

Help! I Have Kids!

Fernwood Community Centre, 1240 Gladstone Ave., Victoria, B.C. V8T 1G6 Phone: 250-381-1552 Ext. 112

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| | | <p>1 Best Babies Pre/Postnatal Group (12 -2) What is Trauma? Public Health Nurse, Dietitian</p> | <p>2 Best Babies Prenatal Education with Public Health Nurse, 12-2</p> | <p>3 Best Babies Drop-in; register for program, 11 – 3 pm</p> |
| <p>6 Best Babies Drop-in; register for program, 11 – 3 pm</p> | <p>7 Help! I Have Kids! 12:00 – 2:00 pm Parenting and judgment – how have you been judged? Free child-minding, snacks and coffee</p> | <p>8 Best Babies Pre/Postnatal Group (12 -2) Food Demo Public Health Nurse, Dietitian and Dental</p> | <p>9 Best Babies Prenatal Education with Public Health Nurse, 12-2</p> | <p>10 Best Babies Drop-in; register for program, 11 – 3 pm</p> |
| <p>13 Best Babies Drop-in; register for program, 11 – 3 pm</p> | <p>14 Help! I Have Kids! 12:00 – 2:00 pm Open discussion – bring your questions, thoughts & stories! Free child-minding, snacks and coffee</p> | <p>15 Best Babies Pre/Postnatal Group (12 -2) MOTHERGOOSE Public Health Nurse available</p> | <p>16 Best Babies Prenatal Education with Public Health Nurse, 12-2</p> | <p>17 Best Babies Drop-in; register for program, 11 – 3 pm</p> |
| <p>20 Best Babies Drop-in; register for program, 11 – 3 pm</p> | <p>21 Help! I Have Kids! 12:00 – 2:00 pm Let's Talk about Self Care Free child-minding, snacks and coffee</p> | <p>22 Best Babies Pre/Postnatal Group (12 -2) Separation Anxiety Public Health Nurse available</p> | <p>23 Best Babies Prenatal Education with Public Health Nurse, 12-2</p> | <p>24 Best Babies Drop-in; register for program, 11 – 3 pm</p> |
| <p>27 Best Babies Drop-in; register for program, 11 – 3 pm</p> | <p>28 Help! I Have Kids! is cancelled, see you next week!</p> | <p>29 Best Babies Pre/Postnatal (12 -2) Guided check-in, clothing exchange: recycle what you aren't using!</p> | | |