

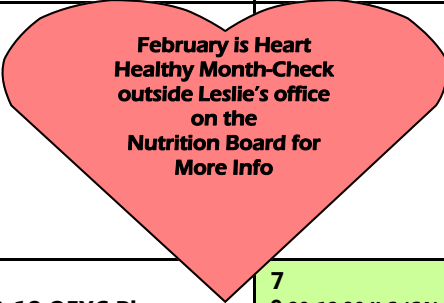




The
Bethany Hope
Centre for
Young
Parent
Families

1140
Wellington

Call: 72511733

Fax: 72519480

(CA) Childcare available
(RA) Register in advance
(DI) Drop-in

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>February is Heart Healthy Month-Check outside Leslie's office on the Nutrition Board for More Info</p>		<p>1 9:30-12:30 ILC (CA) 10-3 Respite (RA) 12:00-12:30 Lunch (RA) 1-3 EXCEL-Healthy & Unhealthy Relationships 4/6 (RA,CA)</p>	<p>2 9:15-10 Hot Breakfast (DI) 9:30-12:30 ILC (CA) 10-12 TODDLERS (RA,CA) 12-12:30 Lunch (RA) 1-2:30 Nuts and Bolts of Parenting 4/6 (RA,CA)</p>	<p>3 10-11:30 First Friends Playgroup (DI) 10:30-11:30 LEAP Worker 11:30 Food Bank (for regular clients only-sign up 11-11:30)</p>	<p>4</p> <div style="border: 2px dashed black; padding: 10px; text-align: center;"> <p>NEW SATURDAY HOURS</p> </div>
<p>6 10-12 OEYC Playgroup Theme: Nature (DI) 12-12:30 LUNCH (RA) 1-3 Food Handlers Course 1/5 (RA,CA)</p> 	<p>7 9:30-12:30 ILC (CA) 9:30-10:30 PLAR (RA,CA) 10-12 SWADDLERS (RA,CA) 12:00-12:30 LUNCH(RA) 1:00-3:00 Buns in the Oven (RA,CA) 6:00-7:30 Super Dads Super Kids RA) <i>The Role of Super Dad</i> 1/8 6:00-8:00 Prenatal Class 4/8 (RA)</p>	<p>8 9:30-12:30 ILC (CA) 10-3 Respite (RA) 12-12:30 Lunch (RA) 1-3 EXCEL- Setting Personal Limits 5/6 (RA,CA)</p>	<p>9 9:15-10 Hot Breakfast (DI) 9:30-12:30 ILC (CA) 10-12 TODDLERS (RA,CA) 12-12:30 Lunch (RA) 1-2:30 Nuts and Bolts of Parenting 5/6 (RA,CA)</p>	<p>10 10-12 Dental Screening (RA,DI) 10-11:30 First Friends Playgroup (DI) Special Story Circle 10:30-11:30 LEAP Worker 11:30 Community Food bank (sign up 11-11:30)</p>	<p>11 10-12 Playroom open (DI) 10-1 WINTERLUDE activities-hotdogs and hot chocolate (DI) 10-1 Community Food bank,, clothing boutique and computer lab are open</p>
<p>13 10-12 OEYC Playgroup Theme: My little Heart (DI) 12-12:30 LUNCH (RA) 1-3 Food Handlers Course 2/5 (RA,CA)</p>	<p>14 9:30-12:30 ILC (CA) 10-12 SWADDLERS (RA,CA) 12:00-12:30 Valentines Day LUNCH(RA)  1:00-3:00 Buns in the Oven (RA,CA) 6:00-7:30 Super Dads Super Kids (RA) <i>Watch me Grow</i> 2/8</p>	<p>15 9:30-12:30 ILC (CA) 10-3 Respite (RA) 12-12:30 Lunch (RA) 1-3 EXCEL- Effective Communication Techniques 6/6 (RA,CA)</p>	<p>16 9:15-10 Hot Breakfast (DI) 9:30-12:30 ILC (CA) 10-12 TODDLERS (RA,CA) 12-12:30 Lunch (RA) 1-2:30 Nuts and Bolts of Parenting 6/6</p>	<p>17 10-11:30 First Friends Playgroup (DI) 11:30 Food Bank (for regular clients only-sign up 11-11:30) 10:30-11:30 LEAP Worker Family Day Treats!!!</p>	<p>18</p> <div style="border: 2px dashed black; padding: 10px; text-align: center;"> <p>Looking for Fathering Support?</p> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>DADS</p> </div> <p>BHC Fathering Worker David Milnes 613-785-1733 ext 211</p> </div>
<p>20 Closed for Family Day</p> 	<p>21 9:30-12:30 ILC (CA) 9:30-10:30 PLAR (RA,CA) 10-12 SWADDLERS (RA,CA) 12:00-12:30 Pancake LUNCH(RA) 1:00-3:00 Buns in the Oven (RA,CA) 6:00-7:30 Super Dads Super Kids (RA) <i>Communication</i> 6:00-8:00 Prenatal Class 6/8</p>	<p>22 9:30-12:30 ILC (CA) 10-3 Respite (RA) 12:00-12:30 Lunch (RA) 1-3 Budgeting 101 (RA,CA)</p>	<p>23 9:15-10 Hot Breakfast (DI) 9:30-11:30 ILC (CA) 10-12 TODDLERS (RA,CA) 12-12:30 Lunch (RA) 1-3 pm GOTTA PAINT (CA,RA)</p>	<p>24 10-11:30 First Friends Playgroup (DI) Special Story Circle 11:30 Food Bank (sign up 11-11:30) 10:30-11:30 LEAP Worker</p>	
<p>27 10-12 OEYC Playgroup Theme: Sensory Discovery(DI) 12-12:30 Lunch (RA) 1-3 Food Handlers Course 3/5 (RA,CA)</p>	<p>28 9:30-12:30 ILC (CA) 10-12 SWADDLERS (RA,CA) 12:00-12:30 LUNCH(RA) 1:00-3:00 Buns in the Oven (RA,CA) 6:00-7:30 Super Dads Super Kids (RA) <i>Emotions</i> 4/8 6:00-8:00 Prenatal Class 7/8</p>	<p>29 9:30-12:30 ILC (CA) 10-3 Respite (RA) 12:00-12:30 Lunch (RA) 1-3 Pamper your hands (RA,CA)</p>	<h1 style="color: red; font-size: 4em; margin: 0;">February 2012</h1>		



1140 Wellington St
(close to Wellington and
Parkdale beside the Grace Manor
on bus route #2)

Phone (613) 725-1733
Fax: (613) 725-9480

Email:
info@bethanyhopecentre.com

NEW

Visit our website at
www.bethanyhopecentre.com
or on

Facebook and Twitter!

Hours Open :
Mon-Fri 9-3:30
Tue open until 9 pm

AVAILABLE for questions and
information....

LEAP worker- Every Friday 10:30-
11:30

Housing Help worker- Every second
Friday of the month 10:00-11:00

Home Management worker- Every
second Friday of the month 10:00-
11:30

Monday

10-12 OEYC Playgroup –Come for
breakfast and playgroup with your
little one (s).

Every Week at The Bethany Hope Centre

Bethany Boutique –open Mon-Thu 12:30-1:00

Food bank-Friday 11:30-12:30

Toy, Movie and Book Lending Library-upon request

Various Playgroups-10-12 Mon,Tue,Thur,Fri
(see calendar)

ILC-9:30-12:30 Tue, Wed, Thur

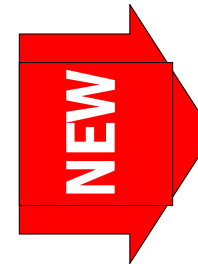
Meals- Light Breakfast Tue, Wed & Fri 9:15-10:00 am
Hot Breakfast Thur 9:15-10:00

Lunch Mon-Thu 12:00-12:30 ***mandatory sign
up for lunch (before 11 am) Max 10 adults * Subject to
cancelation or change-check calendar or call in ***

Support and Counseling- Monday-Friday 9-3

Counselors are available to help you deal with Ontario Works, daycare,
housing, legal and relationship issues or just to talk.

To speak to support staff call 613-725-1733 or ask for assistance at
reception.



**Open Saturday February 11,
2012-WINTERLUDE**

**The Bethany Hope Centre
will now open the second
Saturday of the month.
The Centre will be open
from 10 am-2 pm and
during that time families
can access:**

*Playroom, Community
Foodbank, Bethany
Boutique, Infant cupboard
and Computer lab are
open 10-1.*

**Open to all current BHC
clients as well as alumni of
the program.**

For more info: 725-1733 ext 211

**Housing
Worker**

Did you know
we have one???
Christine @
725-1733 ext 211

- ⇒ Finding safe housing
- ⇒ Help with landlords
- ⇒ Support budgeting
- ⇒ Support with shelter system

Wednesday

9:30-12:30 ILC

10:00-3:00 Respite-see playroom staff to
register for a free day of special care for
your child and a day to yourself!!

NO PLAYGROUP ON WEDNESDAYS

Friday

10-11:30 First Friends

Playgroup- join the daycare
staff and special guests for a
fun and interactive morning

11:30-12:30 Foodbank

Available to any pregnant
and/or parenting youth 25
years and under on the **2nd
Friday or Saturday of the
month**

Available **every Friday** to
parents who attend a
minimum of 1 program per
week (ILC, parenting ,
playgroup, BUNS etc)

Tuesday

9:30-12:30 Independent

Learning (ILC)

10-12 Swaddlers –playgroup for
for newborn up to pre-walkers

1:00-3:00 Buns in the Oven-A
prenatal nutrition cooking
Program.

6:00-8:00 pm Prenatal Class
register at 613-580-6744 ext
28020

Looking for support in parenting or with child custo-
dy/CAS? Interested in a program on building that special
bond with your baby/toddler?

For more information contact Brighter Futures
Parent Educator -Natasha So @ 613-725-1621

Thursday

9:30-12:30 ILC

**10-12 Toddlers-A playgroup for
children already walking ..right
up to their third birthday.**

