

OCTOBER 2021 PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	
27	28	29	30	1	
4	5	6	7	8	
Restorative Practices: Honesty, Boundaries & Forgiveness w/ Angela, RoS North Counsellor 1:00-2:30 pm	Talk Cafe: Journaling Tips & Tricks w/ Leah, Program Coordinator 10:30-11:30 am	Living & Learning in the Kitchen: Crockpots & Casseroles w/ Justine, Nutrition & Resource Coordinator 1:30-2:30 pm	ABC: Cooking with Kids! w/ Ashley & Family 1:00-2:00 pm	Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm	
	Dad Talk- Roles & Relationships w/ Keith & Adriana, Dad Talk Counsellors 7:30-8:30 pm		Living & Learning in the Kitchen: Crockpots & Casseroles w/ Justine, Nutrition & Resource Coordinator 1:30-2:30 pm	Living & Learning in the Kitchen: Crockpots & Casseroles w/ Justine, Nutrition & Resource Coordinator 1:30-2:30 pm	
				Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm	
11	12	13	14	15	
			North Region - Family Care Package Deliveries 9:00am-12:00pm		
HAPPY THANKSGIVING! OFFICE IS CLOSED		ABC: Stroller Walk w/ Ashley & Karyn 1:00-2:00 pm	ABC: Stroller Walk w/ Ashley & Karyn 1:00-2:00 pm	Ask Dr. Emily w/ Dr. Emily Fejtek MD, CCFP, BHSc 1:30-2:30 pm	
	Dad Talk- Super Dads, Super Kids! (Week 1) w/ Keith, Ashley & Adriana, Dad Talk Counsellors 7:30-8:30 pm	What to Know to Buy Your First Home w/ Mary Piscopo, Mobile Mortgage Specialist w/RBC 1:30-2:30 pm	What to Know to Buy Your First Home w/ Mary Piscopo, Mobile Mortgage Specialist w/RBC 1:30-2:30 pm	Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm	
18	19	20	21	22	
Restorative Practices: Problem Solving & Coping Skills w/ Angela, RoS North Counsellor 1:00-2:30 pm			Central Region - Family Care Package Deliveries 9:00am-12:00pm		
	Dad Talk- Super Dads, Super Kids! (Week 2) w/ Keith, Ashley & Adriana, Dad Talk Counsellors 7:30-8:30 pm	BIPOC: Hair 101 w/ Tieasha, Central Counsellor 1:30-2:30 pm	ABC: Meal Planning w/ Julia Heos, RD 1:00-2:00 pm	Counsellors Corner: Foods to Grow On Q&A Session w/ Jena & Cara Rosenbloom, Author 1:00-2:00 pm	
			BIPOC: Hair 101 w/ Tieasha, Central Counsellor 1:30-2:30 pm	Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm	
25	26	27	28	29	
Restorative Practices: Personal Growth & Goals w/ Angela, RoS North Counsellor 1:00-2:30 pm		Mommy & Me: Stroller Walk w/ Leah, Program Coordinator & Dorina, ECE 1:30-2:30 pm	South Region - Family Care Package Deliveries 9:00am-12:00pm		
ABC- Social Tea w/ Karyn & Ashley 7:30-8:30 pm	Dad Talk- Super Dads, Super Kids! (Week 3) w/ Keith, Ashley & Adriana, Dad Talk Counsellors 7:30-8:30 pm		Mommy & Me: Stroller Walk w/ Leah, Program Coordinator & Dorina, ECE 1:30-2:30 PM	ABC: Mommy & Me: Stroller Walk w/ Karyn, Ashley & Dorina, ECE 1:30-2:30 PM	
			ABC: Games Night! w/ Karyn & Ashley 7:30-8:30 pm	Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm	

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 South Coordinator,
KARYN @ 905-716-4177
or
ABC North Coordinator,
ASHLEY @ 289-763-3985

Saturday October 16th
Daddy & Me Interactive
w/ Keith & Adriana, Dad Talk
Counsellors

For one-on-one support
or more information on
Family Care Packages,
please contact your counsellor

Rose of Sharon

SERVICES FOR YOUNG MOTHERS

361 Eagle Street, Newmarket, ON L3Y 1K5
905-853-5514 | 1-877-516-3715
www.roseofsharon.com

Thank you to our Program &
Family Care Package Funders:



ABC has been made possible through a financial
contribution by the Public Health Agency of Canada.
The views expressed herein to not necessarily represent
the views of the Public Health Agency of Canada.