

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b><u>OFFICE CLOSED</u></b> <b><u>/ NO GROUPS</u></b>	2 <b>Food Hamper Pick-Up</b> 10-12 (Call before 2pm on Tuesday)	3 <b><u>NO GROUPS</u></b>	4	5
6	7 <b>Toddler Time</b> 10-11:30	8 <b>Healthy Babies</b> 10:00-12:00  <b>Stay N' Play</b> 12:30-2:00	9 <b>Food Hamper Pick-Up</b> 10-12 (Call before 2pm on Tuesday)	10 <b>CAPC</b> 9:30-11:00  <b>Waiting for the Bus</b> 12:30-2:30	11	12
13	14 <b>Toddler Time</b> 10-11:30	15 <b>Healthy Babies</b> 10:00-12:00  <b>Stay N' Play</b> 12:30-2:00	16 <b>Food Hamper Pick-Up</b> 10-12 (Call before 2pm on Tuesday)	17 <b>CAPC</b> 9:30-11:00  <b>Waiting for the Bus</b> 12:30-2:30	18	19
20	21 <b><u>NO GROUPS</u></b>	22 <b><u>NO GROUPS</u></b>	23 <b>Food Hamper Pick-Up</b> 10-12 (Call before 2pm on Tuesday)	24 <b><u>NO GROUPS</u></b>	25	26
27	28 <b>Toddler Time</b> 10-11:30	29 <b>Healthy Babies</b> 10:00-12:00  <b>Stay N' Play</b> 12:30-2:00	30 <b>Food Hamper Pick-Up</b> 10-12 (Call before 2pm on Tuesday)	31 <b>CAPC</b> 9:30-11:00  <b>Waiting for the Bus</b> 12:30-2:30		

**Comox Valley Family Services Association – Healthy Families Program**

1507C McPhee Avenue, Courtenay, BC V9N 3A6

Phone: (250) 871-7575 | Text: (250) 465-8818 | Facebook: Search “CV Healthy Families” under name Heath Fam

WHAT'S THE PROGRAM?	WHO IS IT FOR?	HOW DO I SIGN UP?	WHEN AND WHERE IS IT?
<p><b>Healthy Babies Prenatal Nutrition Program:</b> Meet other pregnant women and moms of young babies for a delicious weekly meal, group discussions, and guest speakers. One-on-one support available as well as opportunities to connect with community resources. Free vitamins and grocery store food vouchers for attendees.</p>	Individuals who are pregnant and / or have babies under the age of 4 months.	Drop-ins welcome or contact the Healthy Families Program in advance to register.	<p><b>SELECT Tuesdays</b> 10:00am - 12:00pm (Prenatal Food Skills starts at 9:30) Comox Family Services Association 1415 Cliffe Ave., Courtenay, BC</p>
<p><b>Stay N' Play:</b> Meet other parents of young babies for a delicious weekly meal, group discussions, and guest speakers. Free vitamins and grocery store vouchers for qualifying attendees.</p>	Families with children between the ages of 4 and 12 months.	Drop-ins welcome or contact the Healthy Families Program in advance to register.	<p><b>SELECT Tuesdays</b> 12:30pm - 2:30pm  Comox Family Services Association 1415 Cliffe Ave., Courtenay</p>
<p><b>Toddler Time</b> Meet other parents of young children for a delicious weekly meal, group discussions, and playtime. Guest speakers visit the groups to provide information and expertise in the area of health, nutrition, wellness and life-skills.</p>	Families with children between the ages of 12-24 months.	Drop-ins welcome or contact the Healthy Families Program in advance to register.	<p><b>SELECT Mondays</b> 10:00-11:30  Comox Family Services Association 1415 Cliffe Ave., Courtenay</p>
<p><b>CAPC (Community Action Program for Children):</b> Connect with other parents in a welcoming environment, have some creative fun, enjoy healthy snacks and find out about community resources. Guest speakers visit the groups to provide information and expertise in the area of health, nutrition, wellness and life-skills.</p>	Families with children between the ages of 2 and 5 years. (Younger siblings, including babies, also welcome at this group.)	Drop-ins welcome or contact the Healthy Families Program in advance to register.	<p><b>SELECT Thursdays</b> 9:30-11:00  Courtenay Elementary (Multipurpose Room) 1540 McPhee Avenue</p>
<p><b>Waiting for the Bus</b> Participate in early learning activities with your child, prepare &amp; eat simple, healthy meals, join other parents in learning circles around topics such as parenting support, computer literacy, employment and/or college readiness. Child care is provided.</p>	Families who have children between the ages of 0 and 6 years old and live in the Back Road / Glacier View area.	Drop-ins welcome or contact the Healthy Families Program in advance to register.	<p><b>SELECT Thursdays</b> 12:30-2:30 Glacier View School</p>
<p><b>Nobody's Perfect Parenting:</b> Meet with other parents who have children the same age, share questions, concerns and ideas about parenting, learn about positive child development and behavior, discuss real-life parenting situations with other parents and professionals and discover positive ways of parenting. Healthy snacks are provided.</p>	Families who have children between the ages of 0 and 5 years old (most useful for families with 2-5 year olds). Child minding available.	Advance registration is required. Please call Renate at 250-871-7575.	Dates to be announced.
<p><b>Food Skills for Families:</b> An amazing, hands-on, in-the-kitchen cooking course! Join Carol from the Healthy Families Program for this 6 week course and learn skills for shopping for and preparing delicious, affordable, healthy food. Sample all your hard work too! Free cookbook for all participants. Limited enrolment.</p>	Individuals who are pregnant and/or families who have children between birth and 5 years old. Child minding available.	Advance sign-up is required. Call, Facebook private message or tell a staff member at a group in advance.	<p>Sessions to be announced.  Comox Family Services Association 1415 Cliffe Avenue, Courtenay</p>
<p><b>Food Hamper Outreach Program</b> A partnership with the Comox Valley Food Bank that supports families in accessing the monthly hamper.</p>	Families with children under 6 and /or pregnant women.	<b>PLEASE LET US KNOW BY 2PM on Tuesday if you require a hamper.</b> Call / text / Facebook message.	<p><b>Every Wednesday</b> 10:00am - 12:00pm Healthy Families Program Office 1507C McPhee Ave., Courtenay</p>