

Better Beginnings Calendar

46361 Yale Road



January 2021

| https://zoom.us/j/734994463 11am | | | | | | |
|---|--------|---------|-----------|---|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 Breastfeeding, pumping and breastmilk storage | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 Good Food Bags Infant Massage with Denise Moore | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 Catherine Coombe – Strength based parenting | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 Budgeting for a family | 29 | 30 |
| 31 | | | | | | |

Please Note: We miss you when you're not here!
Please call Lana at 604.701.4978 ext 6021 if you can't make it to class.

Financial contribution from



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February 2021

| | | | | https://zoom.us/j/ 734994463 11am | | |
|--------|--------|---------|-----------|--|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | 1 | 2 | 3 | 4 Steve Dove – Dads and their role in a baby’s life | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 Good Food Bags Jen – Potty Training | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 Counsellor – Facing the challenges of motherhood | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 Financial Literacy – Tax prep for families | 26 | 27 |
| 28 | | | | | | |

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March 2021

| | | | | https://zoom.us/j/ 734994463 11am | | |
|--------|--------|---------|-----------|--|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | 1 | 2 | 3 | 4 Melissa Buckingham from the Child Development center | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 Good Food Bags Lana – Nutrition for the 1 st year | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 Counsellors – Self Care of New Mothers | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 Emergency Preparation – Lisa Axelson | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

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April 2021

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|---|--------|---------|-----------|--|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | 1 Financial Literacy – Credit (establishing it and maintaining it) | 2 | 3 |
| 4 Easter | 5 | 6 | 7 | 8 Counsellors – Anger Management Good Food Bags | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 Safety - Holly | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 Dental | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 Chemical safety at home | 30 | |

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May 2021

| | | | | https://zoom.us/j/ 734994463 11am | | |
|--------|--------|---------|-----------|--|--------|------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 2 | 3 | 4 | 5 | 6 Communication – Ali child development centre | 7 | 1 8 |
| 9 | 10 | 11 | 12 | 13 Good Food Bags Dental Hygeine | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 Registered Educational Saving Plans | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 Career planning | 28 | 29 |
| 30 | 31 | | | | | |

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June 2021

| | | | | ROOM 1012 9:30-10:30 OR 11-12 | | |
|--------|--------|---------|-----------|--|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | 1 | 2 | 3 Deanna VanWoudenberg – Sibling Rivalry | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 Save On Foods Nutritionist visit | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 Fathers – Steve Dove Good Food Bags | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 Barb Miller- Food waste Money down the drain | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

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July 2021

| | | | | ZOOM UNTIL JULY 22 THEN 1012 FROM 11-12 | | |
|--------|--------|---------|-----------|--|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 Fire Safety – Lisa Axelson Zoom | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 Good Food Bags Nicole Dean – Child Care Resource & Referral – zoom | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 Deanna VanWoudenburg – Anger Part 2 In person Alumni Hall | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 Barb Miller – Frauds and Scams in person Alumni Hall | 30 | 31 |

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August 2021

| | | | | 11-12 | | |
|--------|--------|---------|-----------|--|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 1 | 2 | 3 | 4 | 5 Child Development songs and Rhymes for young children In person Alumni Hall | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 Good Food Bags In person Graduation 9:30 Michelle - Dental Zoom @11am | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 closed | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 Barb Miller – Turn Bills into Lessons in person Alumni Hall | 27 | 28 |
| 29 | 30 | 31 | | | | |

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September 2021

| | | | | ROOM 1012 FROM 11-12 | | |
|--------|--------|---------|-----------|---|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | 1 | 2 Car Seat Safety BCAA Traffic Safety Foundation | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 CLOSED – 1 st week of school | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 Good Food Bags Jen G – circle of security | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 Dental (fluoride varnish) | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 Barb Miller – Emergency Fund Boot Camp | | |

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October 2021

| | | | | ZOOM 11AM https://zoom.us/j/ 734994463 | | |
|--------|--------|---------|-----------|---|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 Play with Melissa Buckingham (FVDC) | 8 | |
| 10 | 11 | 12 | 13 | 14 Good Food Bags | 15 | |
| 17 | 18 | 19 | 20 | 21 | 22 | |
| 24 | 25 | 26 | 27 | 28 Barb finance | 29 | |
| 31 | | | | | | |

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November 2021

| | | | | ROOM 1012 9:30-10:30 OR 11-12 | | |
|--------|--------|---------|-----------|---|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | 1 | 2 | 3 | 4 Burn Prevention – Lisa Axelson | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 Closed – Remembrance Day | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 Good Food Bags Jen G potty training | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 Barb finance | 26 | 27 |
| 28 | 29 | 30 | | | | |

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December 2021

| | | | | ROOM 1012 9:30-10:30 OR 11-12 | | |
|--------|--------|---------|-----------|---|--------|----------------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | 1 | 2 Stacy Dental (fluoride varnish) | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 Xmas party | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 Good Food Bags Barb finance | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 Closed for Christmas | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 Closed for Christmas | 31 | Child Dev: Jan 6 & Apr 7 2022 |

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