


MAY 2022 PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>ABC: Prenatal Yoga w/ Michela Pirruccio, ABC Coordinator 10:00-12:00 pm</p> <p>Outreach: Mindfulness Program- Starting Up! w/ Karen McKinney, Program Manager 1:00-2:30 pm</p>	<p>3</p> <p>ABC: Prenatal Health w/ Nest Health 10:30-11:30 am</p> <p>Dad Talk: Infant First Aid (Pt. 2) w/ Leah, Standard First Aid Instructor/Trainer 7:30-8:30 pm</p>	<p>4</p> <p>Outreach/ ABC: Living & Learning in the Kitchen Good Eats & Treats! w/ Wafaa Ghanem, Registered Dietician 1:30-2:30 pm</p>	<p>5</p>	<p>6</p> <p>Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm</p>	<p>Saturday May 7th Daddy & Me Interactive: Someone Special w/Keith & Adriana, Dad Talk Counsellors 10:30-12:00pm</p> <p>FOR MORE INFORMATION and/or TO REGISTER FOR:</p> <p>OUTREACH PROGRAMS & WORKSHOPS</p> <p>Text Program Coordinator, LEAH @ 905-252-2680</p> <p>ABC GROUP PROGRAMS</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 <u>ALL</u> 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>  <p>Rose of Sharon</p> <p>SERVICES FOR YOUNG MOTHERS</p> <p>361 Eagle Street, Newmarket, ON L3Y 1K5 905-853-5514 1-877-516-3715 www.roseofsharon.com</p>
<p>9</p> <p>ABC: Mother's Day Event w/ Karyn & Ashley, ABC Coordinators 10:00 -12:00 pm</p> <p>Outreach: Mindfulness Program- Body Senses w/ Karen McKinney, Program Manager 1:00-2:30 pm</p>	<p>10</p> <p>ABC: Breastfeeding 101 w/ The Baby Nurses 10:00-12:00 pm</p> <p>Outreach: Strength In Social Sisterhood (SISS) w/ Tieasha Walker, Central Counsellor 12:30-1:30 pm</p> <p>Dad Talk: Successful Communication w/ Adriana, Dad Talk Coordinator 7:30-8:30 pm</p>	<p>11</p> <p>Outreach: Overcoming Lonliness (Part 2) w/ Leah, Program Coordinator 10:00-11:30 am</p>	<p>12</p> <p>North Region - Family Care Package Deliveries 9:00am-12:00pm</p>	<p>13</p> <p>Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm</p>	
<p>16</p> <p>ABC: Infant Nutrition w/ Susan Camargo, Registered Dietician 10:00-12:00 pm</p> <p>Outreach: Mindfulness Program-Thoughts & Emotions w/ Karen McKinney, Program Manager 1:00-2:30 pm</p>	<p>17</p> <p>ABC: Cooking Demo with Season Produce w/ York Region Food Network 10:00 am- 12:00 pm</p> <p>Dad Talk: Budgeting 101 For Dads (Pt. 1) w/ Seun Adeyemi, Financial Adviser 7:30-8:30 pm</p>	<p>18</p> <p>Outreach: Water Safety w/ Leah, Water Safety Instructor 10:00-11:30 am</p>	<p>19</p> <p>Central Region - Family Care Package Deliveries 9:00am-12:00pm</p>	<p>20</p> <p>Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm</p>	
<p>23</p> <p>OFFICE CLOSED</p>	<p>24</p> <p>ABC: Stroller Walk w/ Karyn & Ashley, ABC Coordinators 10:00-12:00 pm</p> <p>Outreach: Mommy & Me-Fun at the Library w/ Dorina & Breanda, CDC Coordinators 1:30-2:30 pm</p> <p>Dad Talk: Budgeting 101 For Dads (Pt. 2) w/ Seun Adeyemi, Financial Adviser 7:30-8:30 pm</p>	<p>25</p>	<p>26</p> <p>South Region - Family Care Package Deliveries 9:00am-12:00pm</p>	<p>27</p> <p>Mindfulness & Self Care Recurring drop-in hosted by Birth Mark 7:00-8:00 pm</p>	
<p>30</p> <p>Outreach: Mindfulness Program: Gratitude/ Self-Care w/ Karen McKinney, Program Manager 1:00-2:30 pm</p>	<p>31</p> <p>ABC: Infant Development w/ Nest Health 10:30-11:30 am</p> <p>Dad Talk: Tips to Survive Today's Real Estate Market w/ Derek Sakal, Real Estate Agent 7:30-8:30 pm</p>				

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 do not necessarily represent the views of the Public Health Agency of Canada.