



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.</i> -- Maya Angelou</p>			<p>9:00-12:00 School 1 8:45-11:00 Obstetrical Clinic 9-12 Contraception Clinic 9-12 ESL 9:30-12 Drop-in Space ♥ 1-2:30 Beat the Budget Blues 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</p>	<p>9:00-12:00 School 2 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank ♥</p>
<p>9:00-12:00 School 5 10:30-12 Little Milk Miracles 5/6 ♥ 1-2:30 Transition to Parenting Module Five 2/2 ♥ 5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>9:00-12:00 School 6 1-2:30 Yoga ♥ 1-3 Planting our roots 3/6 ♥ 5:45-7:15 St. Mary's SMART ♥</p>	<p>9:00-12:00 School 7 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Building Blocks ♥ Module Five 1/2</p>	<p>9:00-12:00 School 8 8:45-11:00 Obstetrical Clinic 9-12 ESL 9:30-12 Drop-in Space ♥ Spa & relaxation 1-3:00 Because I deserve it! ♥ 3:30-6:00 Buns in the Oven ♥ 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 3/10</p>	<p>9:00-12:00 School 9 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank ♥ Spirit Day: Red Day</p>
<p>9:00-12:00 School 12 10:30-12 Little Milk Miracles 6/6 ♥ 1-2:30 Transition to Parenting Module Six 1/2 ♥ 5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>9:00-12:00 School 13 1-2:30 Yoga ♥ 1-3 Planting our roots 4/6 ♥ 5:45-7:15 St. Mary's SMART ♥</p>	<p>9:00-12:00 School 14 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Building Blocks ♥ Module Five 2/2</p>	<p>9:00-12:00 School 15 8:45-11:00 Obstetrical Clinic 9-12 Contraception Clinic 9-12 ESL 9:30-12 Drop-in Space ♥ 3:30-6:00 Buns in the Oven ♥ 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 4/10</p>	<p>9:00-12:00 School 16 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank ♥</p>
<p> Family Day - Centre Closed</p>	<p>9:00-12:00 School 20 1-2:30 Yoga ♥ 1-3 Planting our roots 5/6 ♥ 5:45-7:15 St. Mary's SMART ♥</p>	<p>9:00-12:00 School 21 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Building Blocks ♥ Module Six 1/2</p>	<p>9:00-12:00 School 22 8:45-11:00 Obstetrical Clinic 9-12 ESL 9:30-12 Drop-in Space ♥ 1-2:30 Money Matters 1/3 ♥ 3:30-6:00 Buns in the Oven ♥ 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 5/10</p>	<p>9:00-12:00 School 23 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank ♥</p>
<p>9:00-12:00 School 26 1-2:30 Transition to Parenting Module Six 2/2 ♥ 5:30-8:30 Young Fathers Drop-in (Youville Centre)</p>	<p>9:00-12:00 School 27 1-2:30 Yoga ♥ 1-3 Planting our roots 6/6 ♥ 5:45-7:15 St. Mary's SMART ♥</p>	<p>9:00-12:00 School 28 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Building Blocks ♥ Module Six 2/2</p>	<p>Legend First day of a program Special  = 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 – Transition to Parenting
Module 6
Wednesdays – Building Blocks
Module 5 & 6
Thursdays – Money Matters

Monday

10:30-12: Little Milk Miracles: This is a weekly breastfeeding information support group with help from a peer leader. Variety of activities and topics for prenatal and postnatal women. ([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

Tuesday

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

1-3: Planting our roots - 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.

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.

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!

1-2:30: Money Matters - Learn how you can manage on a low income now, while taking steps to get more money in the future. ([Join weekly](#))

1-3: Because I deserve it! - Come and relax, take some time for yourself and learn the importance of self care in your life.

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!

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: February 9 - Red 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.

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.