



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Legend</p> <p>First day of a program</p> <p>Special = child care provided</p>		<p>9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Little Milk Miracles 3/7 </p>	<p>8:45-11:00 Obstetrical Clinic 9-12 Contraception Clinic 10:30-12 Transition to Parenting Module Four 1/2 1-3 Make the Connection 4/6 3:30-6:00 Buns in the Oven 6:00-8:00 Pregnancy Circle</p>	<p>8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank </p>
<p>Centre Closed</p>	<p>1-2:30 Planting our Roots 1/4 2:30-4:30 Creative Drop-in </p>	<p>9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Little Milk Miracles 4/7 </p>	<p>8:45-11:00 Obstetrical Clinic 10:30-12 Transition to Parenting Module Four 2/2 1-3 Make the Connection 5/6 3:30-6:00 Buns in the Oven 6:00-8:00 Pregnancy Circle</p>	<p>8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank </p>
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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:

Monday - Closed
Tue-Thur: 8:30 am - 6:30pm
Wed: 8:30 am - 6:00 pm
Friday: 8:30 am - 4:00 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 :

Tuesdays – Planting our Roots

Thursdays – Transition to Parenting
Module 4 & 5 & 6

Thursdays – Building Blocks

Tuesday

1-2:30: 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.

2:30-4:30: Creative Drop-in - Tap in to your creative self! We'll teach you how, in a relaxing and reflective space. Learn new crafts or activities. (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: **Carolyn Ext. 720**

Wednesday

9:45-11:00: 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: 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)

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: Water 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.

Thursday

10:30-12: 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.

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

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.

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.



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.