



# APPLEGROVE COMMUNITY COMPLEX


60 Woodfield Road, Toronto, Ontario M4L 2W6

“TOGETHER, BUILDING OUR COMMUNITY”



## Helping Our Babies Grow Applegrove’s FREE Prenatal Program

Location: Applegrove’s main site at 60 Woodfield Road, in Duke of Connaught Public School, lower level; entrance on Woodfield close to Queen Street.

Monday Evenings 6:00-8:00 p.m.				
January 6	January 13	January 20	January 27	
Kate Macdonald Midwife	Public Health Nurse Rachel	Parent Support Worker Sue Lyon	Mom & Baby Yoga Emily Briggson Dettloff	
Chili, rice & fruit.	Soup with bread & fruit crisp.	Spaghetti prima vera, Yogurt & berries.	Quiche, salad & yogurt.	
February 3	February 10	February 17	February 24	
Kate Macdonald Midwife	Family Literacy Event With Dave Page	 No Program today.	Public Health Nurse Debbie	
Sandwich & Soup	Spanakopita & Salad		Baked Pasta & fruit.	
March 2	March 9	March 16 March Break Week	March 23	March 30
Kate Macdonald Midwife	Dr. Matthew Dental Workshop	Public Health Nurse Polly	TBA	Mom & Baby Yoga Emily Briggson Dettloff
Quiche, salad & yogurt.	Chili, rice & fruit.	Grilled Cheese & Soup	Rice Bowl & fruit.	Spanako- pita & Salad



For more information contact Louise Maynard, Helping Our Babies Grow Program Co-ordinator, 416-461-8092 or [Louise@applegrovecc.ca](mailto:Louise@applegrovecc.ca).

