

MAY MAY



ST. MARY'S HOME YOUNG PARENT OUTREACH CENTRE



2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>a Mother is like a flower; each one beautiful and unique.</i></p>	9:00-2:30 School ① 1-3 Your Best Self 5/6 ✿ 5:45-7:15 St. Mary's SMART ✿	9:00-12:00 School ② 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Parenting drop-in 1-3 Sew your own Baby Quilt 3/6 ✿	9:00-12:00 School ③ 8:45-11:00 Obstetrical Clinic 9-12 ESL 9:30-12 Drop-in Space ✿ 1-3 Parenting Journey 1/10 ✿ 3:30-6:00 Buns in the Oven ✿ 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads S.Kids 2/10	9:00-12:00 School ④ 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank ✿
9:00-2:30 School ⑦ 9:30-12 LMM Training 2/2 ✿ 1-2:30 Transition to Parenting Module Five 1/2 ✿ 5:30-8:00 Father/child Drop-in (Youville Centre)	9:00-2:30 School ⑧ 1-3 Your Best Self 6/6 ✿ 5:45-7:15 St. Mary's SMART ✿	9:00-12:00 School ⑨ 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Parenting drop-in 1-3 Sew your own Baby Quilt 4/6 ✿	9:00-12:00 School ⑩ 9-12 ESL 9:30-12 Drop-in Space ✿ Spa Activity 12:45-4 Obstetrical Clinic 12:45-4 Contraception Clinic 1-3 Parenting Journey 2/10 ✿ 3:30-6:00 Buns in the Oven ✿ 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads S.Kids 3/10	9:00-12:00 School ⑪ 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank ✿ <p>Spirit Day: Mothers Day</p>
9:00-2:30 School ⑭ 10:30-12 Little Milk Miracles 1/4 ✿ 1-2:30 Transition to Parenting Module Five 2/2 ✿ 5:30-8:00 Father/child Drop-in (Youville Centre)	9:00-2:30 School ⑮ 1-3 Clothesline Project ✿ 5:45-7:15 St. Mary's SMART ✿	9:00-12:00 School ⑯ 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Parenting drop-in 1-3 Sew your own Baby Quilt 5/6 ✿	9:00-12:00 School ⑰ 8:45-11:00 Obstetrical Clinic 9-12 ESL 9-12 Drop-in Space ✿ 1-3 Parenting Journey 3/10 ✿ 3:30-6:00 Buns in the Oven ✿ 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads S.Kids 4/10	<p>PD DAY ⑱</p> 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. Library Lady 12:45-1:15 Food Bank ✿
<p>Victoria Day Centre closed ⑳</p>	9:00-2:30 School ㉑ 1-2:30 Honouring Anger 1/10 ✿ 5:45-7:15 St. Mary's SMART ✿	9:00-12:00 School ㉒ 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Parenting drop-in 1-3 Sew your own Baby Quilt 6/6 ✿	9:00-12:00 School ㉓ 8:45-11:00 Obstetrical Clinic 9-12 Contraception Clinic 9-12 ESL 9:30-12 Drop-in Space ✿ 1-3 Parenting Journey 4/10 ✿ 3:30-6:00 Buns in the Oven ✿ 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads S.Kids 5/10	9:00-12:00 School ㉔ 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank ✿
9:00-2:30 School ㉘ 10:30-12 Little Milk Miracles 2/4 ✿ 1-2:30 Transition to Parenting Module Six 1/2 ✿ 5:30-8:30 Young Fathers Drop-in (Youville Centre)	9:00-2:30 School ㉙ 1-2:30 Honouring Anger 2/10 ✿ 5:45-7:15 St. Mary's SMART ✿	9:00-12:00 School ㉚ 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Parenting drop-in	9:00-12:00 School ㉛ 8:45-11:00 Obstetrical Clinic 9-12 ESL 9:30-12 Drop-in Space ✿ 1-3 Parenting Journey 5/10 ✿ 3:30-6:00 Buns in the Oven ✿ 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads S.Kids 6/10	<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

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.

New programs this month :

Mondays – Transition to Parenting Module 5 & 6
Mondays – Little Milk Miracles
Tuesdays – Honouring Anger
Thursdays – Parenting Journey

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

For information: **Carolyne Ext. 720**

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)

1-2:30: Parenting drop-in - For pregnant and parenting youth and their children. The Attachment Counsellor will be there to offer parenting support and information in a casual setting. Babies and toddlers will be attending with their parents so there will be no childcare available. (Join weekly)

1-3: Sew your own baby quilt - Learn to sew a quilt for your baby. No experience needed. Just come and have fun!

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: Mothers' 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

1-3: Your best self - Join us in learning about self-care and healthy lifestyle.

1-2:30: Honouring Anger - This program provides an opportunity for women to explore how their experience of anger may be impacting their life.

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.

1-3: Parenting Journey - This program empowers parents to understand where they came from, how they were parented and how that impacts who they are now.

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.