



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Staff / Programs</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 Cloth Diaper Making 4:30-7:30	2 Playgroup 9-11 Parents Circle 5:30-7	3 Wednesday Wellness Workshop @ Second Chance School 12-1 Daddy & Me 5-7	4 Little Cubs Playgroup 9-12 Baby Gourmet 9:30-11:30	5 Connect with your Baby Parenting Class 12-2:30	6
	8 What to Expect When You're Expecting 2-4 Cloth Diaper Making 4:30-7:30	9 Playgroup 9-11 {baby's first ornament} Parents Circle 5:30-7	10 Parents, Pots & Pans 10:30-1 Fostering Love Support Group 5:30-7 {coping with the holidays}	11 Little Cubs Playgroup 9-12	12 Connect with your Baby Parenting Class 12-2:30	13
	15	16 Playgroup 9-11 Parents Circle 5:30-7	17 Holiday Feast 5-8 @ Unitarian Place	18 Little Cubs Playgroup 9-12	19 Connect with your Baby Parenting Class 12-2:30	20
	22 Clothing & Toy Exchange 9-12 Cookie Kitchen 10-12	23	24	25	26	27
	29	30	31	<i>Happy Holidays!</i>		
<i>Office Closed until Jan 5</i>						

