



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Staff / Programs</b></p> <p>ELIZABETH PETERSON Aboriginal Healthy Babies Healthy Children (AHBHC) Prenatal-6yrs</p> <p>JOIE OUDERKIRK Community Action Program for Children (CAPC) 0-6yrs</p> <p>JESSIE PENGELLY Canada Prenatal Nutrition Program (CPNP) Prenatal-6mo.</p> <p>*All of our programs are FREE and unless otherwise stated are held at:</p> <p>MNO Kingston 629 Division Street Kingston ON K7K 4B7 613.549.1674</p>						1	
	3	4 Parents Circle 5:30-7pm	5 Cooking with Kids 1-3pm  Wellness Workshop 12-1pm @ Second Chance School	6 Little Cubs 9am-12pm	7 Service Provider Wellness Day 10:30am-2:30pm	8	
	10 Fostering Love 10am-12pm  What to Expect When You're Expecting Budgeting for Baby 2-4pm	11 Remembrance Day Office Closed	12 Little Minds 10am-12pm  Breastfeeding support 2-4pm	13 Little Cubs 9am-12pm  Baby Gourmet 9:30-11:30am	14 Office closed for Louis Riel Day	15	16  Louis Riel Day Harvest Gathering & Feast 11-2:30  *registration required
	17 Fabric Diaper Making @ Charteuse Flower Works 4:30-7:30pm	18 Playgroup 9-11am {memory molds}	19 Tender Touches 9-11am  Daddy & Me 5-7pm	20	21	22	
	24 Family and Baby Well Clinic Clothing Exchange 9am-12pm  Fabric Diaper Making @ Charteuse Flower Works 4:30-7:30pm	25 Playgroup 9-11am {DIY gifts}  Healing Blanket Making for IDEVAW 1-4pm  Parents Circle 5:30-7pm	26 Fostering Love Support Group 5:30-7pm	27 Little Cubs 9am-12pm	28 Parenting Class 12-2:30pm	29	



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<p><b>Staff / Programs</b></p> <p><b>JYTE COOPER</b> Akwe:go 7-12yrs</p> <p>(Please call for more information on the Akwe:go programs and activities)</p> <p><b>MICHELLE KEHOE</b> Urban Aboriginal Health Living (UAHL)</p> <p><b>SAMATHA ALKENBRACK</b> Wasa-Nabin 13-18yrs</p> <p><b>CLARICE GERVAIS</b> Aboriginal Community Mental Health (ACMH)</p> <p><b>BRITTANY MARACLE</b> Life Long Care (LLC)</p> <p>*All of our programs are FREE and unless otherwise stated are held at:</p> <p>MNO Kingston 629 Division Street Kingston ON K7K 4B7 613.549.1674</p>	3 Walking Group 12-1pm	4 Full Circle Fitness 1-2pm @ Artillery Park	5 Open Support Circle 3-5pm	6 Full Circle Fitness 1-2pm @ Artillery Park	7 Service Provider Wellness Day 10:30am-2:30pm	8
	10 Walking Group 12-1pm	11 Remembrance Day Office Closed	12 Diabetes Awareness Lunch n' Learn 12:30-1:30pm	13 Healthy Cooking 12-1:30pm	14 Office Closed for Louis Riel Day	15
		Akwe:go Circle 2:45-8pm @ First Ave Public School	Homework Club 3-4:30pm	Healthy Cakes & Bakes 2-4pm	Family Meal & Game Night 5-8:30pm	16
			Full Circle Fitness 4:30-5:30pm	Homework Club 2:35-4:30pm @ First Ave Public School		Louis Riel Day Harvest Gathering & Feast 11-2:30 *registration required
	17 Walking Group 12-1pm	18 Full Circle Fitness 1-2pm @ Artillery Park	19 Open Support Circle 3-4:30pm	20 Full Circle Fitness 1-2pm @ Artillery Park	21 Project Photo Voice 3-4:30pm	22
	Youth Vision Circle 3-4:30pm	Akwe:go Circle 2:45-8pm @ First Ave Public School	Family Fit Volleyball 6-7:30pm @ J.G. Simcoe	Homework Club 2:35-4:30pm @ First Ave Public School		
		Active After School 3:30-5pm @ Artillery Park				
	24	25 Akwe:go Circle 2:45-8pm @ First Ave Public School	26	27 Homework Club 2:35-4:30pm @ First Ave Public School	28 P.A. Day Circle 8:30am-3:30pm	29