



## Halton Region Prenatal Program

**Thursdays 11am-1pm**

*Returning the week of Jan 8*

A free weekly program for parents who are pregnant or have an infant up to 6 weeks old. Learn how to have a healthy pregnancy, what you can do to support labour and birth, baby health and development and more! Sessions are delivered by a public health nurse or dietitian and food co-ordinator.

**The Kerr Street Market will be open for attendees.**

*This program is supported by Kerr Street Mission, Oakville Parent Child Centre, Halton Region and the Oakville Public Library.*



## Halton Region Kids N' Me

**Thursdays 9-11am**

*Returning the week of Jan 8*

Come out to enjoy crafts, toys, circle time, the Book Nook and to meet other parents and children. Refreshments will be provided.

**The Kerr Street Market will be open for attendees.**

*This program is supported by Kerr Street Mission, Oakville Parent Child Centre, Halton Region and the Oakville Public Library.*



## Virtual Job Fair

**Friday, January 19, 11am-2pm**

Are you seeking employment? Join JobFairX for a virtual job fair, connecting you to multiple employers based on your skills and experience. Gain the opportunity to participate in multiple interviews, optimizing your chances of obtaining meaningful employment. Interviews can be completed on any device. For more information, or to register scan the QR code.



Want a friendly, welcoming environment to practice your English skills? Join our ESL teachers every Wednesday where the focus is on speaking skills, not written skills. There is no fee for the program.

For more information, or to register, email [signmeup@kerrstreet.com](mailto:signmeup@kerrstreet.com)

**Every Monday & Wednesday**

**Beginners: 4:00-5:30 PM**

**Intermediate: 6:15-7:45 PM**



**Kerr Street Mission**

*Oakville's Mission of Hope*

# KSMnews

JANUARY 2024

# chooseFRESH

## IMPORTANT UPDATE

Beginning February 2024

Beginning February 2024, **the price of Choose Fresh Regular will increase from \$20 to \$25.**

For 5 dollars more, you will receive:

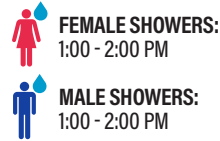
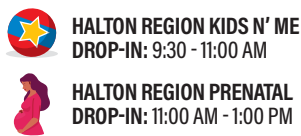
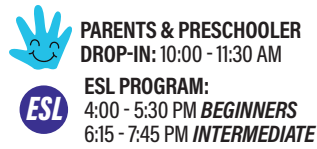
- Bigger produce pack with more vegetables and fruit
- Extra option of cheese or butter
- Halal beef 1 lb -> 2 Lbs
- Halal chicken 4 lbs -> 5 Lbs
- Salmon/4 oz 3 pieces -> 4 pieces

**Also Choose Fresh Lite will be discontinued and replaced by Choose Fresh PLUS (\$35).** Choose Fresh PLUS includes everything you get from Choose Fresh Regular plus an extra meat option.

Examples:

- Choose Fresh Regular: Beef
- Choose Fresh PLUS: Beef + Salmon

# JANUARY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> HAPPY NEW YEAR! KSM CLOSED	<b>2</b> chooseFRESH sign up begins for next month	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> Kerr Village Church Service In-Person @10am or Online*	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> Kerr Village Church Service In-Person @10am or Online*	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> Kerr Village Church Service In-Person @10am or Online*	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> LAST DAY FOR chooseFRESH sign up	<b>26</b>	<b>27</b>
<b>28</b> Kerr Village Church Service In-Person @10am or Online*	<b>29</b>	<b>30</b>	<b>31</b>			



\*Kerr Village Church Services can be streamed on facebook

## MARKET HOURS

- Monday:** 1:00 - 2:30 pm  
5:30 - 6:30 pm (KSM families attending meal only)
- Tuesday:** 1:00 - 2:30 pm  
6:00 - 7:30 pm
- Wednesday:** 1:00 - 2:30 pm
- Thursday:** 9:45 - 11:45 am (Prenatal & Kids n' Me programs only)  
6:00 - 7:30 pm
- Friday:** 1:00 - 2:30 pm
- Saturday:** 10:00 - 11:30 am
- Sunday:** CLOSED

## FOOD MARKET INFO THIS MONTH

- January 2-6**  
Choose Fresh - **PROTEIN WEEK**  
Special Items - Condiments
- January 8-12**  
Choose Fresh - **PRODUCE WEEK**  
Special Items - Feminine Hygiene
- January 15-20**  
Choose Fresh - **PROTEIN WEEK**  
Special Items - Pet Food
- January 22-27**  
Choose Fresh - **PRODUCE WEEK**  
Special Items - Snacks

## KSM CAFÉ

- Monday:** 5:45 - 7:45 pm  
For KSM registered families with children 18 years & under. Registration required - see front desk.
- Tuesday:** 11:45 am - 12:50 pm
- Wednesday:** 5:45 - 7:45 pm  
Every Wednesday. Adults ONLY. No registration required.
- Friday:** 11:45 am - 12:50 pm
- Saturday:** 8:45 - 9:45 am  
No registration required.

\*Meals are limited to the first 42 people who arrive.