





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Staff / Programs  ELIZABETH PETERSON  Aboriginal Healthy Babies  Healthy Children (AHBHC)  Prenatal-6yrs	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
JOIE OUDERKIRK Community Action Program for Children (CAPC) o-6yrs  JESSIE PENGELLY Canada Prenatal Nutrition Program (CPNP)	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	Parents, Pots & Pans 10:30-1  Fostering Love Support Group 5:30-7 {coping with the holidays}	11 Little Cubs Playgroup 9-12	Connect with your Baby Parenting Class 12-2:30	13
*All of our programs are FREE and unless otherwise stated are held at:	15	16 Playgroup 9-11 Parents Circle 5:30-7	17 Holiday Feast 5-8 @ Unitarian Place	18 Little Cubs Playgroup 9-12	Connect with your Baby Parenting Class 12-2:30	20
MNO Kingston 629 Division Street Kingston ON K7K 4B7 613.549.1674	22 Clothing & Toy Exchange 9-12 Cookie Kitchen 10-12	23	24	25 Happy Ha	plidays!	27
	29 Of	30 fice Closed until 3	31 Jan 5			





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Staff / Programs	1	2 Full Circle Fitness 1-2	3 Open Support Circle 3-4:30	4 Full Circle Fitness 1-2	5	6
JYTTE COOPER Akwe:go 7-12yrs  (Please call for more information on the Akwe:go programs and activities)	Homework Club 3-4	@ Artillery Park  Akwe:go Circle 2:35-8 @ First Ave. P.S.  Active After School @ Artillery Park 3:30-5	Family Fit Volleyball 6-7:30  (a) J.G. Simcoe	@ Artillery Park  Akwe:go Homework Club 2:35-4:40 @ First Ave P.S.	Healthy Cooking 12-1:30	
MICHELLE KEHOE Urban Aboriginal Healthy Living (UAHL)  SAMATHA ALKENBRACK Wasa-Nabin 13-18yrs  CLARICE GERVAIS Aboriginal Community Mental Health (ACMH)  BRITTANY MARACLE Life Long Care (LLC)  *All of our programs are FREE and unless otherwise stated are held at:  MNO Kingston 629 Division Street Kingston ON K7K 4B7 613.549.1674	8	9 Full Circle Fitness 1-2 @ Artillery Park Akwe:go Circle 2:35-8 @ First Ave. P.S.  Active After School @ Artillery Park 3:30-5	10 Open Support Circle 3-4:30 Family Fit Volleyball 6-7:30 @ J.G. Simcoe	11 Full Circle Fitness 1-2 @ Artillery Park Akwe:go Homework Club 2:35-4:40 @ First Ave P.S.	Healthy Cakes & Bakes 12-1:30  Make a Holiday Wreath 1-3  Project Photo Voice 3-4:30	13
	15 Homework Club 3-4	16 Full Circle Fitness 1-2 @ Artillery Park Akwe:go Circle 2:35-8 @ First Ave. P.S.  Active After School @ Artillery Park 3:30-5	17 Lunch n' Learn 12:30-1:30 Open Support Circle 3-4:30 Family Fit Volleyball 6-7:30 @ J.G. Simcoe	18  Full Circle Fitness 1-2  @ Artillery Park  Akwe:go Homework Club 2:35-4:40 @ First Ave P.S.	19 Healthy Cooking 12-1:30 Akwe:go Family Meal & Games Night 5-8:30	20
	Akwe:go Circle 8:35-4  @ Métis Nation of Ontario  Youth Vision Circle 3-4:30	23 Akwe:go Circle 8:35-4 @ Métis Nation of Ontario  30 Closed until Ja	<sup>24</sup>	<sup>25</sup> Нарру	Holidays!	27