



September 2019

| Tuesday | Wednesday | Friday | Saturday |
|--|--|--|---|
| 3 G NO PROGRAM @UMOJA D Back to School Conversation Circle | 4 N NO PROGRAM G Let's Make Playdough | 6 N Cooking Together NO EVENING PROGRAM at Umoja | 7 N What is Self Confidence? |
| 10 G Public Health Nurse Visit Healthy Eating Topic N Self Care | 11 N Yoga for All G Reuse, Reduce, Recycle! | 13 N How to use fliers Conversation Circle NO EVENING PROGRAM at Umoja | 14 N How to overcome grief Dads Program |
| 17 G Make and Take Art N Cooking Together | 18 N Singing Together G Guildford Family Resource Program Visit | 20 N What's on my plate NO EVENING PROGRAM at Umoja | 21 N Sibling Rivalry |
| 24 G Nipissing Day @ Umoja N How to use the bank machine | 25 N Singing Together G Common Courtesies | 27 N Cooking Together NO EVENING PROGRAM at Umoja | 28 N Reuse, Reduce, Recycle! |

NEWTON DROP IN 201-7380 137St, Surrey

Tuesday:
 3:30pm - 6:30 PM
Wednesday:
 12:30 - 2:00 PM
Friday
 9:30 am - 1:00 PM
Saturday
 9:30 am - 1:30 PM

GUILDFORD DROP IN 14888 104th Ave, Surrey

Tuesday
 9:30-1:00 PM
Wednesday
 3:00-6:00 PM
 Please note we will be closed on Friday evenings ☹️

Funded by: Financé par :

