

# NOVEMBER 2021 PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	<p>FOR MORE INFORMATION and/or TO REGISTER FOR:</p> <p><b>OUTREACH PROGRAMS &amp; WORKSHOPS</b></p> <p>Text Program Coordinator, LEAH @ 905-252-2680</p> <p><b>ABC GROUP PROGRAMS</b></p> <p>Existing ABC Clients will receive a link to all online programs.</p> <p>To register as a new ABC - All Babies Count Prenatal Nutrition Program client (open to ALL ages) please reach out to:</p> <p>ABC South Coordinator, KARYN @ 905-716-4177 or ABC North Coordinator, ASHLEY @ 289-763-3985</p> <p>For one-on-one support or more information on Family Care Packages, please contact your counsellor.</p>
	Talk Café! w/ Leah, Program Coordinator 10:30-11:30 am				
			Living & Learning in the Kitchen: Novembrance- Remembering our Ancestors w/ Justine, Nutrition & Resource Coordinator 1:30-2:30 pm	ABC: Living & Learning in the Kitchen: Novembrance- Remembering our Ancestors w/ Justine, Nutrition & Resource Coordinator 1:30-2:30 pm	
	Dad Talk- Super Dads. Super Kids! (Week 4) w/ Keith, Ashley & Adriana, Dad Talk Counsellors 7:30-8:30 pm		ABC: Cooking with Kids- Stew Edition w/ Karyn & Ashley 1:00-2:00 pm	Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm	
8	9	10	11	12	
Grief & Loss: What is Grief? w/ Leah, Program Coordinator 1:00-2:30 pm		Budgeting 101 w/ Toni-Marie, RBC Representative 1:30-2:30 pm	North Region - Family Care Package Deliveries 9:00am-12:00pm	ABC & Outreach: Ask Dr. Emily w/ Dr. Emily Fejtek MD, CCFP, BHSc 1:30-2:30 pm	
	Dad Talk- Super Dads, Super Kids! (Week 5) w/ Keith, Ashley & Adriana, Dad Talk Counsellors 7:30-8:30 pm		ABC: Women's Self-Defense w/ Panthea Pouramin, Self-Defense Instructor 1:00-2:00 pm	Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm	
15	16	17	18	19	
Grief & Loss: Our Society & Loss (Teaching our Children about Grief) w/ Leah, Program Coordinator 1:00-2:30 pm		Taking Care of Me: Understanding Anxiety w/ Uma Bhatt, York Hills 1:30-2:30 pm	Central Region - Family Care Package Deliveries 9:00am-12:00pm	ABC: Infant Nutrition w/ Julia Heos, RD 1:00-2:00 pm	
	Dad Talk- Super Dads, Super Kids! (Week 6) w/ Keith, Ashley & Adriana, Dad Talk Counsellors 7:30-8:30 pm		Taking Care of Me: Understanding Anxiety w/ Uma Bhatt, York Hills 1:30-2:30 pm	Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm	
22	23	24	25	26	<p><b>Saturday November 27th</b> <b>Daddy &amp; Me Interactive</b> w/ Keith &amp; Adriana, Dad Talk Counsellors 9:30-11:00 am</p>
Grief & Loss: Traumatic Loss & Infant Loss w/ Leah, Program Coordinator 1:00-2:30 pm		Mommy & Me: Newmarket Funery! w/ Dorina & Brenda, CDC Coordinators 10:00-11:30 am	South Region - Family Care Package Deliveries 9:00am-12:00pm	ABC: Mommy & Me: Playtime with Baby w/ Dorina & Brenda, CDC Coordinators 1:30-2:30 pm	
	Dad Talk- Super Dads, Super Kids! (Week 7) w/ Keith, Ashley & Adriana, Dad Talk Counsellors 7:30-8:30 pm		ABC: Games Day! w/ Karyn & Ashley 1:00-2:00 pm	Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm	
29	30	1	2	3	
Grief & Loss: Other Types of Loss (Relationships, Friendships & Self) w/ Leah, Program Coordinator 1:00-2:30 pm					
	Dad Talk- Super Dads, Super Kids! (Week 8) w/ Keith, Ashley & Adriana, Dad Talk Counsellors 7:30-8:30 pm				

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.