



# FEBRUARY 2018 PROGRAM CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning				1 Rosie’s Closet, 9:30-11:30am, RofS  ABC Keswick, 10:00-12:30pm Maple Hill Baptist Church	2 YMOP Newmarket, 10-11:30am, Ontario Early Years Centre, Newmarket
Afternoon					
After School					
Morning	5	6 <div>MOBYSS Bus Onsite 8:30-10am, RofS</div> ABC Markham, 10:30-1:00pm, Olive Branch Community Church	7 ABC Richmond Hill, 9:30-12:30pm Early Years Centre  YMOP Georgina, 10:45-11:45am Gym Drop-In, Georgina Ice Palace, Keswick	8 ABC Keswick, 10:00-12:30pm Maple Hill Baptist Church	9 YMOP Newmarket, 10-11:30am, Family Storytime, Aurora Public Library
Afternoon	ABC Newmarket, 1:00-3:30pm, RofS  Food Security Program Kim’s Cooking Club- <i>Soup’s On-Crock Pot Vegetable Soup</i> 11am-1pm, York Region Food Network	Bounce Back and Thrive! 2-4pm, RofS			
After School				STAR—Sing, Talk, and Read! Workshop, 4-6pm, Rose of Sharon	
Morning	12	13 ABC Markham, 10:30-1:00pm, Olive Branch Community Church	14 ABC Richmond Hill, 9:30-12:30pm Early Years Centre  YMOP Georgina, 10-11:30am Georgina Leisure Pool, Sutton	15 ABC Keswick, 10:00-12:30pm Maple Hill Baptist Church	16 YMOP Newmarket, 10:30-11:30am, Kids Play Park, Ray Twinney Recreation Complex, Newmarket
Afternoon	ABC Newmarket, 1:00-3:30pm, RofS	Bounce Back and Thrive! 2-4pm, RofS			
After School					
Morning	19	20 ABC Markham, 10:30-1:00pm, Olive Branch Community Church	21 ABC Richmond Hill, 9:30-12:30pm Early Years Centre  YMOP Georgina, 10-11:30am Parenting and Family Literacy Centre, Jersey PS, Keswick	22 ABC Keswick, 10:00-12:30pm Maple Hill Baptist Church	23 YMOP Newmarket, 10-11:30am, Swimming, Magna Centre, Newmarket
Afternoon	ABC Newmarket, 1:00-3:30pm, RofS	Rosie’s Closet, 1:30-3:30pm, RofS  Bounce Back and Thrive! 2-4pm, RofS			
After School					
Morning	26	27 ABC Markham, 10:30-1:00pm, Olive Branch Community Church	28 ABC Richmond Hill, 9:30-12:30pm Early Years Centre  YMOP Georgina, 10-11:30am Keswick Public Library, Keswick	<div>To register for the <i>Food Security Program:</i> Text <u>Kim</u> at 289-763-3792 To register for all other <i>Outreach Programs:</i> Text <u>Jacque</u> at 905-252-2680 For transportation: Call Sharlene at 905-853-5514 or Text 905-251-6859</div>	
Afternoon	ABC Newmarket, 1:00-3:30pm, RofS	Bounce Back and Thrive! 2-4pm, RofS			
After School			Internet Safety Workshop, 4-6pm Rose of Sharon		



# FEBRUARY 2018 PROGRAM CALENDAR

WORKSHOPS	PROGRAMS AND SERVICES
<p><b>STAR—Sing, Talk, and Read! Workshop,</b> <b>Thursday, February 8, 4pm-6pm,</b> <b>Rose of Sharon</b></p> <p>Join Polly, Children’s Librarian from the Aurora Public Library, as she leads the group in a workshop where you will learn new ways to teach literacy to your baby or toddler, and the science behind it all! You’ll leave with lots of ideas, and your own felt board to help you tell stories and rhymes to your little one!</p> <p>The first half of this workshop will be held in the classroom (women only) and the second half in the CDC (Mommy and Me).</p> <p><b>Internet Safety Workshop</b> <b>Wednesday, February 28, 4pm-6pm,</b> <b>Rose of Sharon</b></p> <p>The internet is a powerful and useful tool that has made many things that we do easier and more convenient than ever. However, you should be aware that not all the information that you find on the web is true or reliable, therefore, you need to take steps to protect yourself when navigating the web. Join Claudia from the Aurora Public Library as she teaches us where, when and how we need to take (extra) precaution online.</p> <hr/> <p><b><i>Food Security Program</i></b> <b><i>Kim’s Cooking Club</i></b></p> <p><b>Soup’s On: Crock Pot Vegetable Soup</b> <b>Monday, February 5, 11am-1pm</b> <b>York Region Food Network,</b> <b>350 Industrial Parkway S, Aurora.</b></p> <p>Life is busy and February is cold, so it’s better when the soup is on! This month we will be cookin’ it up at the York Region Food Network with David Lightfoot! By learning how to make crock pot vegetable soup you can have a nutritious, time saving, and cost effective meal. Whether you’d like to make it before you leave for the day in your crockpot or prepare it quickly, dinner is done in a jiffy.</p> <p><b>Please note:</b> Childcare is <u>not</u> provided during this workshop, you are encouraged to bring a support person (partner, parent, sibling, friend) if available to you. Transportation and food bags provided, and all new participants will receive a free crockpot to take home.</p>	<p><b>Bounce Back and Thrive!, Tuesdays, January 16 – March 20, 2-4pm</b> <b>**Registration for this program is now CLOSED**</b></p> <p>Bounce Back and Thrive! (BBT) is a ten-week skills training course to teach parents and caregivers about coping with stress. Participants learn skills to help themselves and their children feel less stressed and more hopeful about the future. This course will teach you how to help yourself and your child “bounce back” from daily obstacles and hard times, relieve pressure and calmly solve problems and conflicts. This course will also help you to help your child handle disappointment, anger and frustration, and help them to feel good about themselves, confident and hopeful about the future. This program includes hands-on activities, video clips of parents and children showing resilience-building strategies, group discussion and opportunities to practice stress-coping skills.</p> <p><b>ABC, Mondays 1:00-3:30</b> (Newmarket) / <b>Tuesdays 10:30-1:00</b> (Markham) / <b>Wednesdays 9:30-12:30</b> (Richmond Hill) / <b>Thursdays 10:00-12:30</b> (Keswick)</p> <p>ABC (All Babies Count) is a weekly prenatal and parenting nutrition program. We partner with Public Health Nurses from York Region Public Health and a Nutrition Educator who come in to teach on: breastfeeding, labour and delivery, newborn care, healthy eating during pregnancy, feeding your baby healthy baby food, cooking nutritious meals on a budget, and more.</p> <p><b>YMOP, Wednesday Mornings</b> (Georgina) / <b>Friday Mornings</b> (Newmarket)</p> <p>YMOP (Young Mothers Outreach Program) is a weekly program for young moms to check out different places and activities in their community. Together with Rose of Sharon staff, you and your child will enjoy discovering new ways to have fun while getting to know other young moms and their kids.</p> <p><b>MOBYSS</b> - On the first Tuesday of each month the MOBYSS bus will be parked at Rose. MOBYSS is a mobile youth-specific drop-in clinic that has a nurse practitioner on board, as well as a peer support worker with lived experience with mental health issues, and a youth mental health worker. No ID is required to access services, and a health card is required <b>ONLY</b> if a prescription is needed. The nurse can provide medical support to both moms and their children.</p> <p><b>Accountant</b> – Twice a month, volunteer accountant Jennifer will be on-site to help you file your income tax and Child Tax Credit. If you have any questions about your taxes, please speak to your counsellor to book an appointment. <b>February Dates TBA. Please text your counsellor for dates.</b></p> <p><b>Food Security Program</b> -- We invite you to attend Kim’s Cooking Club as a part of the new Food Security Program. Each participant will receive a food bag with ingredients from the Workshop to make the demonstrated meal at home, plus a free crockpot the first time they attend! Further, at each Rosie’s Closet, we’ll also now be handing out bus tickets and a \$10 grocery card to help you access fresh food in your local grocery store. And finally, if you have any questions about food or nutrition, you can get personalized individual support with Kim Lyall, our Resource &amp; Nutrition Coordinator. To register for any Food Security Program services, <b>please contact Kim at 289 763-3792.</b></p> <hr/> <p><b>ROSIE’S CLOSET</b></p> <p>Rosie’s Closet is a resource room open for young mothers to access gently used baby clothing, women’s clothing, maternity clothing, children’s toys and household items. Rosie’s Closet is open the first Thursday, and third Tuesday of every month.</p>