

# OCTOBER 2018 PROGRAM CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	1 MOBYSS Bus Onsite 8:30am-10am, RofS	2 ABC Markham, 10:30am-1:00pm, Olive Branch Community Church	3 YMOP Georgina, 10am-11am, EarlyON Jersey Public School, Keswick	4 Rosie's Closet, 9:30am-11:30am, RofS ABC Keswick, 10am-12:30pm Maple Hill Baptist Church	5 YMOP Newmarket, 10am-11:30am, Rose of Sharon Community Garden, Newmarket Kim's Cooking, 11:30am-1:30pm, Rose of Sharon
Afternoon	ABC Newmarket, 1pm-3:30pm, RofS		ABC Richmond Hill, 1pm-3:30pm EarlyON Centre		
After School		Building Better Boundaries, 4pm-6pm, Rose of Sharon			
Morning	8 <b>OFFICE CLOSED</b>	9 ABC Markham, 10:30am-1:00pm, Olive Branch Community Church	10 Accountant Onsite 9am-11am, RofS YMOP Georgina, 10:45am-11:45am Drop In Gym, Keswick	11 Accountant Onsite 9am-11am, RofS ABC Keswick, 10am-12:30pm Maple Hill Baptist Church	12 YMOP Newmarket, 10:15am-11:30am, Family Story Time, Aurora Public Library
Afternoon			ABC Richmond Hill, 1pm-3:30pm EarlyON Centre		
After School		Building Better Boundaries, 4pm-6pm, Rose of Sharon	Gender in Media, 4pm-6pm Rose of Sharon		
Morning	15 MOBYSS Bus Onsite 8:30am-10am, RofS	16 ABC Markham, 10:30am-1:00pm, Olive Branch Community Church	17 YMOP Georgina, 10am-11:30am Georgina Leisure Pool, Sutton	18 ABC Keswick, 10am-12:30pm Maple Hill Baptist Church	19 YMOP Newmarket, 10am-11:30am Swimming, Magna Centre, Newmarket
Afternoon	ABC Newmarket, 1pm-3:30pm, RofS	Rosie's Closet, 1:30pm-3:30pm, RofS	ABC Richmond Hill, 1pm-3:30pm EarlyON Centre		
After School		Building Better Boundaries, 4pm-6pm, Rose of Sharon			
Morning	22	23 ABC Markham, 10:30am-1:00pm, Olive Branch Community Church	24 YMOP Georgina Moved to Special Event on Friday, October 26	25 ABC Keswick, 10am-12:30pm Maple Hill Baptist Church	26 YMOP Newmarket 10am – 11:30am Halloween Party! Rose of Sharon <i>All clients welcome; costumes welcomed as well, but not required</i>
Afternoon	ABC Newmarket, 1pm-3:30pm, RofS		ABC Richmond Hill, 1pm-3:30pm EarlyON Centre		
After School		Building Better Boundaries, 4pm-6pm, Rose of Sharon			
Morning	29 MOBYSS Bus Onsite 8:30am-10am, RofS	30 ABC Markham, 10:30am-1:00pm, Olive Branch Community Church	31 YMOP Georgina, 10am-11am, EarlyON Jersey Public School, Keswick		
Afternoon	ABC Newmarket, 1pm-3:30pm, RofS		ABC Richmond Hill, 1pm-3:30pm EarlyON Centre		
After School		Understanding Stress and Emotions Workshop 1pm-3pm, Rose of Sharon			

## WORKSHOPS

### **Gender in Media** **Wednesday, October 10th, 4pm-6pm, Rose of Sharon**

Media is everywhere, and it plays a large role in creating gender norms. Join Marisa, Public Educator from Yellow Brick House, as she leads us through an in-depth look at how the media affects our sense of self, our relationships and the way we treat and view others. Participants will be encouraged to explore different perspectives and be challenged to be critical in their responses and interpretations of everyday media. \*Current trends, news and media stories will be discussed.

### **Understanding Stress and Emotions Workshop** **Tuesday, October 30, 1pm-3pm** **Rose of Sharon**

The HYPE (Healthy Youth Preventative Education) Program (of John Howard Society York Region) will be running a workshop on Stress and Acknowledging / Owing Our Actions and Emotions. This workshop will help participants identify stressors and the signs of stress, discuss healthy ways to cope with stress, and help participants learn to own their actions.

### **Kim's Cooking** **Friday Pasta Lunch!** **Friday, October 5<sup>th</sup>,** **11:30am-1:30pm, Rose of Sharon**

Stuffed, baked and topped with delicious sauce. Join Kim to learn about and cook a variety of pasta dishes in a fun and relaxed atmosphere. We will be making keto lasagna, stuffed vegetarian shells, and a Bolognese sauce. Whether you are on a ketogenic diet, a vegetarian, or a meat lover, all will be covered.

\*\*Bonus - We will begin this session with a tutorial on making delicious smoothies.

Let us lunch, learn and enjoy. Childcare will be provided.

## PROGRAMS AND SERVICES

### **Building Better Boundaries, Tuesdays from September 18 – October 23, 4pm-6pm, Rose of Sharon**

The most important relationship you'll ever have is the one with yourself. Healthy boundaries are essential, both to one's sense of self and in having quality relationships with others. Yet for many of us, establishing and committing to our boundaries can be both difficult and overwhelming. In Building Better Boundaries, Jacqueline and Jacquie from Rose of Sharon will lead the group through 6 informative sessions that discuss exactly what boundaries are, setting and keeping boundaries, how to effectively communicate needs and actively listen to others, what to do when boundaries are challenged, and much more!

### **ABC, Mondays 1:00-3:30 (Newmarket) / Tuesdays 10:30-1:00 (Markham) / Wednesdays 1-3:30 (Richmond Hill) / Thursdays 10:00-12:30 (Keswick)**

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.

### **YMOP, Wednesday Mornings (Georgina) / Friday Mornings (Newmarket)**

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.

**MOBYSS** – 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 ONLY if a prescription is needed. The nurse can provide medical support to both moms and their children.

**Accountant** – 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.

**March Dates: Wednesday, October 10th and Thursday, October 11th**

**Food Security Program** - 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 Kipp, our Resource & Nutrition Coordinator. To register for any Food Security Program services, **please contact Kim at 289-763-3792.**

## ROSIE'S CLOSET

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.

**To register for *Kim's Cooking Club*:**

Text Kim at 289-763-3792

**To register for all other *Outreach Programs*:**

Text Jacquie at 905-252-2680

**For all transportation bookings:**

Call Sharlene at 905-853-5514 or Text 905-251-6859