



Mskomini-Giizis - Raspberry Moon (July) First Nation Pre/Postnatal Nutrition Program 2017



**Toronto
COUNCIL FIRE
Native Cultural
Centre**

439 Dundas Street E.
Toronto, ON M5A2B1
SW Corner of
Parliament & Dundas

Susan Cada
Pre/Postnatal Nutrition
Coordinator

416-360-4350 Ext 225
Fax: 416-360-5978
pnc@councilfire.ca
9:30am - 5:30pm

Facebook: Toronto
Council Fire - Family
Nurturing Program

All programming is
geared towards
Mothers/Fathers
during pregnancy
and after birth, until
baby is 6 months.

Special events are
geared towards
regular program
participants

Mon	Tue	Wed	Thu	Fri
2 HOLIDAY CF Closed	3 YMCA 10:00am-12:00pm Pre/postnatal Program 2:00pm - 4:00pm	4 Home/Hospital Visit 10:00-12:00pm Crafts 2:00pm-4:00pm	5 Summer Camp 10:00am-3:00pm	6 ADMIN DAY
9 Community Kitchen 10:30am-1:00pm Drop-In	10 YMCA 10:00am-12:00pm Pre/postnatal Program 2:00pm - 4:00pm	11 Home/Hospital Visit 10:00-12:00pm Crafts 2:00pm-4:00pm	12 Summer Camp 10:00am-3:00pm	13 ADMIN DAY
16 Community Kitchen 10:30am-1:00pm Drop-In 2:00pm-4:00pm	17 YMCA 10:00am-12:00pm Pre/postnatal Program 2:00pm - 4:00 pm	18 Home/Hospital Visit 10:00-12:00pm Crafts 2:00pm-4:00pm	19 Summer Camp 10:00am-3:00pm	20 ADMIN DAY
23 Community Kitchen 10:30am-1:00pm Drop-In	24 YMCA 10:00am-12:00pm Pre/postnatal Program 2:00pm - 4:00pm	25 Home/Hospital Visit 10:00-12:00pm Crafts 2:00pm-4:00pm	26 Summer Camp 10:00am-3:00pm	27 ADMIN DAY
30 Community Kitchen 10:30am-1:00pm Drop-In 2:00pm-4:00pm	31 YMCA 10:00am-12:00pm Pre/postnatal Program 2:00pm - 4:00pm	<i>The seventh moon of Creation is Raspberry Moon, when great changes begin. By learning gentleness and kindness, we may pass through the thorns of its brush and harvest its fruit, as we gain knowledge that will help in raising our families.</i>		



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