

October Octobre



ST. MARY'S HOME YOUNG PARENT OUTREACH CENTRE



2018

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-12:00 School ① 10:30-12 Little Milk Miracles 1-2:30 Transition to Parenting Module Two 2/2 5:30-8:00 Father/child Drop-in (Youville Centre)	9:00-12:00 School ② 1-3 Building Blocks 7/10	9:00-12:00 School ③ 9:45-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Beat the Budget Blues 3/4	9:00-12:00 School ④ 8:45-11:00 Obstetrical Clinic 10-12 Creative Drop-In 1-3 Healthy Relationship 5/10 3:30-6:00 Buns in the Oven 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads S.Kids 2/10	9:00-2:30 School ⑤ 8:30-1:30 Family Health Clinic 9:45-12:15 T.LC. 12:45-1:15 Food Bank
⑧ <div style="border: 1px solid black; padding: 5px; text-align: center; background-color: #f4a460;"> Thanksgiving Centre Closed </div>	9:00-12:00 School ⑨ 1-3 Building Blocks 8/10	9:00-2:30 School ⑩ 9:45-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Beat the Budget Blues 4/4	9:00-2:30 School ⑪ 8:45-11:00 Obstetrical Clinic 9-12 Contraception Clinic 10-12 Creative Drop-In 1-3 Healthy Relationship 6/10 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 ⑫ 8:30-1:30 Family Health Clinic 9:45-12:15 T.LC. 12:45-1:15 Food Bank
9:00-12:00 School ⑮ 10:30-12 Little Milk Miracles 1-2:30 Transition to Parenting Module Three 1/2 5:30-8:00 Father/child Drop-in (Youville Centre)	9:00-2:30 School ⑯ 1-3 Building Blocks 9/10	9:00-12:00 School ⑰ 9:45-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Housing Smart 1/4	9:00-12:00 School ⑱ 8:45-11:00 Obstetrical Clinic 10-12 Creative Drop-In 1-3 Healthy Relationship 7/10 3:30-6:00 Buns in the Oven 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads S.Kids 4/10	9:00-2:30 School ⑲ 8:30-1:30 Family Health Clinic 9:45-12:15 T.LC. 12:45-1:15 Food Bank
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9:00-12:00 School ㉙ 10:30-12 Little Milk Miracles 1-2:30 Transition to Parenting Module Four 1/2 5:30-8:30 Young Fathers Drop-in (Youville Centre)	⑳ No program today Centre Closed	9:00-2:30 School ㉑ 9:45-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-2:30 Housing Smart 3/4		Legend First day of a program Special = child care provided

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, Tues, Wed.:

8:30 am - 3:30 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 3 & 4

Wednesdays – Housing Smart

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**

Tuesday

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.

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

1-2:30: Housing Smart - Important information for anyone renting an apartment or planning to rent soon.

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.

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.

Spirit Day – Halloween

October 26

Thursday

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

1-3: Healthy Relationships – A 10-week support group. The topics will cover impacts of abuse, warning signs, self-esteem, assertive communications, etc.

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.