

"They say that every snowflake is different. If that were true, how could the world go on? How could we ever get up off our knees? How could we ever recover from the wonder of it?" (Jeannette Winter-son, Writer (1959—)



## INFO SUPPORT GROUPS

**All are welcome!**

**Refreshments are provided while an informal discussion is held with some information sharing.**

### Bond Location

Evening: Third Monday evening of the month at 7:30 -9:00 p.m. in the main room: January 19, February 16, March 16,

Morning: Third Tuesday morning of the month at 9:30 - 11:00 a.m. in the Family Room: January 20, February 17, March 17

### Palermo Location

First Wednesday of the month at 3:00 - 4:30 p.m. in the Palermo United Church downstairs room: January 7, February 4, March 4

### Coptic Location

Second Monday of the month at 3:00 -4:30 p.m. in the main room: January 12, February 9, March 9



**Monday, February 16, for Family Day**



On Friday, January 16, **Robert from Leon Pharmacy** will be speaking at 11 a.m. on diabetes. **ALL ARE WELCOME**INFO



On Wednesday, January 21, at 10 a.m. in the Bond location main program room, **Steve Birnie from Canada Revenue Agency** will be speaking on income tax, disability claims, etc. **ALL ARE WELCOME**

**We are looking forward to:** Chinese New Year, Robbie Burns, Valentine's Day, Spring, etc.

We will be going through **accreditation** from Wednesday, January 14, to Friday, January 16.

### **FOOT CARE:**



Wednesday, February 11  
Wednesday, April 8

Wednesday, June 10  
Wednesday, August 5

Wishing you a happy and healthy  
2015