

Family Breakfast Club

Free program for newcomers and new Canadians with children 0-6 years of age. Older siblings are welcome.

Saturday, October 28, 2017 from 10:00 am to 12:00 pm

- ✓ Meet with other parents/caregivers
- ✓ Enjoy a healthy light breakfast
- ✓ Group discussions: learn about parenting in Canada and resources available in the community
- ✓ Have fun with your children: songs, crafts and play!

Topic of the month:

**“Feeding Challenges-
Making meal time positive!”**

Presented by a Nutritionist from Durham Region Health Department



Welcome Centre - Pickering
1400 Bayly Street, Unit 5
Pickering, ON L1W 3R2

Toll-free: 1-877-761-1155
www.welcomecentre.ca

Must pre-register! Limited space.

For registration, contact the Pickering

Welcome Centre 905 420 3607

