



MIDTOWN OPEN HOUSE!

Tuesday, September 1st

MARK THE DATE!

We are thrilled to invite you to Becoming Maternity & Parenting Centres' Midtown Open House!

From great **GIVEAWAYS**, to fabulous **FREE DEMO CLASSES** for you and your kids (ages 0-8yrs!), this event is not to be missed!

DEMO CLASSES:

Why not bring your kids to see what the buzz is all about! We are offering free demo classes (for kids aged 0-8yrs!) throughout the day, including:

- * **9:30am** - Prenursery Classes (2.5-3.5 years)
- * **10:30am** - Music Together (mixed age class 0-4 years)
- * **11:30am** - Music Together (babies 0-8 months)
- * **11:30am** - Toddler Fun (12-20 months)
- * **2:30pm** - ABCs Early Literacy (3-4 years)
- * **3:30pm** - Sibling Fun - (mixed age class newborn—4 years)
- * **4:00pm** - Orange Hippo Art (18 months-8 years)
- * **4:15pm** - Reading Rocks Early Literacy Class (SK-Grade 2)
- * **5:15pm** - Dash Sports (mixed age demo 18 months -6years)
- * **6:15pm** - Prenatal Yoga

Pre-register for our wonderful demo classes by calling Becoming Midtown at 416-440-4020 or by e-mailing us at

Becoming Maternity & Parenting Centres



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Toronto, Ontario M5N 1A2

416-440-4020

info@becomingmaternity.com

<http://www.becomingmaternity.com>



Join Us on Breakfast Television Live Eye!

6-9AM Tuesday, September 1st (at Becoming Midtown)

Jennifer Valentyne will be broadcasting live from Becoming Midtown from 6-9AM on the day of our Midtown Open House, Tuesday September 1st... and YOU CAN BE PART OF IT!

To be part of the action, call us at 416-440-4020 or e-mail us at info@becomingmaternity.com!

EXPERT SPEAKERS:

* **1:00pm** - SLEEP & CRYING: Clues & Cues to Decoding Your Baby's Meltdowns

Becoming co-owners Ariana Birnbaum & Susan Georgoussis will discuss common causes of crying in the first year. Learn effective strategies to calming and soothing your little one. Our speakers, a Registered Nurse and a Sleep Consultant, will discuss valuable tips related to sleep patterns, feeding challenges and colic.

* **2:30pm** - WORK & LIFE: Tools for Striking a Balance Facilitator and mother, Liz Anido will discuss the juggle of parenthood, relationships and work. How to manage it all successfully, while taking care of yourself.

Whether you're pregnant or a new or experienced parent, we've got you covered!