



**Fall/Winter of 2008
Program Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
0-5 Drop-in Neighbourhood House 9:00-11:30 Contact Susanne Ext. 352	Drop-in Gym Time 9:00-11:00	0-5 Drop-in Neighbourhood House (Stone Soup) 9:00-11:30	Drop-in Gym Time 9:00-11:00	Parent-Child Mother Goose 9:00-10:00 Contact Susanne Ext. 352
Group Triple P 12:30-2:30 (Beginning Oct.20) Contact Deb Ext. 360	Whale Spirit Preschool 9:15 - 11:30 & 12:15 - 2:30 Registration only Contact Jen at 391-4321	Best Babies II Drop-in 12:30 -2:00 Contact Deb Ext.360 or Susanne Ext. 352	Whale Spirit Preschool 9:15 - 11:30 & 12:15 - 2:30 Registration only Contact Jen at 391-4321	0-2 Drop-in 10:30-12:00 Contact Susanne Ext. 352 or Deb Ext.360

Good Food Box: Orders by second Wednesday of the month/pick up third Wednesday of the month after 2:30 pm
 For information or to order, contact Luba Panayotof-Schaan at 250-391-4324

COBS Bread delivery: Every Friday morning. Bread is free to Families.
 For more information contact Luba Panayotof-Schaan at 250-391-4324

Whale Spirit Daycare: The Centre is open Monday through Friday from 7:30 am to 5:30 pm. For more information, or to register, please contact Jennifer Lucas at 391-4321.

REACH Young Parent & Childhood Centre: The purpose of REACH Young Parent and Early Childhood Centre is to support healthy development in infants and toddlers; and to promote the well-being of families while young parents pursue education or personal development goals. For more information please phone Roz at (250) 474-4342 or email her at reach@island.net.