

Hi, just a reminder that you're receiving this email because you have expressed an interest in Multiple Births Canada (MBC), have been or continue to be a member of MBC. Don't forget to add office@multiplebirthscanada.org to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

July 15th, 2013 - Issue #1

E-NEWS From Multiple Births Canada



*Supporting
Multiple Births
Together*



Welcome to Multiple Births Canada E-NEWS!

Dear Kim,

Multiple Moments issue Q2-2013 is now posted in the Member Section of the MBC website!



Members will find the magazine link after you log in, just below the information about the conference. Access the [Member Section](#) and make sure to check with your Chapter or the [MBC Office](#) to obtain the password required.

There are a number of great articles about "Looking Back...at the Early Years!" In addition to articles about life in the NICU, postpartum

depression, the birth for one family with triplets and one with quintuplets (and more), there are articles from all 11 Support Networks, book and web reviews and a look at Dr. Jon Barrett's most recent research on caesarean vs. vaginal births.

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If you're not a member of MBC, you can purchase a subscription to Multiple Moments [here](#) or find out how to become a member [here](#).

Download your copy today and enjoy some great summer reading whenever you have a few minutes to relax.

Join Our Mailing List!

Like us on Facebook 

Follow us on  twitter

Family fun this summer!
2013 Summer Attractions Discounts
(list available in members' area)



The Burden Family are the first to use our
NEW Marineland Discount.

Summer Discounts Update - Some discount codes for Summer Attractions 2013 have been confirmed and are now posted in the Member Section of the MBC website. As additional discounts are confirmed the list will be updated.

The following attraction codes are now posted:

1. Marineland - Niagara Falls, ON
2. Safari Niagara - Niagara Falls, ON
3. Canada's Wonderland - Brampton, ON
4. Centreville Amusement Parks - Toronto Islands, ON
5. Ontario Science Centre - Toronto, ON
6. Royal Ontario Museum - Toronto, ON
7. Casa Loma - Toronto, ON
8. Santa's Village - Bracebridge ON
9. Wild Water Kingdom - Brampton, ON
10. Bingemans - Kitchener, ON
11. Bowmanville Zoo- Bowmanville, ON
12. Canada Agriculture and Food Museum - Ottawa, ON

13. Canadian Aviation and Space Museum - Ottawa, ON
14. Canada Science and Technology Museum - Ottawa, ON
15. Sandspit, Slide and Ride and Shining Waters Family Fun Park - Cavendish, PEI
16. Magic Mountain - Moncton, NB

Please let us know of other attractions across Canada that you might be visiting or live near that we could call to work out discounts. Please email those names to discounts@multiplebirthscanada.org.

Multiple Births Canada Conference 2013 - Hosted by Simcoe County Parents of Multiple



[Registration is open!](#)

Check out the latest on the SCPOM website.

Join MBC from September 27th-29th at the Kempenfelt Centre as the Simcoe County Parents of Multiples host the annual Multiple Births Canada Conference! The beautiful lakeside resort is a relaxing setting to meet fellow MBC members from across Canada, share stories and learn together.

Parents of multiples and multiple-birth support volunteers will enjoy an inspirational weekend focused on The Keys to Health and Happiness with Multiples. Kathy Buckworth, parenting writer and CityLine TV panelist, helps parents everywhere laugh and find a balance between work and family life. Laird Crump from Focus on the Family will share how to identify the varying needs of your children and meet them, including how to identify each of your children's love languages. Jennifer De La Roca, MSW, RSW, will talk about managing stress and dealing with conflict, and ways to re-connect and re-charge your relationships, especially during times of stress.

Additional workshops designed for parents will focus on nutrition and organic foods, family health, bully-proofing, yoga and meditation, Zumba, speech-language development and communication, family photography,

home organization and dealing with stress.

Workshops for volunteers will include technology and social media, grass-roots fundraising, running member support programs, running the Chapter organization, MBC's support networks, and an open-topic Chapter exchange.

The **Early Bird Registration** discount is available until July 20th. Check out the [registration website](#). You can pay online using Paypal or have your invoice emailed to you.

The Simcoe County Parents of Multiples are available to answer questions at:
bulletwin@hotmail.com.

Please contact them for more information!

In our 35th year of supporting Canada's Multiple Birth Community!

www.multiplebirthscanada.org

Multiple Births Canada

Email: office@multiplebirthscanada.org

Phone: (613) 834-TWIN (8946) or Toll Free: 1(866)228-8824

www.multiplebirthscanada.org

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