

# Altona and Area Family Resource Centre

## March 2010

Mon	Tue	Wed	Thu	Fri
1 Rosenfeld Gym Nights 3:45 Mood and Anxiety 6:30	2 Community Kitchen United Church 9:30am Altona Gym Nights 6:30	3 Gretna Gym Nights 6:30	4 Stay and Play 9:30 Growing with Mom The eXchange 2:00 & 7:00	5
8 Rosenfeld Gym Nights 3:45	9 Coffee and Chat with Diana 10:00 Altona Gym Nights 6:30	10 Gretna Gym Nights 6:30	11 Stay and Play 9:30	12
15 Rosenfeld Gym Nights 3:45 Mood and Anxiety 6:30	16 Coffee and Chat 10:00 Altona Gym Nights 6:30	17 Gretna Gym Nights 6:30	18 Stay and Play 9:30	19
22 Rosenfeld Gym Nights 3:45	23 Coffee and Chat with Diana 10:00 Altona Gym Nights 6:30	24 Gretna Gym Nights 6:30	25 Stay and Play 9:30	26
29	30 Coffee and Chat 10:00	31		



Altona and Area  
Family Resource  
Centre

Located in the  
basement of the old  
Altona Clinic next to  
hospital.

Phone 324-2352

Website:  
[altonafamilyresourcecentre.com](http://altonafamilyresourcecentre.com)

**See back of calendar for a  
description of programs**

