

MAY 2021 ONLINE PROGRAM CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning		3 Triple P- Good Bedtime Routines w/ Jacquie Gill from Kinark 10:00 am-12:00 pm	4	5	6	7
Afternoon	Mindfulness for Mental Health w/ Karen McKinney, Mindfulness Facilitator 1:00-2:00 PM			ABC: Newborn Care w/ Ashley, Doula & ABC Coordinator 1:00-2:00 pm	Cooking with Justine: NURTURE & NUTRITION SERIES #1 - Orientation w/ Justine, Nutrition & Resource Coordinator 1:00-2:00 pm	
After School	ABC: Social Tea Recurring drop-in hosted by ABC 8:00-9:00 pm	Dad Talk- Role of a Superdad! Recurring drop-in hosted by RoS/ABC 7:00-8:00 pm			Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00pm	
Morning		10 Triple P- Dealing with Disobedience w/ Jacquie Gill from Kinark 10:00 am-12:00 pm	11	12	13	14
Afternoon	Mindfulness for Mental Health w/ Karen McKinney, Mindfulness Facilitator 1:00-2:00 PM		Talk Cafe! w/ Ashley (ABC Coordinator North) 1:00-2:00 pm	Mothers Day Beauty Workshop! w/ Shoppers Drugmart 1:30-2:30 pm	Cooking with Justine: NURTURE & NUTRITION SERIES #2 - Blueberry Smoothie w/ Justine, Nutrition & Resource Coordinator 1:00-2:00 pm	
After School	ABC: Social Tea Recurring drop-in hosted by ABC 8:00-9:00 pm	Dad Talk -Watch me Grow Recurring drop-in hosted by RoS/ABC 7:00-8:00 pm			Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00pm	
Morning		17 Triple P- Chores w/ Jacquie Gill from Kinark 10:00 am-12:00 pm	18	19	20	21
Afternoon	Mindfulness for Mental Health w/ Karen McKinney, Mindfulness Facilitator 1:00-2:00 PM		Advocacy in Health Care w/ Abby & Monica from Birth Mark 1:00-2:00 PM	ABC: Infant Nutrition w/ Julia Heos, Registered Dietician 1:00-2:00 pm	Cooking with Justine: NURTURE & NUTRITION SERIES #3 - Chocolate Monkey Smoothie w/ Justine, Nutrition & Resource Coordinator 1:00-2:00 pm	
After School	ABC: Social Tea Recurring drop-in hosted by ABC 8:00-9:00 pm	Dad Talk -Communication Recurring drop-in hosted by RoS/ABC 7:00-8:00 pm			Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00pm	
Morning		24 Triple P- ADHD w/ Jacquie Gill from Kinark 10:00 am-12:00 pm	25	26	27	28
Afternoon	VICTORIA DAY! OFFICE CLOSED			South Region Family Care Package Deliveries 9:00am-12:00pm	Cooking with Justine: NURTURE & NUTRITION SERIES #4 - Smoothie Bowls w/ Justine, Nutrition & Resource Coordinator 1:00-2:00 pm	
After School		Dad Talk -Emotions & Emotional Health Recurring drop-in hosted by RoS/ABC 7:00-8:00 pm		ABC: Game Night w/ Karyn & Ashley 8:00-9:00pm	Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00pm	

**ALL ROSE OF SHARON PROGRAMS
ARE ONLINE UNTIL FURTHER
NOTICE**

FOR MORE INFORMATION
and/or
TO REGISTER FOR:

**OUTREACH PROGRAMS &
WORKSHOPS**

Text Program Coordinator,
LEAH @ 905-252-2680

ABC GROUP PROGRAMS

Existing ABC Clients will
receive a link to all online programs.

To register as a new ABC - All Babies
Count Prenatal Nutrition Program client
(open to all ages)
please reach out to
ABC Regional Coordinator,
ZOHRA @ 905-251-3060

For one-on-one support



**Rose of
Sharon**

SERVICES FOR YOUNG MOTHERS

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