



# FEBRUARY 2019 PROGRAM CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p style="text-align: center;"><b>To register for Kim's Cooking Club:</b> Text <a href="#">Kim</a> at 289-763-3792</p> <p style="text-align: center;"><b>To register for all other Outreach Programs:</b> Text <a href="#">Jacquie</a> at 905-252-2680</p> <p style="text-align: center;"><b>For all transportation bookings:</b> Call <a href="#">Sharlene</a> at 905-853-5514 or Text 905-251-6859</p>				1
Afternoon					
After School					
Morning	4	5 ABC Markham, 10:30-1:00pm Olive Branch Community Church	6 Accountant Onsite 9am-11am, RofS	7 Accountant Onsite 9am-11am, RofS  Rosie's Closet, 9:30-11:30am, RofS  ABC Keswick, 10:00-12:30pm Maple Hill Baptist Church	8
Afternoon	ABC Newmarket, 1:00-3:30pm Rose of Sharon		ABC Richmond Hill, 1:00-3:30pm EarlyON, Richmond Hill		
After School		Building Your Budget Workshop, 3:30-5:30pm, Rose of Sharon			
Morning	11	12 ABC Markham, 10:30-1:00pm Olive Branch Community Church	13 Kim's Cooking: Food and Cooking at Clearwater Farm 10am-2pm, Georgina	14 ABC Keswick, 10:00-12:30pm Maple Hill Baptist Church	15
Afternoon	ABC Newmarket, 1:00-3:30pm Rose of Sharon	Relationship Remix, 1:30-3:30pm, Rose of Sharon	ABC Richmond Hill, 1:00-3:30pm EarlyON, Richmond Hill		
After School					
Morning	18	19 ABC Markham, 10:30-1:00pm Olive Branch Community Church	20	21 ABC Keswick, 10:00-12:30pm Maple Hill Baptist Church	22
Afternoon	<b>OFFICE CLOSED FAMILY DAY</b>	Relationship Remix, 1:30-3:30pm, Rose of Sharon	ABC Richmond Hill, 1:00-3:30pm EarlyON, Richmond Hill		
After School		Rosie's Closet, 1:30-3:30pm, RofS			
Morning	25	26 ABC Markham, 10:30-1:00pm Olive Branch Community Church	27	28 ABC Keswick, 10:00-12:30pm Maple Hill Baptist Church	
Afternoon	ABC Newmarket, 1:00-3:30pm Rose of Sharon	Relationship Remix, 1:30-3:30pm, Rose of Sharon	ABC Richmond Hill, 1:00-3:30pm EarlyON, Richmond Hill		
After School					



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## WORKSHOPS

### **Building Your Budget Workshop** **Tuesday, February 5, 3:30pm-5:30pm,** **Rose of Sharon**

Join Losa from the *Schulich School of Business, York University* and her presentation partners as they talk budget! In this interactive workshop there will be a presentation portion with a focus on short and long-term financial goals, budgeting and credit, followed by hands on time to ask questions, articulate your short and long term financial goals, and begin to bring your own personal budget into reality.

### **Kim's Cooking**

### **Food and Cooking at Clear Water Farm** **Wednesday, February 13, 2pm-4pm** **Clear Water Farm, Georgina**

This **outdoor** day is an opportunity to spend some time in nature and learn about food in a different way. We will be baking and cooking over a campfire, planting seeds for a spring garden, and gathering for a compassionate healing circle and morning tea with children. A packed lunch will be provided. **Having warm outdoor clothing and footwear is recommended** (limited extra hats and gloves will be available). Staff and volunteers will be available for support. Access to the onsite farm house is provided for clients needing to attend to children's needs.

A crock pot and will be provided for participants who are new to Kim's Cooking Club. Grocery gift card, bus tickets, and food bags are included for everyone.

## PROGRAMS AND SERVICES

### **Relationship Remix**

### **Tuesdays, February 12 – March 12, 1:30pm-3:30pm, Rose of Sharon**

Relationship Remix is a 5-week personal development group program designed to help participants identify and address power imbalances in relationships (intimate partner relationships, family relationships, friendships, etc.). Participants will learn to recognize the warning signs of unhealthy behaviours and develop the skills that help to build and maintain healthy interactions. Together we will have important conversations about power, control, communication, boundaries and interrupting unhealthy and abusive patterns that can occur in relationships.

**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 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.

**Food Security Program** - We invite you to attend Kim's Cooking Club as a part of the 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.**

**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. **February Dates: Wednesday, February 6th and Thursday, February 7th**

**MOBYSS** – There will be no MOBYSS this month

**YMOP** – There will be no more YMOP's moving forward in 2019

## 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.