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Our vision for this newsletter & website is to be a positive voice for the Moms of Mississauga and family community. We encourage you to write and share your experiences and inspirational stories.

If you would like to share a story with us, please send an email to **info@momsofmississauga.com** We look forward to hearing from you.

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Lunches & Reusable Plastics

Written By Carmen Joseph

Packing a lunch is no easy task. When you have two kids that do not like the same thing, and are as picky as kids can be it doesn't make things any easier.

Back in September when school started I went out to buy some reusable containers. I've always been against putting any type of plastic in the microwave. So I picked up some reusable storage containers that are microwaveable. Even though it said that it was safe on the package I was still uncomfortable sending my children to school with something that had to be heated and opted for sandwiches. It turns out that my kids are not particularly fond of sandwiches, which is why it makes my job as lunch packer much more difficult.

One day while having lunch at a local park, a few Moms and I got into a conversation about reusable plastics. One of the women had the same brand of reusable containers as I had purchased however the plastic was very clear and almost glass like. Because of this difference we started talking about the recyclable code on the bottom of the containers. Before that conversation all that I knew about the recyclable symbol on the container was that it indicated whether it was recyclable or not. After the conversation I was made aware that the numbers in the middle of the recyclable symbol signifies something. Two of the Moms were in disagreement as to what the numbers meant, which is why I decided to do some research myself.

So here is what I dug up about plastics and recyclable materials:
Recyclable Plastics that are Safer for you & the Environment



Code #1* - These containers are made from Polyethylene terephthalate (PET or PETE) and are one of the safest single use plastics, but should not be reused as it may leach a probable human carcinogen.

Code #2* - A durable plastic made from High-density polyethylene (HDPE). This material is recyclable however not many reusable containers are available.

Code #4* - A food-safe plastic made from low-density polyethylene (LDPE), used to make food wraps and plastic bags.

Code #5* - Made from Polypropylene (PP) these containers are reusable however less recyclable and have not been shown to leach any carcinogens.

Use with caution Plastics

Code #7* - These containers are made from Polycarbonate plastics and contain ****bisphenol-A** a hormone disruptor that may leach. These should not be exposed to heat or be used if they are visibly worn. Some baby bottles and Nalgene sports bottles may contain bisphenol.

* The codes & information source of this article is from The Green Guide (National Geographic) May/June 2005. **As of October 17th 2008 the Canadian Government has taken measures to ban baby bottles containing Bisphenol-A. The regulations are being drafted where it will disallow the importation, sale and advertisement of polycarbonate bottles. *Information regarding the ban can be found on the Health Canada website.*

Plastics that should be avoided

Code # 3* plastics are made from Polyvinyl Chloride (PVC) and are said to release carcinogenic dioxins and can leach phthalates.

Code #6* plastics are made from Polystyrene (PS) can leach styrene and might be a human carcinogen.

(continued on page 7)

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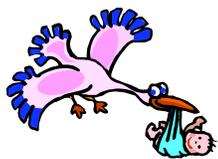
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HEY MOM, YOU WILL GET A KICK OUT OF THIS!

The Benefits of Fitness Kickboxing
By C. J. Doyle, Personal Safety Expert

On a cold winter day thirteen years ago my son Charles, our first child, was born. It was a wonderful day and something to be celebrated for sure. Within a few days my wife Lesa, a martial arts black belt, was ready to get back into shape and get back into classes. Well, as most moms know, it isn't as easy to throw on your workout gear (in this case it was her karate uniform and black belt) and rush off to a step class like you did before your pregnancy. She was recommended to take it easy at first and participate in some low-level aerobic classes to build back her stamina. So she went off to the gym and for the next month participated in many different classes. The only thing she gained was the knowledge that she was bored. So bored that she went and was certified as a fitness instructor. During her certification she realized that the martial arts has many different ways of working your body, cardio endurance, flexibility, confidence, and your mind that it was time to get back into some type of martial arts class. But instead of jumping back into karate classes she came up with the idea of taking the warm up and fitness part of karate and blending it with music. And she decided to get a few of the moms of some of the karate children and ask if they wanted to be part of a new type of fitness class (called KAROBICS). So the first Karobics (eventually evolved to Kardio Kicks) program started. After the initial trial all the moms wanted to keep it going and other people were asking if they could join. It was even featured on CityTV!

In the last thirteen years the Karobics program went through a few changes. We changed the name to Kardio Kicks, there are no uniforms, and we have incorporated heavy bags and other training equipment into the classes. The next nine paragraphs will explain why moms will get a kick out of participating in regular Kardio Kicks classes.

Kardio Kicks Combines an Aerobic Workout with a Resistance Training Workout

Doing either an aerobics workout, i.e. running, Stairmaster, stationary bike, etc. or an anaerobic workout such as lifting weights, Nautilus, callisthenics, etc. will not give you the best or quickest overall fitness results. You need to do both. If you are a runner, for example, you can choose to do a little bit less running if you add some strength training several times per week. You will also find that you will feel stronger on your runs. Conversely, if you like to focus on lifting, your muscles will be more pronounced and you will get more definition if you add some cardio. Personally, I find these types of workouts too "one-dimensional". Why not get your cardio and resistance workouts in the same session?

Kardio Kicks is a Total-Body Exercise

You must exercise your entire body not just specific body parts. "If spot reduction worked, people who chew gum would have skinny faces", says Lesa. People with love handles and some excess fat over the ab muscles attempt to do more crunches to reduce their mid section. This may actually increase the size of the waist if done without a cardio component in an overall exercise program. Everyone has ab muscles. Some are more developed than others, but in order to achieve the coveted washboard effect, the excess fat covering them up, which varies from individual to individual, must be reduced so that the abs can be seen. Women generally complain the most about their hips and thighs.

The conventional wisdom is for them to do squats and lunges. That will certainly tone up the muscles in that area. However, the fat still covers the now developed muscle underneath and low and behold the legs and buttocks also get bigger! You must work the entire body and do both a cardio and resistance workout.

Kardio Kicks gives you an Efficient Use of Time

There are 168 available hours in a week. All you need is three hours for this workout which is approximately 1.8% of your time. Counting travel time to the martial arts school will bump that number up to maybe 4% with 96% of your time to pay attention to everything else in your life. This "inconvenience" of incorporating fitness into your lifestyle will have immediate as well as long lasting benefits. You will feel better now with a long term objective of increasing your longevity. The quality of your longevity is also important. The Kardio Kicks program contains the five components of physical fitness: cardio respiratory fitness, muscular strength, muscular endurance, body composition and flexibility. You don't have to workout at the same pace and intensity level as a fighter, but this routine provides the very same valuable fitness benefits.

Kardio Kicks Provides Valuable Self-Defense Skills

Since you will be working out anyway, learning valuable self-defense skills at the same time is an added benefit. You will, however, not learn the practical application of the techniques that you practice in the air until you apply them to a target or bag. Learning to gauge distance and effectively landing your punch or kick flush on a target takes practice on a target. You just can't pretend to punch and kick, you need feedback. Most aerobic kickboxing formats set up the participants with a false sense of confidence. They are in for a rude awakening if they think they can actually use these techniques for self-defense unless they are ingrained and there is a total understanding of their application. Each Kardio Kicks class has over 20 minutes of proper bag work!

Boosts Confidence and Self-Esteem

Exercise, in general, helps make you feel better physically. Learning Kardio Kicks helps make you feel better mentally. When you really sense you have genuinely become proficient, it transfers over into your social life and even to your profession. You carry yourself differently and confidence in your overall abilities is enhanced. Most people, for example, are scared to death to give a speech.

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HEY MOM, YOU WILL GET A KICK OUT OF THIS!
Benefits of Fitness Kickboxing (Continued from page 2)
By C.J. Doyle, Personal Safety Expert

The more they know about a topic, however, the more confident and comfortable they will become in front of any variety or size audience. They may even be able to deliver an interesting ad lib lengthy talk even without notes. You have to know your stuff especially when the questions are asked when giving that lecture. You also better know your stuff, if someone is really intent on doing you physical harm.

Kardio Kicks Relieves Stress

Picturing the person's face on the bag that was a source of your aggravation for the day on the heavy bag while you pound it with a kick or punch, is better than going postal. Options to relieving stress could be drugs or alcohol, overeating, or distractions like going to a movie, etc. All have their price both literally and figuratively. Relieving stress in a negative manner simply leads to more stress. Exercise, obviously would be the better approach. Exercise increases the amount of hormonal-like chemicals known as endorphins which are released into the body by the brain to relieve pain and even depression. Stress, however, produces enzymes that reduce your supply of endorphins.

If you don't exercise to stimulate that supply of endorphins, you will consequently not feel as well as you could. Kardio Kicks, for whatever reason, as an exercise, works even better for most people.

Kardio Kicks Increases Energy Levels

Exercise boosts your energy levels, but if you workout too much, it will have quite the opposite effect. Rest is an important factor when you are involved in any exercise program. Since you only need to workout three days a week, you allow your body time to recover rather than overtaxing it by working out to excess. I also believe that too much exercise can become an obsession which may be masking other psychological or emotional problems. Many couch potatoes who decide to get back into shape do so too quickly. In other words, they do too much too fast and then become discouraged. It's wiser to gradually increase the frequency, level of intensity and duration of your workouts. The circuit training format of the Kardio Kicks program is designed to allow you to work out at your own pace and skill level as well.

Kardio Kicks Improves Productivity

With increased energy levels, you are more alert and able to get things done more efficiently. You become more valuable to your employer and have more quality time to spend with your family. Sticking with any fitness program, especially as the intensity level increases, requires at least some self-discipline. This trait is needed in every profession and is a natural carryover from the gym to the workplace. Self-employed people especially will not usually be successful if they are not disciplined enough to focus on the task at hand, particularly if it is a rudimentary or menial task. Procrastination is the kiss of death in any business or in life. The ability to get done what needs to be done through self-discipline often means the difference between success and failure.

Kardio Kicks is Fun!

Unlike a traditional martial arts class, the music adds to your stimulation and motivation. Unlike an aerobics class, there are numerous techniques you can learn beyond the basics to maintain your interest level. Classes go by fast because there is so much going on that you sometimes don't even realize you are working out. We have witnessed first-hand over the past thirteen years the expressions on people's faces when they're participating in Kardio Kicks. The most demure feminine women turn into very scrappy fighting machines with controlled aggression. I encourage them to try to catch their own facial expressions in the mirrors particularly when they are at the bag work session. Their faces alone would discourage an attacker!

They also don't drift off and participate in a rote manner during the workout because there is so much happening that demands their full attention. The workout is like no other on the planet!

For those students who do not like to compete in conventional programs for athletes, they can derive the health and fitness benefits afforded to them with participation in this program as well. Exercise is important for everyone at all ages. But, since there is the added self-defense benefit that comes as a by-product of the Kardio Kicks, it also improves their self-esteem, channels aggressiveness, and enhances their assertiveness.

If you have read through to the end of this article then you must have felt a need to at least give a few Kardio Kicks classes a try right?

So, I have arranged for ten complimentary week passes at the Academy of Martial Arts to try the Kardio Kicks classes.

All you have to do is give the Academy of Martial Arts a call (905-278-7234) to reserve your place in class.

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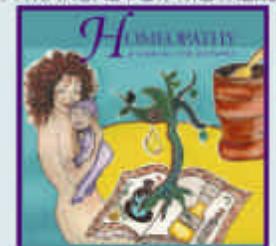
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

COMMUNITY HAPPENINGS

2ND	SQUARE ONE FARMERS MARKET - operated by the Mississauga Central Lions Club. Over 150 farmers gather every Friday and Sunday at the North-west Zellers Parking Lot from June 6th to November 2nd. Hours are from 8a.m. to 4 p.m. Homemade preserves, baked goods, fresh flower bouquets and Ontario's finest fruits and vegetables are available for you to choose from.
6TH	RETAILERS OPEN HOUSE - Streetsville retailers will open their shops so that you can do some Christmas shopping
7TH&8TH	A TOUCH OF CLASS CRAFTERS 30TH ANNUAL CHRISTMAS SHOW AND SALE - A wide variety of handcrafted works available for sale Friday 10am-8pm Saturday 10am-3pm Erindale Community hall 1620 Dundas St W
10TH - 23RD	KIDBITS PROFESSIONAL BOOK FAIR —Central Library 301 Burnhamthorpe Road West Mississauga
11TH	REMEMBRANCE DAY - Remember to pause for two minutes at 11 am to honour those who lost their lives for us.
19TH	HOLIDAY GIFT SHOPPING FAIR —9:30am—1:30pm Gingerbread Lane - Come in to enjoy some holiday gift shopping. Fun gift ideas from multiple vendors. Visit our discount tables, enjoy child minding services. Gift wrapping available—\$1 / package donated to the Gingerbread Lane Toy Drive - 91107 Lorne Park Rd Mississauga
20TH	CHRISTMAS MARKETPLACE CRAFT SHOW - featuring over 50 artisans showcasing their one of a kind jewelry , handcrafted pottery, stain glass and much more. Civic Centre 300 Civic Centre Drive 10 AM - 7 PM.
21ST	MISSISSAUGA TREE LIGHTING CELEBRATION — Mayor Hazel McCallion and the Councillors light the Civic Square - enjoy the evening of music, sparkle and Santa's visit (Free) 7pm—9pm 300 City Centre Drive
23RD	MORE! Really Little Theatre - A fun a frothy musical about a Royal Princess of the Kingdom whose only wish in the world is MORE! This performance features wonderful song and dance, the hilarious antics of the King and his court, and a poignant message about the true meaning of giving. Performances at 1pm & 3pm
29TH	IT'S A CRAFT SALE - SATURDAY NOVEMBER 29, 2008 10:00AM - 4:00PM VIC JOHNSON COMMUNITY CENTRE (335 CHURCH ST) HANDMADE CRAFTS, FREE FACE-PAINTING, FREE ADMISSION & FREE PARKING *THIS EVENT IS IN SUPPORT OF SICK KIDS HOSPITAL
29TH	CAROLERS IN THE VILLAGE — Celebrate Christmas in Streetsville with the Carolers - Every Saturday from the Nov 29th to Dec 20th you will find carolers in the shops and on the streets of Streetsville
30TH	MISSISSAUGA SANTA CLAUS PARADE - Streetsville hosts the annual Santa Claus parade on Sunday November 30th. The parade will start at Queen St and Britannia heading south on Queen at 12:50pm. The parade will travel through the Village of Streetsville ending at Church Street.
	MAMBO DREAM TEAM offers children's dance classes every Monday from 4:45 pm—5:30pm. For 2 - 4 year olds. Elements of ballet with Latin influence, Introduction to musical instruments and Rhythm of Latin American dance such as Mambo & Cha Cha. For more information contact Dora (416) 898-9800.

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Please note: Moms of Mississauga makes every effort to ensure the accuracy of the listed events, however changes and cancellations do occur. Please contact the event organizer to confirm scheduled event. Visit Moms of Mississauga online for more Events.

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Mealtime Solutions for Parents: Your Toughest Mealtime Challenges, Solved!

By Ann Douglas

Whether it's a toddler who brings a whole new dimension to leisurely dining, a preschooler who redefines pickiness, or the day-to-day challenge of getting dinner on the table, Ann Douglas offers these solutions to your family's toughest mealtime challenges.

Problem: Your preschooler wants to eat ice cream for breakfast.

Solutions:

Have some clear rules about what foods are breakfast foods and what foods can be eaten at other times of the day—and then stick to the rules.

Encourage your child to suggest healthy breakfast foods that he'd like you to purchase at the grocery store—e.g., his favorite brand of unsweetened cereal. Look for foods that have strong kid-appeal and yet that still deliver the goods nutritionally: e.g., fresh berries on cereal or whole grain waffles.

Problem: Your child keeps changing his mind about what he wants to eat.

Solutions:

Try to determine what's making your child act this way. Some kids change their mind about foods because they like to be the ones in total control when it comes to food, even if that means playing head games with their parents. Others are simply rather fickle. By the time dinner shows up on the table, they don't want it anymore.

Let your child know that the time to change his mind about what he wants to eat is before you start making it. Otherwise, too much food gets wasted.

Problem: Your toddler just picks at her lunch. She hardly eats anything!

Solutions:

A toddler's appetite isn't nearly as voracious as that of a baby. This is because toddlers grow at a much slower rate than babies.

Toddlers only need toddler-sized portions: approximately 1/4 to 1/3 of an adult-sized portion of most food groups.

Most healthy children won't starve themselves. However, there are situations when children can run into trouble, so it's best to have your child checked by a doctor if you're seriously concerned. To make the doctor's job easier, keep a food diary for about a week, taking note of everything that your toddler eats. This will give your toddler's doctor a much more accurate idea of what she is—or isn't—eating than if you were to track her intake for a single day.

Problem: Your family is stuck in a convenience food rut.

Solutions:

Consider the health and financial costs of relying on convenience foods. Load up on cookbooks that feature menus that can be whipped up quickly and easily, and that are both healthy and kid-friendly. (Ask other parents and your local bookseller for recommendations.)

Do some food preparation ahead of time or look for items in the grocery store that can save you time on the food preparation front (e.g., salad in a bag, mini-carrots, etc.).

Make at least one extra meal on the weekends, either by cooking that meal all by itself and popping in the freezer, or by making "doubles" of one of your family's weekend meals (e.g., a double batch of spaghetti sauce or lasagna) so that you can have leftovers during the week.

Problem: Family members' schedules make it tough for you to eat dinner together on a regular basis.

Solutions:

See if your schedules will allow you to eat breakfast or lunch together instead. The health benefits of eating as a family on a regular basis are pretty impressive. Studies have shown that kids who eat with their parents are less likely to drink soft drinks and eat fried foods; eat healthier meals than they would if they were eating on their own; are twice as likely to eat the five servings of vegetables and fruit each day as prescribed by Canada's Food Guide to Healthy Eating.

(Continued on page 7)

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ROUNABOUT FAMILY CENTRE - We have moved to a fantastic new location just across the street. Come and check out our new location! Email info@roundaboutkids.ca for our October calendar. Offering Prenatal Yoga, Mom & Baby Yoga, Baby Sign Language, Baby Massage, Strollercise & more! Tuesday 10:30 Free Moms Group, Tuesday afternoons Mom and Baby Yoga Baby Massage/Reflexology \$10 (Drop In), Wednesday 2pm Free Moms group, Thursday afternoons Mom and Baby Yoga Call (905) 274-9561 for more details.

ADJUSTMENTS AFTER BIRTH PROGRAM - a service offered by the Mississauga Parent Child Resource Centres and supported by Peel Health can provide you with support and services to help you find your way. Peer support group to help you through difficult times. Postpartum depression affects 1 in 5 women. You're not alone! Mississauga West (905) 567-4156 Mississauga South (905) 822-1114

POSTPARTUM PEER SUPPORT GROUP - OEYC Mississauga East offers a free support group for Moms. It is offered every Tuesday from 1:30 p.m. - 3:30 p.m. on a drop in basis. No registration required. Childcare is available if needed. For more details please contact Sanja at (905) 276-6392.

FOODBANKS - Are you finding it hard to make ends meet? Do you find yourself struggling to put food on your table? If so, please contact your local food banks, they are there to help you in times of need. Not only do they provide food, some also have counselors. Visit the Support section on Momsof-mississauga.com for the phone list to contact your local food bank.

THE DAM YOUTH DROP-IN - a local charity in Meadowvale Mississauga operating since 1995 supporting at-risk youth 13 to 19yrs as well as our Affinity programs for pregnant teens and young moms and their children. We are currently running 4 programs for pregnant teens and young moms. Prenatal, Post Partum, Food For Life and Dinner Group - call 905-826-6558 or visit us online at www.thedam.org for more details.

VITA CENTRE FOR PREGNANT AND PARENTING YOUTH Are you a young mom between the ages of 15 - 30 years looking to learn life skills. Do you want to meet young moms to share & learn with? If so, then this is the program you are looking for! Our GROWING AS PARENTS PROGRAM will provide you with the opportunity to build life skills and personal development. IT's FREE! Light snack provided. Free child minding is available on site. Meetings are held@Mississauga Life Centre 110 Lakeshore Road . For more information or to register please call Rima. GAP Program Facilitator (905) 812-5477 or Email: gapm@vitamanor.org Visit the support section of Momsofmississauga.com to download Flyer.

PARENTING & FAMILY LITERACY CENTRES
A free government program for families with young children from infant up to six years of age. The following elementary schools in Mississauga and Brampton will be open for drop in (call for more info) visit <http://www.edu.gov.on.ca/eng/parents/findACentre.html> for a location. For the Riverside Public school location call Kim 905-274-1515



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Advertise in the Moms of Mississauga Website & Newsletter. Contact Carmen at momsofmississauga.com for more details.

Lunches & Reusable Plastics (continued from page 1)
Written by Carmen Joseph

The society of Plastics Industry in 1988 introduced a coding system to simplify the sorting and recycling process. These codes were to identify the resin contents of bottles and containers making it easier for recyclers to sort. Apparently not all plastics are labeled (not a requirement) and the code does not necessarily indicate that the product is recyclable or recycled locally.

In the Green Guide there is a note on use in which I have summarized below:

- All plastics can leach chemicals under certain conditions.
- It is recommended not to use plastic containers in the microwave, dishwasher, radiators, hot food, hot drinks, direct sun or on hot days.)
- Even if it says "Microwave safe" or "Microwavable" there are no guarantees that it may not leach
- Discard any plastic containers that are old, stained, scratched or worn

I hope this information is as helpful to you as was for me. After deciphering all of this information, it definitely doesn't make packaging my kids lunch any easier. I've already purchased my stainless steel bottles and now I'm off to find a reasonably priced small stainless steel Thermos. Does anyone know where I can find one?

Article sources: National Geographic - The Green Guide & Health Canada

Mealtime Solutions for Parents: Your Toughest Mealtime Challenges, Solved!
By Ann Douglas (Continued from page 5)

Problem: It's hard to find a dinner that the whole family likes.
Solutions:
Instead of trying to play short-order cook, think about creating variations of the same meal. For example, if you're having spaghetti, you could serve the noodles, sauce, meat, and vegetables separately so that kids who only like certain parts of the meal (or who don't like the different parts of the meal to touch each other!) could come up with an acceptable meal alternative.

Don't be too rigid—but don't be too lax, too. Define your boundaries when it comes to making "alternative meals" (or allowing kids to make their own alternative meals), and then stick to them.

Problem: It's tough to find the energy and the enthusiasm to play chef at the end of the day.
Solutions:
Know what you're making ahead of time. Sometimes the toughest part is coming up with the idea du jour—and ensuring that you have the right combinations of ingredients on hand.

Do some of the prep work ahead of time so that you're only left with the final steps in the meal preparation process.

Get the entire family in on the act. Depending on how your "teammates" interact with one another in the kitchen, you may discover that mealtime preparation makes for a fabulous team sport. (Or not.)

Get ahead of the game. Make some of your meals on weekends, double up on batches, do an entrée swap with another parent (you trade her your to-die-for lasagna in exchange for a batch of her world-famous spaghetti sauce), or form a cooking coop or supper club.

Problem: You can't get your toddler to stay at the dinner table once she's finished eating.
Solutions:
Accept the fact that your days of leisurely wining and dining are over for now. (You're in the whining and dining phase now!)

Keep your child engaged in the mealtime conversation rather than trying to carry on a one-on-one conversation with your spouse. She'll be entertained longer that way.

Teach your child that she can't get up and down from the dinner table like a yo-yo. It's disruptive to other people at the dinner table and it could be dangerous when you're dining out in restaurants.

Excuse your toddler when she's sure she's finished eating, but let her know that she won't be getting her dinner plate back. She'll have to wait for her bedtime snack if she decides she's still hungry.

Ann Douglas is the author of The Mother of All Baby Books and the newly-published Sleep Solutions for Your Baby, Toddler, and Preschooler and Mealtime Solutions for Your Baby, Toddler, and Preschooler. Read her articles at www.having-a-baby.com.



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MomsofMississauga.com is an online resource directory for mothers and others who want to keep informed about the activities and businesses in the Mississauga area.

Our vision for this newsletter & website is to be a positive voice for the Moms of Mississauga and family community. We encourage you to write and share your experiences and inspirational stories.

If you would like to share a story with us, please send an email to info@momsofmississauga.com We look forward to hearing from you.

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The Mississauga Parent Child Resource Centre operates the Ontario Early Years Centres in the south at Turtle Creek Plaza in Clarkson, Byngmount School, Port Credit High school and Sheridan Villa Nursing Home.

We offer drop in as well as many programs for parents/caregivers and children 0-6 years. Visit our website www.mprc.ca or call us at 905-822-1114 for more information about our programs. The drop in and all our programs are FREE.

One very important program we would like to highlight is our support group for women having difficulties with postpartum adjustment.

Share your feelings and experiences in a safe and supportive environment and learn strategies to help you cope during this challenging time of adjustment.

If you are experiencing any of the following: restlessness, sadness, loss of interest, extreme irritability or anger, crying for no apparent reason, overwhelmed, join us Thursday 1-3 pm. No registration required. Just drop in. You are not alone.