


COUNTRY ROADS COMMUNITY HEALTH CENTRE

Parent, Education & Support *July-September 2010*

Programs for Pregnant Women, Parents & Caregivers of Children
Age 0 – 6 years

PORTLAND	DELTA	ELGIN	PORTLAND
At Country Roads CHC 9:30 a.m.-11:30 a.m. 3 rd Monday	At Delta Baptist Church 10:00 a.m.-12:30 pm. 2 nd & 4 th Wednesday	At the Elgin Municipal Complex 9:30 a.m.-11:30 a.m. 1 st Monday	 Breastfeeding Buddies At Country Roads CHC 1:30 p.m.-3:30 pm. 1 st Tuesday
July 19 Puppet Show (Summer Safety) Health Unit	July 14 Mindfulness Meditation	July 5 Puppet Show (Summer Safety) Health Unit	July 6 Make your Own Baby Food
	July 28 Puppet Show (Summer Safety) Health Unit		
August 16 Portland Outdoor Play Day Ontario Early Years	August 11 Delta Park Day Ontario Early Years	August 2 CLOSED	August 3
	August 25 Cook Day with the Dietitian		
September 20 When to call the Doctor (EY Nurse)	September 8 When to call the Doctor (EY Nurse)	September 6 CLOSED	September 7
	September 22 Cook Day with the Dietitian		
Snacks and children's activities are offered at each program.			Child Care Available

Registered Nurse, Social Worker, Community Health Worker and Dietitian Attending
For more information: Contact the Early Years Team 613-272-2799 Ext 246 or 1-888-998-9927
Ext 246

