



JANUARY JANVIER



ST. MARY'S HOME YOUNG PARENT OUTREACH CENTRE



2018

Monday	Tuesday	Wednesday	Thursday	Friday
 Centre Closed	<p>1-2:30 Transition to Parenting Module Three 1/2</p> <p>1-2:30 Yoga</p> <p>5:45-7:15 St. Mary's SMART</p>	<p>9:30-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p>	<p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 Contraception Clinic</p> <p>9:30-12 Drop-in Space</p> <p>1-2:30 Beat the Budget Blues 1/4</p> <p>3:30-6:00 Buns in the Oven</p> <p>6:00-8:00 Pregnancy Circle</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</p> <p>10:30-12 Little Milk Miracles 1/6</p> <p>5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>9:00-12:00 School</p> <p>1-2:30 Transition to Parenting Module Three 2/2</p> <p>1-2:30 Yoga</p> <p>5:45-7:15 St. Mary's SMART</p>	<p>9:00-12:00 School</p> <p>9:30-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Building Blocks Module Three 1/2</p>	<p>9:00-12:00 School</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 ESL</p> <p>9:30-12 Drop-in Space</p> <p>1-2:30 Beat the Budget Blues 2/4</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</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</p> <p>10:30-12 Little Milk Miracles 2/6</p> <p>1-2:30 Transition to Parenting Module Four 1/2</p> <p>5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>9:00-12:00 School</p> <p>1-2:30 Yoga</p> <p>1-3 Personal Growth 1/6</p> <p>5:45-7:15 St. Mary's SMART</p>	<p>9:00-12:00 School</p> <p>9:30-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Building Blocks Module Three 2/2</p>	<p>9:00-12:00 School</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 Contraception Clinic</p> <p>9-12 ESL</p> <p>9:30-12 Drop-in Space</p> <p>1-2:30 Beat the Budget Blues 3/4</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</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>Spirit Day: P.J. Day</p>
<p>9:00-12:00 School</p> <p>10:30-12 Little Milk Miracles 3/6</p> <p>1-2:30 Transition to Parenting Module Four 2/2</p> <p>5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>9:00-12:00 School</p> <p>1-2:30 Yoga</p> <p>1-3 Personal Growth 2/6</p> <p>5:45-7:15 St. Mary's SMART</p>	<p>9:00-12:00 School</p> <p>9:30-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Building Blocks Module Four 1/2</p>	<p>9:00-12:00 School</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 ESL</p> <p>9:30-12 Drop-in Space</p> <p>1-2:30 Beat the Budget Blues 4/4</p> <p>3:30-6:00 Buns in the Oven</p> <p>6:00-8:00 Pregnancy Circle</p> <p>6:30-8:30 Super Dads Super Kids 1/10</p>	<p>9:00-12:00 School</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</p> <p>10:30-12 Little Milk Miracles 4/6</p> <p>1-2:30 Transition to Parenting Module Five 1/2</p> <p>5:30-8:30 Young Fathers Drop-in (Youville Centre)</p>	<p>9:00-12:00 School</p> <p>No program this afternoon</p> <p>5:45-7:15 St. Mary's SMART</p>	<p>9:00-12:00 School</p> <p>9:30-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Building Blocks Module Four 2/2</p>	<p><i>Be the change you wish to see in the world.</i></p>	<p>Legend</p> <p>First day of a program</p> <p>Special</p> <p> = child care provided</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

New programs this month :

Mondays – Little Milk Miracles
Mondays - Transition to Parenting
Tuesdays – Personal Growth
Tuesdays – Yoga
Wednesdays – Building Blocks
Module 3, 4
Thursdays – Beat the Budget Blues
Thursdays – Super Dads Super Kids

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)

1-2:30: 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.

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

Attachment Counselling

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

Different days and times available

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.

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.

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: P.J. Day

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.

Tuesday

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

1-3 Personal Growth: Using the Tree of Life model, we will explore your abilities, strengths and supports that enable you to face challenges in your life. We will also explore hopes and dreams for the future.

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.

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 Beat the Budget Blues - Learn how to make your dollars stretch all the way to the end of the month!

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!

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.