

# DECEMBER 2021 PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		Outreach/ ABC: Living & Learning in the Kitchen Turkey & all the Trimmings w/ Justine, Nutrition & Resource Coordinator 1:30-2:30 pm	ABC: Infant Separation Anxiety w/ York Hills 1:00-2:00 pm	North Region - Family Care Package Deliveries 9:00am-12:00pm  Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm
6	7	8	9	10
Grief & Loss: How to Move Forward w/ Leah, Program Coordinator 1:00-2:30 pm	Talk Café: Post Secondary Pathways w/ Donnique & Jena, South Counsellor 10:30-11:30 am  Dad Talk- Super Dads Super Kids: Wrap Up! w/ Keith, Ashley & Adriana, Dad Talk Counsellors 7:30-8:30 pm	Holiday Craft Social! w/ Melene, Adriana & Leah 1:30-2:30 pm	Central Region - Family Care Package Deliveries 9:00am-12:00pm  ABC: Cooking with Kids: Holiday Cookies w/ Karyn & Ashley 1:00-2:00 pm	ABC & Outreach: Ask Dr. Emily w/ Dr. Emily Fejteck MD, CCFP, BHSC 1:30-2:30 pm  Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm
13	14	15	16	17
	Dad Talk- Holiday Festivities w/ Keith, Ashley & Adriana, Dad Talk Counsellors 7:30-8:30 pm		South Region - Family Care Package Deliveries 9:00am-12:00pm  ABC: Meal Planning w/ Karyn & Ashley 1:00-2:00 pm	Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm
20	21	22	23	24
<b>OFFICE CLOSED</b>				
27	28	29	30	31
<b>OFFICE CLOSED</b>				

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

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

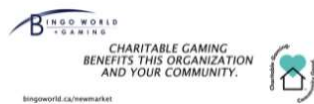


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