



July, August
2010

Programs

Drop In

0-6 Years

Babies Day Out

0-12 Months

Caregiver Morning

0-6 Years & their
caregivers

Smart Start Program

Call Serena 345-5840 ext
222

Healthy Beginnings

Call Sheila 343-4843

Breastfeeding Support

Health Unit 625-5900

In This Issue

Babies Day Out

Smart Start

Breastfeeding support

Healthy Beginnings

Good Food Box

McIntyre Hub

Support for families with children from birth to 6 years of age. We offer children and families a place to meet, to learn and to grow together. At no cost to families.

Baby's Day out Program-This program happens every Thursday after noon from 1-3 the visits from the Public Health Nurse are as follows:

July 15th - Routine and Sleeping

July 29th - Infant Nutrition (Dietitian available)

Aug 12th - Dental Health for Infant- (Dental Hygienist)

Aug 26th - Stimulation and Play

Smart Start- This program is being offered by the Thunder Bay Indian Friendship Centre- this is a preschool readiness program for young children- the program runs from July 7th to August 25th on Wednesdays from 10-3 call Serena at 345-5840 ext 222 for more information

Breastfeeding Support- Breastfeeding support group meets the 2nd and 4th Tuesday afternoon from 1-3, Public Health Nurse available to answer questions as well as other breastfeeding moms.

Healthy Beginnings Post Natal Drop in- runs July 8th to July 29th on Thursday mornings from 9-12 call Sheila at 343-4843 for more information

Good Food Box- there will be no order for July, call the centre beginning of August to see if there is an August order.