



Monday	Tuesday	Wednesday	Thursday	Friday
9:00-12:00 School 2 10:30-12 Little Milk Miracles 2/4 1-3 Healthy Relationships 2/10 5:30-8:00 Father/child Drop-in (Youville Centre)	9:00-12:00 School 3 1-2:30 Transition to Parenting Module Four 1/2 3-4:30 St. Mary's SMART	9:00-12:00 School 4 9:45-11:45 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Make the Connections 3/8	9:00-12:00 School 5 8:45-11:00 Obstetrical Clinic 9-12 ESL 9:30-12 Drop-in Space 1-3 Home Smart 4/4 3:30-6:00 Buns in the Oven 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 2/10	PD DAY 6 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank
9	9:00-12:00 School 10 1-2:30 Transition to Parenting Module Four 2/2 5:45-7:15 St. Mary's SMART	9:00-12:00 School 11 9:45-11:45 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Make the Connections 4/8	9:00-12:00 School 12 8:45-11:00 Obstetrical Clinic 9-12 ESL 9:30-12 Drop-in Space 1-3 Housing Smart 1/4 3:30-6:00 Buns in the Oven 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 3/10	9:00-12:00 School 13 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank
9:00-12:00 School 16 10:30-12 Little Milk Miracles 3/4 1-3 Healthy Relationships 3/10 5:30-8:00 Father/child Drop-in (Youville Centre)	9:00-12:00 School 17 1-2:30 Transition to Parenting Module Five 1/2 1-4 Obstetrical Clinic 5:45-7:15 St. Mary's SMART	9:00-12:00 School 18 9:45-11:45 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Make the Connections 5/8	9:00-12:00 School 19 Cancelled Obstetrical Clinic 9-12 ESL 9-12 Contraception Clinic 9:30-12 Drop-in Space 1-3 Housing Smart 2/4 3:30-6:00 Buns in the Oven 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 4/10	9:00-12:00 School 20 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank
9:00-12:00 School 23 10:30-12 Little Milk Miracles 4/4 1-3 Healthy Relationships 4/10 5:30-8:00 Father/child Drop-in (Youville Centre)	9:00-12:00 School 24 9-12 Contraception clinic 1-2:30 Transition to Parenting Module Five 2/2 5:45-7:15 St. Mary's SMART	9:00-12:00 School 25 9:45-11:45 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Make the Connections 6/8	9:00-12:00 School 26 8:45-11:00 Obstetrical Clinic 9-12 ESL 9:30-12 Drop-in Space 1-3 Housing Smart 3/4 3:30-6:00 Buns in the Oven 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 5/10	9:00-12:00 School 27 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank Spirit Day: Halloween
9:00-12:00 School 30 1-3 Healthy Relationships 5/10 5:30-8:30 Young Fathers Drop-in (Youville Centre)	NO SCHOOL 31 No program this afternoon 5:45-7:15 St. Mary's SMART			Legend First day of a program Special = child care provided

St. Mary's Home Young Parent Outreach Centre

(613) 749-2491 Texting: (613) 298-0311
www.stmaryshome.com



Note: Most programs require registration.
Please ask our receptionist or call the Centre

Hours of Operation:

Mon, Wed.: 8:30 am - 3:30 pm
Tuesday: 8:30 am - 7:15 pm
Thursday: 8:30 am - 8:30 pm
Friday: 8:30 am - 2:00 pm

New programs this month :

Tuesdays – Transition to Parenting
Module 4 & 5
Thursdays – Housing Smart

Monday

10:30-12: Little Milk Miracles: A 1 ½ hour weekly support group for pregnant and breastfeeding parents. Learn tips and tricks. Meet other breastfeeding moms. (Join weekly)

1-3 Healthy Relationships – 10 week support group. The topics will cover: Impacts of abuse, warning signs, self-esteem, assertive communication, etc.

6:30-8:00: Young Father's Program : A drop-in program for young fathers at Youville Centre. (Join weekly)

Wednesday

9:45-11:45: Well Baby Clinic - Public Health Nurses will weigh your baby and answer your questions. (Join weekly)

9:45-11:45: Baby and Me - Parents and their babies (birth to walking) gather to play with their babies and to meet other parents. Videotaping of your baby is available. (Join weekly)

1-3 Make the Connection – 0 to 1 y.o. - (with love, language and learning) – Starting early sets the stage for life! Come with your baby and have fun together.

Friday

9:45-12:15: T.L.C. (Toddler Learning Club) - A program for parents and their toddlers. Crafts and fun play. (Join weekly)

12:45-1:45: Food Bank - Available for all clients under the age of 25.

Spirit Day: Halloween

Abuse

- ◆ Have you ever felt criticized, put down or threatened by your partner, a friend or a family member?
 - ◆ Would you like to talk to someone about a relationship where you don't feel safe?
- Speak to your counsellor.

Attachment Counselling

One-to-one program to promote secure attachment and positive self-esteem in children.

Different days and times available

Childcare

Childcare is available for most programs. Children will be in their own program with Early Childhood Educators (ECE's). All children and parents **MUST** meet with our ECE's before starting programs.

Thursday

9-12 ESL (English Second Language) Come and learn how to speak English and do some socializing at the same time.

9:30-12: Drop-in Space – It's your space. You will have access to computers, education support, relaxing conversations, some crafts.

1-2:30: Housing Smart - Important information for anyone renting an apartment or planning to rent soon.

3:30-6: Buns in the Oven – Register for this group ASAP during your pregnancy and enjoy cooking nutritious meals and learning about your pregnancy and baby.

6:30-8:30: Pregnancy Circle - Learn about healthy pregnancy, giving birth and being at home with your newborn.

6:30-8:30: Super Dads Super Kids - A parenting program designed for dads only!

Tuesday

1-2:30: Transition to Parenting - Take this program in the months before or just after your baby is born. Learn important information on caring for your baby.

5:45-7:15 – St. Mary's SMART – This is a peer support and recovery group for anyone struggling with substance use or other addictive behaviours. This group can support you as you build the motivation to change and the tools to do so effectively. SMART provides assistance in coping with urges, managing thoughts, feelings, and behaviours, and can help you find balance in life.

Drugs and Alcohol

- ◆ Have you ever wondered if you or someone close to you has a problem with drugs or alcohol?
- ◆ Have you tried to stop using and would like some support?

Speak to your counsellor.

Support is available right here at the Centre.

Every Day at the Centre

- ◆ **Light breakfast:** Available to participants attending programs in the morning. (8:30-9:30)
- ◆ **School:** Immaculata High School Achievement Center - Earn credits towards your high school graduation.
- ◆ **Lunch:** Available to those attending morning and/or afternoon programs.
- ◆ **Counselling:** Counsellors available to help you deal with life's challenges.