



February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Prenatal Classes</i> 10-12noon <i>Nutrition/Exercise</i> <i>Classes 1-3pm</i>	2 Drop In Support 10-12noon Outreach/Home Visits 1-4pm	3 <i>Admin.</i> <i>Day</i>	4
5	6 <i>Community Kitchen</i> 11:00am-1:00pm <i>Craft Corner: Seam-</i> <i>less Baby Blankets</i> 2-4pm	7 <i>Regalia workshop</i> 10:00-12:00noon <i>Beyond the Basic</i> <i>Parenting 2-4pm</i>	8 <i>Prenatal Classes</i> 10-12noon <i>Nutrition/Exercise</i> <i>Classes 1-3pm</i>	9 Drop In Support 10-12noon C.O.G.S 1-4pm	10 <i>Valentines</i> <i>Party</i> 1:00-3:00 pm	11
12	13 <i>Training for</i> <i>Beyond The Basics</i> <i>Parenting Group</i> <i>Class.</i>	14 <i>Regalia workshop</i> 10:00-12:00noon <i>Beyond the Basic</i> <i>Parenting 2-4pm</i>	15 <i>Prenatal Classes</i> 10-12noon <i>Mommy and Baby</i> <i>Movie Day 1-3pm</i>	16 Drop In Support 10-12noon Outreach/Home Visits 1-4pm	17 <i>Admin.</i> <i>Day</i>	18
19	20 <i>Family Day</i> <i>Holiday</i>	21 <i>Regalia workshop</i> 10:00-12:00noon <i>Beyond the Basic</i> <i>Parenting 2-4pm</i>	22 <i>Prenatal Classes</i> 10-12noon <i>Nutrition/Exercise</i> <i>Classes 1-3pm</i>	23 Drop In Support 10-12noon C.O.G.S 1-4pm	24 <i>Admin.</i> <i>Day</i>	25
26	27 <i>Community Kitchen</i> 11:00am-1:00pm <i>Craft Corner</i> 2-4pm <i>Beadwork</i>	28 <i>Regalia workshop</i> 10:00-12:00noon <i>Beyond the Basic</i> <i>Parenting 2-4pm</i>	29 <i>Prenatal Classes</i> 10-12noon <i>Nutrition/Exercise</i> <i>Classes 1-3pm</i>			

Toronto Council Fire
Native Cultural
Centre

PRENATAL NUTRITION PROGRAM

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Prenatal & Postnatal Nutrition
Classes are for new & expecting
mothers & their extended
family.

Drop In Days are for emergency
baby supplies & any
information needed for baby &
mom.

Programming is offered 4 days
a week & Friday no
programming.

 Public Health Agency of Canada Agence de santé publique du Canada

