



CAPC St. Jamestown Community Project  
Free Drop-In Programs for Parents/Caregivers and children ages 0-6 years

## HEALTHY EATING



Come out and learn how to cook Healthy Meals  
for you and your family  
In Rose Ave kitchen

while your child is being cared for  
in the Parenting Centre

10 SESSIONS

Mon Jan 19 - Mon March 30, 2009

(Mon Feb 16<sup>th</sup> closed - Family Day)

(Mon March 16<sup>th</sup> closed - March Break)

1:00 - 3:00 p. m.

PLEASE REGISTER IN ROSE AVENUE PARENTING CENTRE

Community  
Guest  
Speakers

Guest Chef

Healthy  
Recipes