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What's  
Happening  
9/4 to 9/10

Dear Michelle,

What a crazy week! Our thanks goes to our amazing teachers and all of you dedicated participants who braved downed trees and no power to keep our programs vibrant. Next week's classes will run as scheduled. Watch our [Facebook page](#) for updates.

In the midst of all the chaos, we have been busy launching a new look for this newsletter. It features our colorful new logo and we plan exciting new content in the weeks to come. If you have any suggestions for the newsletter we'd love to hear them. Please contact us at [info@womenandfamilylife.org](mailto:info@womenandfamilylife.org) to let us know.

#### **NEW Fall Programs Announced!**

And, last but certainly not least, we've released the fall program brochure and schedule. Look for the print version around town soon, but in the meantime, download it right from our [website](#) and start planning for all the fun activities we have in store.

Have a great and relaxing weekend! - *The W&FL Team*

#### **Wellness Programs**

*Your participation in our wellness programs enables us to provide critical support programs to your community!  
Call to register today 203-458-6699*

##### **Yoga with Ava Tyler**

*Vinyasa Yoga (6 weeks)*  
Monday, noon-1:00 pm, Fee: \$60  
Next six-week session begins 10/3/11.

*Drop-In Vinyasa Yoga*  
Tuesday, 6:00-7:30 pm and  
Saturday, 8:00-9:30 am Fee: \$125/10 class card with 3 month expiration. Drop-in: \$15 Adults, \$10 Teens. Ongoing enrollment.

*Yoga Intensive*  
Thursday, 2:00-1:30 pm, Fee: \$270  
Next six-week session begins 9/29/11. Must register prior to class.

*Gentle Yoga - Now accepting registrations!*  
Friday, 10:30-11:30 am, Fee: \$60  
Next six-week session begins 10/7/11.

For more details on the yoga programs please visit the [Program Schedule](#).

##### **Tai Chi with Suzanne Hanley**

Wednesday, 10:30-11:30 am, Fee: \$75 for 6 week card.  
Ongoing enrollment.  
Experience the gentle, flowing movements of Tai Chi and treat your whole body to a relaxing workout.

##### **Women Who Walk with Margaret Fikrig**

Thursdays, 9:00 am (BEGINNING 9/8/11)

Join this active group of women who walk the trails through the crisp days of autumn, the snowy days of winter and the green days of spring. The group is for all ages and stages of life. E-mail us at [info@womenandfamilylife.org](mailto:info@womenandfamilylife.org) to be added to the walker list.

#### **Youth & Family Programs**

##### **Baby and Toddler Groups with Pam Welch**

Each group is just \$5/class or \$40/10 class card with 3 month expiration.

###### *Baby & Me*



Thursdays, 4:15-5:00 pm  
For parent with infants from birth to around 1 year (or mobile). Networking, support, baby play, and parenting tips in a casual setting.

###### *Waddlers*

Tuesdays, 3:45-4:30 pm  
For parent with infants 1 year (or mobile) to 20 months. A time for you and your child to meet friends and share music, movement, and stories.

###### *Toddlers*

Tuesdays, 4:30-5:15 pm  
For parents with children 20 months to 3 years. Activities, games, music and movement that foster early childhood development

#### **Special Events**

##### **Men Who Cook is Coming!**



Contact [Lori Lodge](#) for sponsorship and ticket information.

#### **Quick Links**

[Program Schedule](#)  
[Contact Us](#)  
[Donate Now](#)

#### **Share Our Voices THE BLOG**

Read the [latest post](#).

#### **Our Supporters**



The Community  
Foundation for Greater  
New Haven



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New Haven

We extend our heartfelt "Thanks" to all our generous [donors](#)

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development.

## Support & Education Groups

*New members are always welcome!  
Call for more information 203-458-6699.*

### Domestic Violence Support Group

Meets weekly. Please call the center for day, time, and location.

### Parent Chat

Meets weekly, Tuesdays, 6:30-7:30 pm

### Women Writers

Meets weekly, Wednesdays, 7-8:30 pm

### Divorce and Separation Support Group

Meets weekly, Thursdays, 12 am -1 pm

### For Men Only

Meets 1st & 3rd Wednesday of every month 7-9 pm

### Women Recreating Retirement

Meets 3rd Thursday of every month, 10:30-11:30 am

### Hygeia Infant and Pregnancy Loss Support

Meets 3rd Thursday of every month, 7-8 pm

### Holistic Moms

Meets 2nd Thursday of each month, 7-9 pm

## Keep In Touch

203-458-6699

**For the latest updates, please visit:**

[www.WomenAndFamilyLifeCenter.org](http://www.WomenAndFamilyLifeCenter.org)

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