



PREGNANCY AND PARENTING HEALTH CENTER

JANUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's	2	3	4	5	6	7
8	9	10	11	12 3:00 pm - Car Seat Safety Drop-in	13	14
15	16 10:00 am - Mitzvah Demonstration 7:30 pm - Baby Shower - Available	17 10:00 am - Postpartum Support Group 12:10 pm - Lunch Hour Nia 4:00 pm - OMG! I'm Pregnant! 5:00 pm - Labour Intensive 7:00 pm - Naturally Yours	18 10:00 am - MommaGO-GO 1:30 pm - Saskatoon Babywearers 7:00 pm - Planning for Baby	19 10:15 am - Chummy Mummies 12:10 pm - Lunch Hour Prenatal Yoga 1:30 pm - Baladi Baby Belly Dance 3:00 pm - Breastfeeding Drop-in 5:10 pm - Nia Fitness Class	20 10:00 am - MommaGO-GO 11:00 am - Attachment Parent Group	21 1:00 pm - Planning for Baby 1:30 pm - Vitae Nutrition Talks
22 1:30 pm - Babywearing 101 5:30 pm - HELP Lone Parent Group 7:00 pm - Advanced Doula Training	23 10:00 am - Mitzvah Class 7:30 pm - Birth Talk	24 10:00 am - Postpartum Support Group 12:10 pm - Lunch Hour Nia 4:00 pm - OMG! I'm Pregnant! 7:00 pm - Naturally Yours	25 10:00 am - MommaGO-GO 7:00 pm - Planning for Baby	26 10:15 am - Chummy Mummies 12:10 pm - Lunch Hour Prenatal Yoga 1:30 pm - Baladi Baby Belly Dance 3:00 pm - Infant Potty Group 5:10 pm - Nia Fitness Class	27 10:00 am - MommaGO-GO	28 1:00 pm - Baby Shower - Available 1:30 pm - Vitae Nutrition Talks 6:00 pm - Bellycasting - Casting
29 1:00 pm - Breastfeeding for Doulas 1:30 pm - Baby Shower - Available 5:00 pm - Labour Intensive	30 10:00 am - Mitzvah Class 6:00 pm - Passages Prenatal Dance 7:30 pm - Postpartum Survival	31 10:00 am - Postpartum Support Group 12:10 pm - Lunch Hour Nia 4:00 pm - OMG! I'm Pregnant! 7:00 pm - Naturally Yours	1 10:00 am - MommaGO-GO 10:45 am - Infant Massage 7:00 pm - Breastfeeding Class	2 10:15 am - Chummy Mummies 12:10 pm - Lunch Hour Prenatal Yoga 1:30 pm - Baladi Baby Belly Dance 3:00 pm - Breastfeeding Drop-in 5:10 pm - Nia Fitness Class	3 10:00 am - MommaGO-GO	4 1:00 pm - Baby Shower - Available 1:30 pm - Vitae Nutrition Talks 6:00 pm - Bellycasting - Decorating

TO REGISTER	
Advanced Doula Training Birth Rhythms Birth Talk Infant Massage Class Labour Doula Training Labour Intensive Childbirth Education Mitzvah and Itcush Technique Naturally Yours Childbirth Education Nia Fitness Passages Prenatal Dance Lisa Wass	683-0852
Artistic Expressions Photography Car Seat Safety Drop-in Wendy Peters	281-7951
Baby Showers To reserve a timeslot	683-0852
Babywearing 101 Baladi Baby Belly Dance Saskatoon Babywearers Group Hippy Baby Carriers & More - Angie Kells	380-6391
Belly Casting Night Chummy Mummy Group Mother's Touch - Nekol O'Brien	203-5275
Breastfeeding Classes & Drop-ins Breastfeeding for Doulas and Birth Professionals Living Skies, Living Milk	612-2297
HELP Lone Parent Group	492-2660
Infant Potty and Elimination Communication Group Monique Roy	717-2614
MommaGO-GO Dance Class The Dance Shack - Kirsty Snowsell	652-5502
Mother's Melody Pregnancy and Parenting Market	683-0811
OMG! I'm Pregnant! Beyond the Bump - Lacey Nedjelski	370-5309
Planning for Baby Christie Sondergaard	290-6986
Postpartum Support Group PSI - Cherie Boison	241-2230
Postpartum Survival Marlese Assiman	380-2625
Prenatal Yoga Sacred Body and Breath	229-5299
Saskatoon Attachment Parenting Group	380-6391
The Berry Breast Fred Berry	612-2297
The Birthing Site Nicole Thomas	241-9872
Vitae Nutrition Vitae - Chelsea Harris	361-3534

FOR ADDITIONAL INFORMATION, PLEASE CALL (306)683-0852
OR VISIT US IN PERSON AT 248 3RD AVENUE S
OR ONLINE AT WWW.BIRTHRHYTHMS.CA