


# JULY JUILLET



## ST. MARY'S HOME YOUNG PARENT OUTREACH CENTRE



# 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Canada Day Centre Closed</b></p> <p>②</p>	<p>③</p> <p>1-2:30 Honouring Anger 6/9 ● 5:45-7:15 St. Mary's SMART ● <b>Last</b></p>	<p>④</p> <p>9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Home Smart 4/5 ●</p>	<p>⑤</p> <p>8:45-11:00 Obstetrical Clinic 9-12 Contraception Clinic ● 9:30-12 Drop-in Space ● 1-3 Parenting Journey 10/10 ● 3:30-6:00 Buns in the Oven ● 6:00-8:00 Pregnancy Circle</p>	<p>⑥</p> <p>8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. ● 12:45-1:15 Food Bank ●</p>
<p>⑨</p> <p>10:30-12 Little Milk Miracles 3/3 ● 1-2:30 Transition to Parenting Module Two 2/2 ● 5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>⑩</p> <p>1-2:30 Honouring Anger 7/9 ●</p>	<p>⑪</p> <p>9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Home Smart 5/5 ●</p>	<p>⑫</p> <p>8:45-11:00 Obstetrical Clinic 9:30-12 Drop-in Space ● 1-3 <b>Make the Connection</b> 1/6 ● <b>Newborn to 1 year old</b> ● 3:30-6:00 Buns in the Oven ● 6:00-8:00 Pregnancy Circle</p>	<p>⑬</p> <p>8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. ● 12:45-1:15 Food Bank ●</p>
<p>⑫</p> <p><b>Centre Closed</b></p> <p>5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>⑬</p> <p>1-2:30 Honouring Anger 8/9 ●</p>	<p>⑭</p> <p>9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 <b>Little Milk Miracles</b> 1/7 ● 1-3 <b>Creative Expression</b> ●</p>	<p>⑮</p> <p>8:45-11:00 Obstetrical Clinic 9-12 Contraception Clinic 9-12 Drop-in Space ● 10:30-12 <b>Transition to Parenting Module Three</b> 1/2 ● 1-3 <b>Make the Connection</b> 2/6 ● 3:30-6:00 Buns in the Oven ● 6:00-8:00 Pregnancy Circle</p>	<p>⑯</p> <p>8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. ● 12:45-1:15 Food Bank ● <b>Spirit Day: P.J. Day</b></p>
<p>⑮</p> <p><b>Centre Closed</b></p> <p>5:30-8:00 Father/child Drop-in (Youville Centre) <b>Last</b></p>	<p>⑰</p> <p>1-2:30 Honouring Anger 9/9 ●</p>	<p>⑱</p> <p>9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Little Milk Miracles 2/7 ● 1-3 Creative Expression ●</p>	<p>⑲</p> <p>8:45-11:00 Obstetrical Clinic 9:30-12 Drop-in Space ● 10:30-12 Transition to Parenting Module Three 2/2 ● 1-3 <b>Make the Connection</b> 3/6 ● 3:30-6:00 Buns in the Oven ● 6:00-8:00 Pregnancy Circle</p>	<p>⑳</p> <p>8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. ● 12:45-1:15 Food Bank ●</p>
<p>⑳</p> <p><b>Centre Closed</b></p>	<p>㉑</p> <p><b>Centre Closed</b></p>	<p><b>CENTRE CLOSED</b> <b>JULY 2, 16, 23, 30 &amp; 31</b></p>		<p><b>Legend</b></p> <p><b>First day of a program</b></p> <p><b>Special</b></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 :

**Wednesday** – Little Milk Miracles  
**Wednesdays** – Creative Expression  
**Thursdays** – Transition to Parenting Module 3  
**Thursdays** – Make the Connection

### Monday

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

### Tuesday

**1-3:** Honouring Anger - An opportunity for women to explore how their experience of anger may be impacting their life.

### 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)

**1-3:** Home Smart - Learn how to make your apartment into your own special, safe space. Discussions and home decor projects each week.

**1-3:** Creative Expression - Tap in to your creative self! We'll teach you how, in a relaxing and reflective space. Learn new crafts or activities. (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: 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.

### 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.**

### Thursday

**9:30-12:** Drop-in Space - It's your space. You will have access to computers, education support, relaxing conversations, some crafts.

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

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

**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.

### 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.