

December Decembre



ST. MARY'S HOME YOUNG PARENT OUTREACH CENTRE

2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Legend</p> <p>First day of a program</p> <p>Special</p> <p> = child care provided</p>		<p>Please note that the Centre will close at 1:00 p.m. on December 22nd, and it will re-open on January 2nd</p> <p>Happy Holiday Season !</p>		<p>9:00-12:00 School 1</p> <p>8:30-1:30 Family Health Clinic</p> <p>9:45-12:15 T.L.C.</p> <p>11-1 Algonquin Info Booth</p> <p>12:45-1:15 Food Bank </p>
<p>9:00-12:00 School 4</p> <p>9-10 Decorate the Centre</p> <p>10:30-12 Little Milk Miracles 4/5 </p> <p>1-3 Healthy Relationships 8/9 </p> <p>5:30-8:30 Father/child Drop-in (Youville Centre)</p>	<p>9:00-12:00 School 5</p> <p>1-2:30 Transition to Parenting Module 2 1/2</p> <p>1-2:30 Yoga 8/9 </p> <p>5:45-7:15 St. Mary's SMART </p>	<p>9:00-12:00 School 6</p> <p>9:45-11:45 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Building Blocks Module Two 1/2 </p>	<p>9:00-12:00 School 7</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 ESL</p> <p>9-12 Contraception Clinic</p> <p>9:30-12 Drop-in Space </p> <p>1-3 MYO Gifts 5/6 </p> <p>3:30-6:00 Buns in the Oven </p> <p>6:00-8:00 Pregnancy Circle</p>	<p>9:00-12:00 School 8</p> <p>8:30-1:30 Family Health Clinic</p> <p>9:45-12:15 T.L.C.</p> <p>12:45-1:15 Food Bank </p>
<p>9:00-12:00 School 11</p> <p>10:30-12 Little Milk Miracles 5/5 </p> <p>Breastfeeding Games</p> <p>1-3 Healthy Relationships 9/9 </p> <p>5:30-8:30 Young Fathers Drop-in (Youville Centre)</p>	<p>9:00-12:00 School 12</p> <p>1-2:30 Transition to Parenting Module 2 2/2</p> <p>1-2:30 Yoga 9/9 </p> <p>5:45-7:15 St. Mary's SMART </p>	<p>9:00-12:00 School 13</p> <p>9:45-11:45 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Building Blocks Module Two 2/2 </p>	<p>9:00-12:00 School 14</p> <p>11-2 Obstetrical Clinic</p> <p>9-12 ESL</p> <p>9:30-12 Bingo </p> <p>1-3 MYO Gifts 6/6 </p> <p>3:30-6:00 Buns in the Oven </p> <p>6:00-8:00 Pregnancy Circle</p>	<p>9:00-12:00 School 15</p> <p>8:30-1:30 Family Health Clinic</p> <p>9:45-12:15 T.L.C.</p> <p>12:45-1:15 Food Bank </p>
<p>9:00-12:00 School 18</p> <p>10:30-12</p> <p>1-3 Parent/child craft activity</p> <p>5:30-8:30 Father/child Drop-in (Youville Centre)</p>	<p>9:00-12:00 School 19</p> <p>9-12 Contraception Clinic</p> <p>12-2 :30 At the movies for parents and children</p> <p>5:45-7:15 St. Mary's SMART </p>	<p>9:00-12:00 School 20</p> <p>9:45-11:45 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p>	<p>9:00-12:00 School 21</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 ESL</p> <p>Cancelled Drop-in Space 10:30-12:15 TLC</p> <p>3:30-6:00 Buns in the Oven </p> <p>6:00-8:00 Pregnancy Circle</p>	<p>9:00-12:00 School 22</p> <p>8:30-12:00 Family Health Clinic</p> <p>Cancelled T.L.C. 12:00-12:30 Food Bank </p>
<p> 25</p> <p>Centre closed</p>	<p> 26</p> <p>Centre closed</p>	<p> 27</p> <p>Centre closed</p>	<p> 28</p> <p>Centre closed</p>	<p> 29</p> <p>Centre closed</p>

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

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.

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.

6:30-9:30: Young Father's Program : A drop-in program for young fathers at Youville Centre. (Join weekly)

New programs this month :

Tuesdays – Transition to Parenting
Module 2

Wednesdays – Building Blocks, Module 2

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: Building Blocks - In this program, you will learn about your child's emotional and physical development through discussions, crafts and other fun ways! For parents of children 0-3 years old.

Attachment Counselling

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

Different days and times available

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.

1-2:30: Yoga - A peaceful 90 minutes of stretching, yoga postures, breathing and relaxation practice. (Join weekly)

5:45-7:15 – St. Mary's SMART – This is a recovery group that can help people identify if they have a substance use problem, and can support you to build your motivation to change. SMART provides assistance in coping with urges, managing thoughts, feelings and behaviours, and can help you find balance in life.

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.

1-3: MYO Gifts - Feeling stressed about spending many precious dollars on gifts? Have fun making unique, personal gifts for your family and friends

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

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.

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.

Support is available right here at the Centre.

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.