## **AUGUST 2025**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED Civic Holiday	Mom2Mom Group 10:00-11:30am	Growing Healthy Together Postnatal 3:45-4:30pm Prenatal 4:45-5:30pm	Family Fun Event 10:00-11:30am	Moms on the Move 9:30-10:30am
11	Mom2Mom Group 10:00-11:30am	Moms Market By appointment.  Growing Healthy Together Postnatal 3:45-4:30pm Prenatal 4:45-5:30pm	Movie Day with Mom 10:00am-12:00pm	Moms on the Move 9:30-10:30am
18	Mom2Mom Group 10:00-11:30am	Growing Healthy Together not running. Will resume September 3rd.	Homeroom 1:00-3:00pm	22
25	26	27	28	29
PROGRAM CLOSURE WEEK	K Margot's Place staff will continue to b	pe available for 1:1 support. All program	ns will resume on their typical schedules l	beginning Tuesday, September 2nd.

Margot's Place 95 Darling Street, Brantford

Located on the top floor of the St. Andrew's Community Centre.

### **CONTACT US**

DM us on Facebook @MargotsPlace Call or text 226-208-7401 Email elise@standrewsbrantford.com

### **Program Guide**

Mom2Mom Group	Mo	m2N	lom	Grou	aı
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Join other moms and moms-to-be for weekly guest speakers, DIYs, crafts, and community outings! This is an inclusive, judgement-free group. Childminding available for infants and preschoolers. Bus passes provided on an as-needed basis. Moms 29 & under are eligible. Group meets outdoors in July & August, school-aged children welcome.

Every Tuesday September-June, 1:00-2:30pm July-August, 10:00-11:30am **Registration required.** 

### **Back to Basics**

Soup for the Soul

Learn cooking techniques and approachable recipes! Sessions will focus on items often accessible through food banks and food pantries. Lower your grocery budget and avoid food waste by learning how to use these staple pantry items! Spaces reserved for Margot's Place moms and their partners. Childminding available for children of all ages.

Weekday evenings. 5:00-7:00pm **Registration required.** 

# Growing Healthy Together Prenatal & Postnatal Groups Grand Erie Public Health

A safe and comfortable environment for individuals age 29 or younger, who are pregnant or parenting an infant (0-6 months). Learn about pregnancy, labour and delivery, postpartum, breastfeeding, and caring for your baby. Have your questions answered by Public Health Nurses, Dieticians, and Early Childhood Educators. Participants can receive bus passes, grocery gift cards, and fresh food items. Support people are welcome.

Every Wednesday Postnatal Group 3:45-4:30pm Prenatal Group 4:45-5:30pm **Drop-in.** 

### Moms on the Move

Moms and their children are encouraged to join us for a weekly walk to a local destination. Enjoy physical activity, and the opportunity to visit fun local spots with other moms. Walks will take approximately 40 minutes. Strollers and wagons are encouraged for young children and infants.

Friday mornings summer 2025 **Contact for route details.** 

### **Moms Market**

Moms who regularly attend Margot's Place programs are eligible for our free Moms Market. Donated women's and children's clothing, diapers, wipes, and non-perishable food items are available during 15 minute "shopping" appointments. Moms 29 & under are eligible.

Bi-weekly Wednesday mornings. **Appointment required.** 

### **EarlyON Pop-Ups**

Child and Family Services Grand Erie Community Living Family Gatherings Join the Margot's Place team as we "pop-up" at different EarlyON centres throughout the city! A great opportunity to visit new-to-you locations, knowing that a familiar face will be there. All caregivers with children age 0-6 are welcome at EarlyON centres.

Various weekday times & locations. **Drop-in.** 

### Homeroom

Grand Erie Learning Alternatives

Young moms who are enrolled in school or are actively seeking employment are welcome at this weekly program. A quiet study environment and childminding is available, so that moms can focus on their school work, resume, or job applications. Teacher available at some sessions to support students working toward completing high school.

Every Thursday 1:00-3:00pm Modified schedule June-August, see calendar for details. **Drop-in.**