

**MARK THE DATE!**

We are thrilled to invite you to Becoming Maternity & Parenting Centres' Thornhill Grand Opening!

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

**GRAND OPENING!**  
*Thursday September 3rd*

**DEMO CLASSES:**

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

Pre-register for our wonderful demo classes by calling Becoming Thornhill at 905-709-4020 or by e-mailing us at [info@becomingmaternity.com](mailto: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.



\*\* Also, check out Becoming on Breakfast Television's Live Eye on Tuesday, September 1st from 7-9 am! \*\*

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

**Becoming Maternity & Parenting Centres**



Thornhill Location  
Centre Street Square  
1136 Centre Street  
Thornhill, Ontario, L4J 3M8

**905-709-4020**  
[info@becomingmaternity.com](mailto:info@becomingmaternity.com)  
<http://www.becomingmaternity.com>