



December Newsletter

Early Childhood Development & Maternal Child Health - Allison Brant

Healthy Babies Healthy Children - Johanna Goodfellow

50 Meadow Drive

613-967-3603

Merry Christmas and Happy New Year

From: Healthy Babies Healthy Children - Johanna Goodfellow

Maternal Child Health - Allison Brant & Julie Brant



Local Holiday Activity's

Deseronto Arena

Craft Show

December 4th

10:00am- 4:00pm

Make sure children wear a helmet when skating in arenas or on open ice surfaces.

Napanee Arena Free Skating

December 27, 29 & 30 1:00pm - 2:00pm

January 2, 3, 4 & 5 1:00pm- 2:00pm

Napanee Early Years Centre (1178 County Rd 8)

Breakfast with Santa

December 9th

9:00am-11:00am

Saturday Play Group

December 3rd 2011

9:30-11:30 a.m.

50 Meadow Drive

Community Wellbeing Building Teaching Lodge!!

Come out and have some fun playing with our toys and making a Christmas craft

Enjoy a nice cup of hot chocolate and snack...



Think Red, Green or anything in between. If your favorite color is Purple then decorate with purple this holiday season, many stores carry lots of new colors.

Christmas Craft Show

December 4th

Orange Lodge

9am-4pm

Donations excepted

(For the Angel Tree & Food Bank)

If you would like to be a vendor \$10.00
per table (max 2 table limit)



MFS Christmas Bingo!

Sunday December 11th

Community Centre

Doors open @ noon

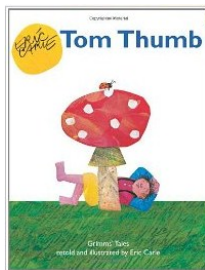
Bingo starts at 1pm

"NEW This Year" \$2.00 Admission Fee
(To help provide great prizes for the children next year)

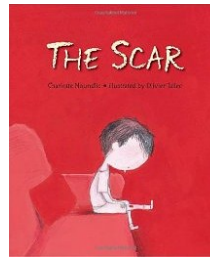


Reading Section

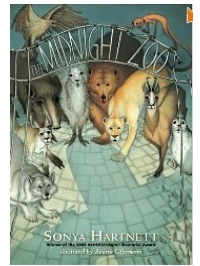
Tom Thumb
By: Eric Carle
Ages: 3-5
\$14.43



The Scar
By: Charlotte Moundlic
Ages: 5+
\$10.11



The Midnight Zoo
By: Sonya Hartnett
Ages: 9-12
\$12.74



Scrapbook Workshop

Thursday December 8th 2011

6:00-8:00pm

50 Meadow Drive

Community Wellbeing Building Teaching Lodge

Come and scrapbook your memories.

Cost \$2.00 per person

Please call to reserve your spot 613-967-3603 Allison



BE SAFE HAVE AN ALCOHOL FREE PREGNANCY

There is no safe time or amount of alcohol to drink during the nine months of pregnancy. Alcohol hurts the unborn child's growth and development, and causes fetal alcohol spectrum disorder (FASD). FASD is a range of negative physical, mental, behavioral and learning disabilities. There is no cure for FASD, but it is preventable. Having an alcohol free pregnancy guarantees your baby will not develop FASD, and gives your child the best start possible.

For more information on having a healthy pregnancy, or information on FASD and resources call 613-967-3603 Allison, Crystal or Mary



December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Drop In 9:30-11:30am
4	5	6	7	8 Scrapbook Workshop 6-8pm	9	10 Purse & Pie Auction 10:00am-2:00pm
11 MFS Bingo	12 SOADI @ the Fitness Centre 8am-12pm	13 Client Christmas Party 6-8pm	14	15	16	17
18	19	20	21	22	23 MBQ Offices Closed at noon till Jan- uary 3rd	24 Christmas Eve
25 Christmas 	26 Office Closed	27 Office Closed	28 Office Closed	29 Office Closed	30 Office Closed	31 New Years Eve

Upcoming Events in January....

January 19th Pizza & a Movie Night 6-8pm

January 30th Drop In & we are making Beef Stew 9:30am - 12:00pm

January 28th Play Group 9:30-11:30am

January 30th Scrapbook workshop 6-8pm

