

JANUARY 2022 PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
		Outreach/ ABC: Living & Learning in the Kitchen Cooking Budget-Friendly Foods 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
10	11	12	13	14
ABC: Infant CPR w/ Susan Faulkner, First Aid Instructor/Trainer 11:00-12:00 pm Outreach: Healthy Relationships w/ Coco LaRain, Women's Support Network 1:00-2:30 pm	ABC: Breastfeeding 101 w/ The Baby Nurses 11:00-12:00 pm Dad Talk w/ Keith & Ashley, Dad Talk Counsellors 7:30-8:30 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
17	18	19	20	21
ABC: Maternal Nutrition w/ Julia Heos, Registered Dietician 11:00-12:00 pm Outreach: Healthy Relationships w/ Coco LaRain, Women's Support Network 1:00-2:30 pm	ABC: Infant Sleep w/ Petra Nobel, Infant & Child Sleep Consultant 11:00-12:00 pm	Outreach: Goal Setting for 2022 w/ Moana Sangeo, Life Coach 10:30-11:30 am	Central Region - Family Care Package Deliveries 9:00am-12:00pm	Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm
24	25	26	27	28
ABC: Baby Led Weaning w/ Cara Rosenbloom, Author of Food to Grow On 11:00-12:00 pm Outreach: Healthy Relationships w/ Coco LaRain, Women's Support Network 1:00-2:30 pm	ABC: Early Stages-Self Care w/ Alli Therapy 11:00-12:00 pm Dad Talk w/ Keith & Ashley, Dad Talk Counsellors 7:30-8:30 pm	Mommy & Me: Songs & Storytime w/ Dorina & Breanda, CDC Coordinators 1:30-2:30 pm	South Region - Family Care Package Deliveries 9:00am-12:00pm	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

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



Rose of Sharon

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Thank you to our Program & Family Care Package Funders:



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