

Pre/Postnatal September 2025 Webinars/Workshops			
In-person Programs or Zoom Webinars (please email to maria.santos-findlay@tngcs.org for zoom link)			
Monday	Tuesday	Wednesday	Thursday
1 East York In-Person 3079 Danforth Road CLOSED 1:00 PM - 2:30 PM	2 East York Webinar <i>Child Brain Development</i> 1:00 PM - 2:30 PM Regent Park In-Person <i>Riverdale Farm Outing</i> 1:30 PM - 3:30 PM	3 Davenport In-Person 1884 Davenport Road <i>Clothing Banks</i> 10:30 AM – 1:00 PM	4 St. Jamestown In-Person 200 Wellesley Street East <i>Your Growing Baby</i> 1:00 PM - 3:00 PM Parkdale Queen West Webinar <i>Gentle Yoga</i> 1:30 PM - 3:30 PM
8 East York In-Person 3079 Danforth Road <i>Safe Sleep for Babies</i> 1:00 PM - 2:30 PM	9 East York Webinar <i>Dietary Management</i> 1:00 PM - 2:30 PM Regent Park In-Person <i>Food and Mood</i> 1:30 PM - 3:30 PM	10 Davenport In-Person 1884 Davenport Road <i>Mental Health</i> 10:30 AM – 1:00 PM	11 St. Jamestown In-Person 200 Wellesley Street East <i>Healthcare Ontario</i> 1:00 PM - 3:00 PM Parkdale Queen West Webinar <i>Fish consumption in Pregnancy</i> 1:30 PM - 3:30 PM
15 East York In-Person 3079 Danforth Road <i>Contraception</i> 1:00 PM - 2:30 PM	16 East York Webinar <i>Immunizations</i> 1:00 PM - 2:30 PM Regent Park In-Person <i>Canadian Dental Care Plan</i> 1:30 PM - 3:30 PM	17 Davenport In-Person 1884 Davenport Road <i>Wellness Wednesday</i> 10:30 AM – 1:00 PM	18 St. Jamestown In-Person 200 Wellesley Street East <i>Yoga and Mindfulness</i> 1:00 PM - 3:00 PM Parkdale Queen West Webinar <i>Prenatal Care</i> 1:30 PM - 3:30 PM
22 East York In-Person 3079 Danforth Road <i>Relaxation & Breathing</i> 1:00 PM - 2:30 PM	23 East York Webinar <i>Relaxation & Breathing</i> 1:00 PM - 2:30 PM Regent Park <i>Baby' Documents</i> 1:30 PM - 3:30 PM	24 Davenport In-Person 1884 Davenport Road <i>Preschoolers' Food Basics</i> 10:30 AM – 1:00 PM	25 St. Jamestown In-Person 200 Wellesley Street East <i>Healthy Eating</i> 1:00-3:00 Parkdale Queen West Webinar <i>Discomforts & Pain Management</i> 1:30 PM - 3:30 PM
29 East York In-Person 3079 Danforth Road <i>To be Confirmed</i> 1:00 PM - 2:30 PM	30 East York Webinar <i>Contraception</i> 1:00 PM - 2:30 PM Regent Park <i>Prenatal Care/Healthy Eating</i> 1:30 PM - 3:30 PM		