


# MARCH 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="#">Tamara</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	8
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	Rosie's Closet, 9:30-11:30am, RofS  ABC Keswick, 10:00-12:30pm Maple Hill Baptist Church	
After School					
Morning	11	12	13	14 Spring Social: It's A Birthday Party! 10:30-12:30pm, RofS 	15
Afternoon	ABC Newmarket, 1:00-3:30pm Rose of Sharon	Relationship Remix, 1:30-3:30pm, Rose of Sharon			
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	ABC Newmarket, 1:00-3:30pm Rose of Sharon	Rosie's Closet, 1:30-3:30pm, RofS Relationship Remix ( <i>final session</i> ), 1:30-3:30pm, Rose of Sharon	ABC Richmond Hill, 1:00-3:30pm EarlyON, Richmond Hill		
After School			Kim's Cooking: Where's the Beef? 4:00-6:00pm, Rose of Sharon		
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	29
Afternoon	ABC Newmarket, 1:00-3:30pm Rose of Sharon		ABC Richmond Hill, 1:00-3:30pm EarlyON, Richmond Hill		
After School					

MARCH BREAK



# MARCH 2019 PROGRAM CALENDAR

## WORKSHOPS

### **Spring Social: It's a Birthday Party!** **Thursday, March 14, 10:30-12:30pm** **Rose of Sharon**

Join us for the first Social of 2019-It is going to be a party!! On this Mommy and Me day we will celebrate **everyone's** birthday, young and old(er). Take part in the festivities with party hats, birthday games, cake, and more! Transportation provided. Registration required / first come, first serve basis with a waitlist beginning once we reach capacity.

### **Kim's Cooking**

#### **Where's the Beef?** **Wednesday, March 20, 4pm-6pm** **Rose of Sharon**

Many homecooked recipes begin with basic ingredient lists which often include foods such as ground beef. In this workshop, participants— along with David Lightwood from the York Region Food Network— will explore the versatility that ground beef can offer when putting a meal together. We will learn how fast and family friendly cooking with beef can be.

Childcare, food bags, a grocery gift card, and bus tickets will be provided to workshop participants.

If you are new to Kim's Cooking Club you will receive a Crock Pot.

## PROGRAMS AND SERVICES

### **Relationship Remix**

**Tuesdays, February 19 – March 19, 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. **PLEASE NOTE: There will be no ABC on March 12th, 13th, or 14th due to March Break.**

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

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

## 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.