



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|--|--|--|--|---|
| 1 | 2 Closed | 3 <u>Together Time Drop In</u> MacGregor: 9:30 – 11:30 Sherbrooke: 6-8 Breastfeeding Support Group & Breastfeeding Clinic 1-3 Call 625-5972 | 4 <u>Caregiver Stay & Play-</u> Sherbrooke 9:30-12:00 <u>Together Time Drop In</u> Sherbrooke: 1:00-3:30 | 5 <u>Together Time Drop In</u> Sherbrooke: 9:30-12:00 <u>Babies Day Out – Speech & Language Development</u> Sherbrooke: 1:00-3:30 Drop Off GoodFood Box Money by 4 pm | 6 | 7 |
| 8 | 9 <u>Together Time Drop In</u> Sherbrooke: 9:30-12:00 Kingsway: 9:30-12:00 | 10 <u>Together Time Drop In</u> MacGregor: 9:30 – 11:30 Sherbrooke: 6-8 Breastfeeding Support Group & Breastfeeding Clinic 1-3 Call 625-5972 | 11 <u>Caregiver Stay & Play-</u> Sherbrooke 9:30-12:00 <u>Together Time Drop In</u> Kingsway: 9:30-12:00 Sherbrooke: 1:00-3:30 | 12 <u>Together Time Drop In</u> Sherbrooke: 9:30-12:00 <u>Babies Day Out - Parent & Infant Drop In</u> Sherbrooke: 1:00-3:30 | 13 <u>Together Time Drop In</u> Hyde Park:9:00-11:30 | 14 Fair Start Screening Sherbrooke: 9 – 12 Call 625-8817 to book an appointment |
| 15 | 16 <u>Together Time Drop In</u> Sherbrooke: 9:30-12:00 Kingsway: 9:30-12:00 Triple P Session # 1 <u>Playskills for Children with Autism</u> Sherbrooke: 6-8 | 17 <u>Together Time Drop In</u> MacGregor: 9:30 – 11:30 Sherbrooke: 6-8 Breastfeeding Support Group & Breastfeeding Clinic 1-3 Call 625-5972 | 18 <u>Caregiver Stay & Play-</u> Sherbrooke 9:30-12:00 <u>Together Time Drop In</u> Kingsway: 9:30-12:00 Sherbrooke: 1:00-3:30 | 19 <u>Together Time Drop In</u> Sherbrooke: 9:30-12:00 <u>Babies Day Out – Dental Health for Infants</u> Sherbrooke: 1:00-3:30 Pick up Good Food Box by 4 pm | 20 <u>Together Time Drop In</u> Hyde Park:9:00-11:30 | 21 <u>Together Time Drop In</u> Sherbrooke: 9:30-12:00 |
| 22 | 23 <u>Together Time Drop In</u> Sherbrooke: 9:30-12:00 Kingsway: 9:30-12:00 Triple P Session # 2 <u>Playskills for Children with Autism</u> Sherbrooke: 6-8 | 24 <u>Together Time Drop In</u> MacGregor: 9:30 – 11:30 Sherbrooke: 6-8 Breastfeeding Support Group & Breastfeeding Clinic 1-3 Call 625-5972 | 25 <u>Caregiver Stay & Play-</u> Sherbrooke: 9:30-12:00 <u>Together Time Drop In</u> Kingsway: 9:30-12:00 Sherbrooke: 1:00-3:30 | 26 <u>Together Time Drop In</u> Sherbrooke: 9:30-12:00 <u>Babies Day Out – Parent & Infant Drop In</u> Sherbrooke: 1:00-3:30 | 27 <u>Together Time Drop In</u> Hyde Park:9:00-11:30 | 28 Fair Start Screening Sherbrooke: 9 – 12 Call 625-8817 to book an appointment |
| 29 | 30 <u>Together Time Drop In</u> Sherbrooke: 9:30-12:00 Kingsway: 9:30-12:00 Triple P Session # 3 <u>Playskills for Children with Autism</u> Sherbrooke: 6-8 | 31 <u>Together Time Drop In</u> MacGregor: 9:30 – 11:30 Sherbrooke: 6-8 Breastfeeding Support Group & Breastfeeding Clinic 1-3 Call 625-5972 | Hyde Park School: 2040 Walsh Street East Kingsway Park School: 315 Empire Avenue MacGregor Recreation Centre: 800 Lakeshore Drive http://www.yourbeststart.ca | | | |

Best Start Northwood Hub Sherbrooke News



The Thursday morning drop in at Kingsway is cancelled until the end of March.
Join us for Together Time drop in at Kingsway on Mondays and Wednesdays from 9:30 – 12:00

Highlights for this Month

- Good Food Box money & order are due: Thursday, January 5
- Good Food Box Pick up is: Thursday, January 19

Upcoming news and events...



January 27th is Family Literacy Day in Canada.

On this day, Canadian families are encouraged to read together, play together, and plan to continue to learn as a family all year long. This special day was created in 1999 by ABC CANADA, a charity that researches and promotes literacy in Canada.

This year we will be celebrating Family Literacy Day on FRIDAY FEBRUARY 3 at our Sherbrooke location. HYDE PARK Together Time Drop In will be cancelled. All families are encouraged to join us at Sherbrooke. More details will be available soon.

For more information visit: <http://www.abclif literacy.ca/en/play-literacy>

ALL DROP IN PROGRAMS WILL BE CANCELLED ON:
THURSDAY FEBRUARY 9 AND FRIDAY FEBRUARY 10
FOR PROFESSIONAL DEVELOPMENT



Best Start
Helping Children Grow

Partner With US!

Best Start Northwood Hub is looking for interested participants to be members of the

Best Start Northwood Hub Advisory Committee.

By Sharing your suggestions and feedback you can make an important contribution to the future of Best Start Northwood Hub programs and the community! We will be having our first Hub Advisory meeting beginning of October – Pick up a Hub Advisory Brochure for more information or contact Lori Easton at **624-2379** or talk to one of the staff at the Hub. All interested participants are welcome.