions about food or nutrition, you can get personalized individual support with Kim Kipp, our Resource & Nutrition Coordinator. To register for any Food Security Program services, **please contact Kim at 289-763-3792.**

## ROSIE'S CLOSET

Rosie’s Closet is a resource room open for young mothers to access gently used baby clothing, women’s clothing, maternity clothing, children’s toys and household items. Rosie’s Closet is open the first Thursday, and third Tuesday of every month. If you are not a Rose of Sharon client, please call 905-853-5514 to complete the first stages of intake.

To register for Outreach Programs, text or call Jacquie at 905-252-2680

To register for **Kim's Cooking**, text or call Kim at 289-763-3792

To register for **Stay and Play**, text or call Amanda at (905) 716-4629

For ALL transportation bookings, call Tamara at 905-853-5514 OR text 905-251-6859