



CAPC/ Family Outreach
 1295 Manitoba ST
 Penticton, BC V2A 4Z9
 250-493-0512
 Kelly ext 118 Janet ext 119

FAMILY OUTREACH

September 2010

Community Action Program for Children

- Positively Pregnant
- Muffin Mix/Family Special
- Community Kitchen

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NO GROUP	2 NO GROUP	3	4
5	6	7 Positively Pregnant <u>10:00-1:00</u> <i>Welcome Back Social</i>	8 Kitchen Planning 9:00-10:00 Breakfast & Muffin Mix <u>9:30-12:00</u>	9 Family Special <u>10 am - 1pm</u> <i>Welcome Back Social</i>	10 Community Kitchen <u>9:00 - 1:00</u>	11
12	13	14 Positively Pregnant <u>10:00-1:00</u> <i>Nutritionist - Casey Hamilton</i>	15 Kitchen Planning 9:00-10:00 Breakfast & Muffin Mix <u>9:30-12:00</u> <u>PARENT ADVISORY MEETING</u>	16 Family Special <u>10 am - 1pm</u> <i>Walk & Play at Edmonton Ave</i>	17 Community Kitchen <u>9:00 - 1:00</u>	18
<p>Nobody's Perfect Parenting</p> <p>Call Janet to register</p> <p>250-493-0512, x 119</p>		21 Positively Pregnant <u>10:00-1:00</u> <i>Post Partum</i>	22 Kitchen Planning 9:00-10:00 Breakfast & Muffin Mix <u>9:30-12:00</u>	23 Family Night Open House <u>5:30 - 7:30</u> <i>See back page</i>	24 Community Kitchen <u>9:00 - 1:00</u>	25
		26	27	28 Positively Pregnant <u>10:00-1:00</u> <i>Infant Massage</i>	29 Breakfast & Muffin Mix <u>9:30-12:00</u>	30 Family Special <u>10 am - 1pm</u> <i>Ages & Stages of Child Development</i>

YOU ARE INVITED TO

Boys & Girls Club

Family Night Open House

Thursday, September 23

5:30 – 7:30 pm

Dinner & lots of family fun

Please sign up by September 16

Wednesday, September 15

10:15-11:15 am

PARENT ADVISORY
COMMITTEE MEETING

Your chance to be part of the
planning for future Family
Outreach programs.

Meeting starts at

10:15 SHARP!