

January



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>				<p>1 Happy New Year!</p> <p>2015</p> <p>Office Closed</p>	<p>2 Office Closed</p>	<p>3</p>
	<p>5</p>	<p>6 New Years Brunch 9-11</p>	<p>7 Breastfeeding Support 2-4</p>	<p>8 Baby Gourmet 9:30-11:30</p>	<p>9 Parents, Pots & Pans 10:30-1</p>	<p>10</p>
	<p>12</p>	<p>13 Playgroup 9-11</p>	<p>14 Wellness Workshop 12-1 @ Second Chance</p> <p>Daddy & Me 5-7</p>	<p>15</p>	<p>16 Circles Supporting Mental Health Lunch n' Learn 12-1:30</p>	<p>17</p>
	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
	<p>26 Family and Baby Well Clinic "smile check" 9-12</p> <p>Clothing Exchange 9-12</p>	<p>27 Playgroup 9-11</p>	<p>28</p>	<p>29 Tender Touches 9-11</p>	<p>30</p>	<p>31</p>

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<p>Staff / Programs</p> <p>JYTTE COOPER Akwe:go 7-12yrs</p> <p>(Please call for more information on the Akwe:go programs and activities)</p> <p>MICHELLE KEHOE Urban Aboriginal Healthy Living (UAHL)</p> <p>SAMATHA ALKENBRACK Wasa-Nabin 13-18yrs</p> <p>CLARICE GERVAIS Aboriginal Community Mental Health (ACMH)</p> <p>BRITTANY MARACLE 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>				<p>1</p> <p>Happy New Year!</p> <p>2015</p> <p>Office Closed</p>	<p>2</p> <p>Office Closed</p>	<p>3</p>
	<p>5</p> <p>Healthy Cooking 12-1:30</p>	<p>6</p> <p>Full Circle Fitness 1-2 @ Artillery Park</p> <p>Active After School 3:30-5 @ Artillery Park</p>	<p>7</p> <p>Open Support Circle 3-4:30</p> <p>Family Fit Volleyball 6-7:30 @ J.G. Simcoe</p>	<p>8</p> <p>Full Circle Fitness 1-2 @ Artillery Park</p>	<p>9</p>	<p>10</p>
	<p>12</p> <p>Healthy Cooking 12-1:30</p> <p>Homework Club 3-4</p> <p>Youth Vision Circle 3-4:30</p> <p>Healing Blankets 5-7</p>	<p>13</p> <p>Full Circle Fitness 1-2 @ Artillery Park</p> <p>Akwe:go Circle 2:35-8 @ First Ave Public School</p> <p>Active After School 3:30-5 @ Artillery Park</p>	<p>14</p> <p>National Non-smoking Awareness Week</p> <p>Lunch n' Learn 12:30-1:30</p> <p>Open Support Circle 3-4:30</p> <p>Family Fit Volleyball 6-7:30 @ J.G. Simcoe</p>	<p>15</p> <p>Full Circle Fitness 1-2 @ Artillery Park</p> <p>Akwe:go Homework Club 2:35-4:30 @ First Ave P.S.</p>	<p>16</p>	<p>17</p>
	<p>19</p> <p>Homework Club 3-4</p>	<p>20</p> <p>Akwe:go Circle 2:35-8 @ First Ave Public School</p>	<p>21</p> <p>Open Support Circle 3-4:30</p>	<p>22</p> <p>Akwe:go Homework Club 2:35-4:30 @ First Ave P.S.</p>	<p>23</p> <p>Akwe:go Family Meal and Games Night 5-8:30</p>	<p>24</p>
	<p>26</p>	<p>27</p> <p>Akwe:go Circle 2:35-8 @ First Ave Public School</p>	<p>28</p>	<p>29</p> <p>Akwe:go Homework Club 2:35-4:30 @ First Ave P.S.</p>	<p>30</p> <p>P.A. Day Circle 8:35-4</p>	<p>31</p>