

Immigrant Women Resource Centre

Centre for Immigrant and Community Services

Share & Grow

November 25th:

Mother:

- Build up your confidence

Child:

- Activities to improve public speaking

Parent & Child:

- Paint and take home T-Shirt Activity



Support group series for newcomer women and their children

6-12 years old

Mandatory Orientation :

November 25th
9:30 am -12:00 noon

Sessions: Every Saturdays
December 2nd, 9th, 16th
10:00 am -12:00 noon

Light refreshment will be served

December 2nd:

Mother:

- Talk to a dentist about your dental care and learn ways to prevent cavity

Child:

- Activity for healthy foods for healthy teeth

Parent & Child:

- Learn proper techniques for brushing your teeth with a dentist
- Parent child line dance



December 9th:

Mother:

- Talk to a registered dietician about your eating habit and learn about healthy nutrition

Child:

- Activity to learn more about vitamins & nutrition

Mothers & Child:

- Make & take home healthy & delicious snacks

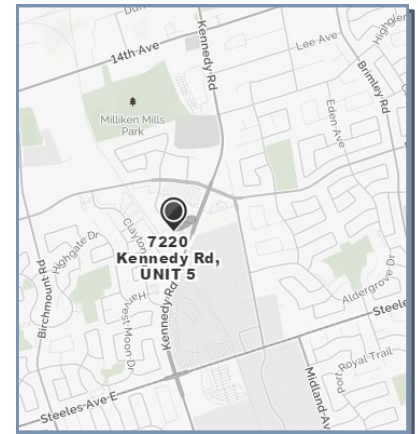


December 16th:

Year end celebration with family & friends

Parent & Child:

- Make & take home your own gingerbread house



Immigrant Women Resource Centre
7220 Kennedy Road, Unit 5
Markham, ON L3R 0N4
(905) 415-9763
www.yrwomen.com

Please register with your PR Card /Landing paper. YRT bus ticket & childcare services will be available for eligible participants

YRT Bus Route:
8 Kennedy

***Limited space available. Pre-registration is required.**

For registration & inquiries, please call : 905-415-9763/ 905-305-4116/ 905-305-4107

Email: Minnie.wang@cicscanada.com / batoul.rezaie@cicscanada.com

After 4:30pm, please call 905-479-7926