

## June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 29	May 30 Nobody's Perfect Parenting 1:00-3:00pm	May 31 <b>NO GROUPS</b>	1 Toddler Time & Mother Goose and Friends 10:00-11:30 Food Hampers 11:00-1:00 Garden 1:00-3:00pm	2	3 Food Skills For Families #5 9:30-12:30	4
5	6 Nobody's Perfect Parenting 1:00-3:00	7 Healthy Babies 10:00-12:00  Stay 'N Play 12:30-2:00	8 Toddler Time & Mother Goose and Friends 10:00-11:30 Food Hampers 11:00-1:00 Garden 1:00-3:00pm	9 CAPC 10:00-11:30	10 Food Skills For Families #6 9:30-12:30	11
12	13 Nobody's Perfect Parenting 1:00-3:00	14 Healthy Babies 10:00-12:00  Stay 'N Play 12:30-2:00	15 Toddler Time & Mother Goose and Friends 10:00-11:30 Food Hampers 11:00-1:00 Garden 1:00-3:00pm	16 CAPC 10:00-11:30	17 Garden 9:00-11:00am	18
19	20 <b>NO GROUPS</b>	21 <b>NO GROUPS</b>	22 Food Hampers 11:00-1:00	23 Summer Picnic Salish Building (Behind Lewis Centre) 11:00-12:30	24 <b>NO GROUPS</b>	25 Farmers' Market Nutrition Coupon Program Headquarters Rd. 9:30-11:00
26	27 <b>NO GROUPS</b>	28 <b>NO GROUPS</b>	29 Food Hampers 11:00-1:00 Farmers' Market Nutrition Coupon Program 5th Street, Courtenay 9:30-10:30	30 <b>NO GROUPS</b>	July 1 <b>NO GROUPS</b>  Canada Day  Office Closed	July 2 Farmers' Market Nutrition Coupon Program Headquarters Rd. 9:30-11:00

**Comox Valley Family Services Association**  
**Healthy Families Program**

1507C McPhee Avenue, Courtenay, BC V9N 3A6  
Phone: (250) 871-7577 | Text: (250) 465-8818  
Facebook: Search "Heath Fam"  
or [www.facebook.com/heath.fam.3](http://www.facebook.com/heath.fam.3)

## July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 26	June 27 <b>NO GROUPS</b>	June 28 <b>NO GROUPS</b>	June 29 Food Hampers 11:00-1:00 Farmers' Market Nutrition Coupon Program 5th Street, Courtenay 9:30-10:30	June 30 <b>NO GROUPS</b>	1 <b>NO GROUPS</b>  Canada Day  Office Closed 30	2 Farmers' Market Nutrition Coupon Program Headquarters Rd. 9:30-11:00
3	4 <b>NO GROUPS</b>	5 Healthy Babies 10:00-12:00	6 Food Hampers 11:00-1:00 Farmers' Market Nutrition Coupon Program 5th Street, Courtenay 9:30-10:30	7 HOP With Me! 10:30am-12:30pm	8 <b>NO GROUPS</b>	9 Farmers' Market Nutrition Coupon Program Headquarters Rd. 9:30-11:00
10	11 <b>NO GROUPS</b>	12 Healthy Babies 10:00-12:00	13 Food Hampers 11:00-1:00 Farmers' Market Nutrition Coupon Program 5th Street, Courtenay 9:30-10:30	14 HOP With Me! 10:30am-12:30pm	15 <b>NO GROUPS</b>	16 Farmers' Market Nutrition Coupon Program Headquarters Rd. 9:30-11:00
17	18 <b>NO GROUPS</b>	19 Healthy Babies 10:00-12:00	20 Food Hampers 11:00-1:00 Farmers' Market Nutrition Coupon Program 5th Street, Courtenay 9:30-10:30	21 HOP With Me! 10:30am-12:30pm	22 <b>NO GROUPS</b>	23 Farmers' Market Nutrition Coupon Program Headquarters Rd. 9:30-11:00
24	25 <b>NO GROUPS</b>	26 <b>NO GROUPS</b>	27 Food Hampers 11:00-1:00 Farmers' Market Nutrition Coupon Program 5th Street, Courtenay 9:30-10:30	28 <b>NO GROUPS</b>	29 <b>NO GROUPS</b>	30 Farmers' Market Nutrition Coupon Program Headquarters Rd. 9:30-11:00
31						

**FLIP OVER**

WHAT'S THE PROGRAM?	WHO'S IT FOR?	HOW DO I SIGN UP?	WHEN AND WHERE IS IT?
<p><b>Household Food Hampers:</b> Pick up a Monthly Household Hamper of food at the Healthy Families office. This hamper is generously provided by the Comox Valley Food Bank and replaces Thursday Household Hampers. You are still eligible for the CV Food Bank Daily Drop in Service for essentials to help you get by for the week.</p>	Individuals who are pregnant and/or families who have children between the ages of birth and 5 years old.	Drop-ins welcome! If you're able to, call, Facebook private message or tell a staff member at a group and we'll have a hamper ready with your name on it.	Every Wednesday 11:00am - 1:00pm  Healthy Families Program Office 1507C McPhee Avenue, Courtenay, BC
<p><b>CAPC (Community Action Program for Children):</b> A welcoming program for parents and their children where they can have creative fun, connect with other families, enjoy healthy snacks and find out more about resources in the community. Guest speakers visit the group to provide information in the areas of health, nutrition, wellness and life-skills.</p>	Families with children between the ages of 2 and 5 years old.	Drop-ins welcome or contact the Healthy Families Program in advance to register.	Thursday, June 9 & 16 10:00am - 11:30am  École Puntledge Park Elementary School 401 Willemar Avenue, Courtenay, BC Strong Start Room 12
<p><b>Farmers' Market Nutrition Coupon Program (FMNCP):</b> The FMNCP is a healthy eating initiative that improves access to fresh, locally produced food for lower-income pregnant women, families and seniors by issuing coupons that they can spend at their local farmers' market. Participants can pick up their coupons once weekly at either the Saturday OR Wednesday market.</p>	Pregnant women, families with children and seniors who meet "lower-income" criteria and are connected with a partner organization.	Complete enrollment form and submit to Healthy Families Program staff member. Lower-income or exceptional financial circumstances criteria must be met.	Saturdays 9:30am - 11:00am Exhibition Grounds 4839 Headquarters Rd., Courtenay, BC  Wednesdays 9:30am - 10:30am Intersection of 5 <sup>th</sup> St. and Fitzgerald Ave.
<p><b>Garden:</b> Children and adults of all ages are welcome to come join families and staff in the Friendship Community Garden. Learn about gardening, harvest fresh produce, play and make new friends. Remember to bring a hat, sunscreen and a water bottle.</p>	Pregnant individuals, children and adults of ALL ages are welcome!	Drop-in to the garden anytime. Watch the calendar and Facebook for specific times when staff and volunteers will be present.	Join our Facebook group to find up-to-date dates and times for garden activities.  Courtenay Elementary 1540 McPhee Avenue, Courtenay, BC
<p><b>Healthy Babies Prenatal Nutrition Program:</b> Meet other pregnant women and moms of young babies for a delicious weekly meal, group discussions, and guest speakers from community resources. One-on-one support available. Free vitamins and grocery store food vouchers for attendees.</p>	Individuals who are pregnant and/or have children between the ages of birth and 4 months.	Drop-ins welcome or contact the Healthy Families Program in advance to register.	Tuesday, June 7, 14, July 5, 12 & 19 10:00am - 12:00pm  Comox Valley Family Services Association 1415 Cliffe Avenue, Courtenay, BC
<p><b>HOP With Me!:</b> An interactive summer program for parents, caregivers and children between 4 months and 5 years of age. A healthy lunch is provided. Please bring hats, sunscreen, water bottles and your own plates and utensils if possible.</p>	Parents, caregivers and children between 4 months and 5 years of age. Talk to a staff member if you have older children who want to attend.	Registration required. Submit completed registration forms to the Healthy Families Program office, outreach workers or at group.	Thursday July 7, 14, 21, August 4, 11 & 18 10:30am – 12:30pm  Courtenay Elementary 1540 McPhee Avenue, Courtenay, BC
<p><b>Mother Goose and Friends:</b> Discover fun with rhymes, songs and stories! An interactive program for babies from birth to 24 months and their parents and caregivers.</p>	Families with children between the ages of 0 and 24 months.	Advance sign-up is required. Call, Facebook private message or tell a staff member at a group in advance.	June 1, 8 & 15 10:00am - 11:30am  Courtenay Elementary 1540 McPhee Avenue, Courtenay, BC
<p><b>Stay N' Play:</b> Meet parents of young babies for a delicious weekly meal, group discussions, and guest speakers. Free vitamins and grocery store food vouchers for qualifying attendees.</p>	Families with children between the ages of 4 and 12 months.	Drop-ins welcome or contact the Healthy Families Program in advance to register.	June 7 & 14 12:30pm - 2:00pm  Comox Valley Family Services Association 1415 Cliffe Avenue, Courtenay, BC
<p><b>Summer Picnic:</b> Parents, caregivers and children of all ages from all Healthy Family Program groups are invited to celebrate the end of another fun-filled year. Caregiver-child activities will be provided as well as a delicious lunch. Please bring containers to bring home leftovers, a water bottle, sunscreen and hat. Chairs and blankets will be provided for sitting.</p>	Pregnant individuals and families with children between birth and 5 years old enrolled in the Healthy Families Program. Participants may bring one guest if registered in advance.	Advance sign-up is required. Call, Facebook private message or tell a staff member at a group in advance.	Thursday, June 23, 2016 11:00am – 12:30pm  Salish Building (Behind the Lewis Centre) 489 Old Island Highway, Courtenay, BC
<p><b>Toddler Time:</b> This interactive parent-child support group is an opportunity to connect with other parents and caregivers in a supportive, learning environment, learn more about children's health, safety, nutrition, growth and development while the children enjoy crafts, play and a variety of early learning activities. A healthy snack is provided.</p>	Families and caregivers with children between the ages of 12 and 24 months.	Drop-ins welcome or contact the Healthy Families Program in advance to register.	June 8 & 15 10:00am -11:30am  Courtenay Elementary 1540 McPhee Avenue, Courtenay, BC Strong Start Room 104