


March 2012



Sun Mon Tue Wed Thu Fri Sat

				<i>1</i> Drop In Support 10-12noon Outreach/Home Visits 1-4pm	<i>2</i> <i>Admin. Day</i>	<i>3</i>
<i>4</i>	5 Community Kitchen 11am-1pm Craft Corner Dream Catcher Mobile 2-4pm	6 Regalia workshop 10:00-12:00noon <i>Beyond the Basic Parenting 2-4pm</i>	7 Postnatal Classes 10-12noon Nutrition/Exercise Classes 1-3pm	8 Drop In Support 10-12noon C.O.G.S 1-4pm	9 <i>Admin. Day</i>	10
<i>11</i>	12 Community Kitchen 11am-1pm Craft Corner Dream Catcher Mobile 2-4pm	13 Regalia workshop 10:00-12:00noon <i>Beyond the Basic Parenting 2-4pm</i>	14 Postnatal Classes 10-12noon <i>Baby Food Making Workshop 1-3pm</i>	15 Drop In Support 10-12noon Outreach/Home Visits 1-4pm	16 <i>Admin. Day</i>	17
<i>18</i>	19 Community Kitchen 11am-1pm Craft Corner Dream Catcher Mobile 2-4pm	20 Regalia workshop 10:00-12:00noon <i>Beyond the Basic Parenting 2-4pm</i>	21 Postnatal Classes 10-12noon Nutrition/Exercise Classes 1-3pm	22 Drop In Support 10-12noon C.O.G.S 1-4pm	23 <i>Admin. Day</i>	24
<i>25</i>	26 Community Kitchen 11am-1pm Craft Corner Dream Catcher Mobile 2-4pm	27 <i>Beyond the Basic Parenting Party 12:00-3:00pm</i>	28 Postnatal Classes 10-12noon Nutrition/Exercise Classes 1-3pm	29 Drop In Support 10-12noon Outreach/Home Visits 1-4pm	30 <i>Feasting Regalia's 1:00-4:00</i>	31

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

