
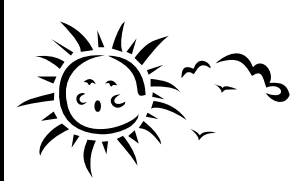



August 2010 Programs Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 BC Day Closed	3 9-11 Drop-In (0-5 yrs) 10-2 Hope's Here-NP 11-2 Best Babies -R 2-3:30 Baby Talk-DI 11:30-2 CK-R 6 Community Dinner-R Entertainment!	4 9-11 Drop-In (0-2 yrs) 11-1 Community Kitchen-R	5 9-11 Drop-In (0-5 yr) Kinder Gym Playroom 1-3 Stepping Stones	6 11:30-2 Community Kitchen- R	7 NO DAD'S GROUP
9 1:30-3 Post Partum Depression Group-R	10 9-11 Drop-In (0-5 yrs) 10-2 Hope's Here-NP 11-2 Best Babies -R 2-3:30 Baby Talk-DI 11:30-2 CK-R 6 Community Dinner-R Entertainment!	11 9-11 Drop-In (0-2 yrs) Good Food Box – Last day to order and pay.	12 9-11 Drop-In (0-5yr) Kinder Gym Playroom 1-3 Stepping Stones	13 10-4 The FORCE	14 9-11 Dad's Drop-In Playroom
16 1:30-3 Post Partum Depression Group-R	17 9-11 Drop-In (0-5 yrs) 10-2 Hope's Here-NP 11-2 Best Babies-R 2-3:30 Baby Talk-DI 11:30-2 CK-R 6 Community Dinner-R Entertainment!	18 9-11 Drop-In (0-2 yrs) 11-1 Community Kitchen-R	19 9-11 Drop-In (0-5yr) Kinder Gym Playroom 1-3 Stepping Stones	20 11:30-2 Community Kitchen- R	21 9-11 Dad's Drop-In Playroom
23 1:30-3 Post Partum Depression Group-R	24 9-11 Drop-In (0-5 yrs) 11-2 Best Babies-R 2-3:30 Baby Talk-DI 11:30-2 CK-R 6 Community Dinner-R Entertainment!	25 9-11 Drop-In (0-2 yrs)	26 9-11 Drop-In (0-5yr) Playroom 1-3 Stepping Stones	27 	28 9-11 Dad's Drop-In BBQ!
30 Drop-in closed until Sept 10 th	31 CLOSED Best Babies back on Sept 7th	Your donations are appreciated and help us to keep our great programs running!		Suggested Donations: Family & Dad's Drop-In \$2/family Community Dinner \$2/person \$5/family	

R = Must register to attend program

CK = Community Kitchen

DI = Drop-in

NP = Nurse Practitioner

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Parent & Tot Drop-In Program-DI: The drop in program provides young children and their caregivers a fun place to get together and play, learn, and connect with other families in the area. A friendly reminder that our play space is not suitable for school aged children. Suggested donation is \$2.

Dad's Drop-In Program-DI: The Dad's Drop-In is a unique service that provides opportunities for male caregivers and their children to grow in a safe and supportive environment. Suggested donation is \$2.

Best Babies-R: Best Babies is a prenatal nutrition program that is funded through the Vancouver Island Health Authority (VIHA). Best Babies provides support for pregnant women who are experiencing isolation and/or health issues. Please talk to Patricia to register.

Nurse Practitioner-DI: Our NP has advanced education and training. With a holistic approach, she can diagnose and treat chronic and acute conditions. NP's can prescribe medication, order tests and refer to specialists.

Community Kitchens-R: Enjoy cooking in a group and taking delicious meals home to your family. Childminding is provided for all three community kitchens. We are continuing for the summer and would like to incorporate school aged children. Please call us to find out more.

Community Dinners-R: Come join us and try out our nutritious family friendly meals. Vegetarian and wheat-free options are available. You can sign up in the drop-in room or call and let us know you are coming. Entertainment continues throughout the summer. Suggested donation is \$2 per person and \$5 per family.

Parenting Programs-R: Our parent education and support programs provides opportunities for parents to make connections with other parents in the community as well as learn about their children's development and draw out their strengths as parents. Please call or drop in to register for the fall.

Mother Goose-R: A group experience for parents and their babies and young children, focusing on the pleasure and power of using rhymes, songs and stories together. Please call or drop in to register for the fall.

Post Partum Depression Group-R: A weekly support group for mothers and babies. If you are interested in attending please call the Saanich Health Unit at 250-519-5100.

Baby Talk-DI: Like most new parents, you probably have a lot of questions. Come and meet with the Public Health Nurse and other parents. For more information you can call 250-519-5199.

The F.O.R.C.E.: Support and advocacy by and for parents whose children's lives are touched by mental health issues. For more information contact Lisa Hansen at 250-479-1192.