



Monday	Tuesday	Wednesday	Thursday	Friday
		9:00-12:00 School 1 9:45-11:45 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Make the Connections 7/8 ●	9:00-12:00 School 2 8:45-11:00 Obstetrical Clinic 9-12 ESL 9:30-12 Drop-in Space ● 1-3 Housing Smart 4/4 ● 3:30-6:00 Buns in the Oven ● 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 6/10	9:00-12:00 School 3 8:30-1:30 Family Health Clinic 9-11:30 Flu Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank ●
9:00-12:00 School 6 1-3 Healthy Relationships 5/10 ● 5:30-8:00 Father/child Drop-in (Youville Centre)	9:00-12:00 School 7 9-12 Contraception clinic 1-2:30 Transition to Parenting Module Six 1/2 1-2:30 Yoga 4/8 ● 5:45-7:15 St. Mary's SMART ●	9:00-12:00 School 8 9:45-11:45 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Make the Connections 8/8 ●	9:00-12:00 School 9 8:45-11:00 Obstetrical Clinic 9-12 ESL 9:30-12 Drop-in Space ● 1-3 MYO Gifts 1/6 ● 3:30-6:00 Buns in the Oven ● 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 7/10	9:00-12:00 School 10 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank ●
9:00-12:00 School 13 10:30-12 Little Milk Miracles 1/4 Cancelled Healthy Relationships 5:30-8:00 Father/child Drop-in (Youville Centre)	9:00-12:00 School 14 8:45-11:00 Obstetrical Clinic 1-2:30 Transition to Parenting Module Six 2/2 1-2:30 Yoga 5/8 ● 5:45-7:15 St. Mary's SMART ●	9:00-12:00 School 15 9:45-11:45 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Building Blocks Module One 1/2 ●	9:00-12:00 School 16 9-12 ESL 9:30-12 Drop-in Space ● 1-3 MYO Gifts 2/6 ● 1:30-4 Obstetrical Clinic 3:30-6:00 Buns in the Oven ● 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 8/10	9:00-12:00 School 17 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank ● <i>Spirit Day: International Child Day</i>
9:00-12:00 School 20 10:30-12 Little Milk Miracles 2/4 ● 1-3 Healthy Relationships 6/10 ● 5:30-8:00 Father/child Drop-in (Youville Centre)	9:00-12:00 School 21 1-2:30 Transition to Parenting Module One 1/2 1-2:30 Yoga 6/8 ● 5:45-7:15 St. Mary's SMART ●	9:00-12:00 School 22 9:45-11:45 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Building Blocks Module One 2/2 ●	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 MYO Gifts 3/6 ● 3:30-6:00 Buns in the Oven ● 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 9/10	PA DAY 24 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank ●
9:00-12:00 School 27 10:30-12 Little Milk Miracles 3/4 ● 1-3 Healthy Relationships 7/10 ● 5:30-8:30 Young Fathers Drop-in (Youville Centre)	9:00-12:00 School 28 1-2:30 Transition to Parenting Module One 2/2 1-2:30 Yoga 7/8 ● 5:45-7:15 St. Mary's SMART ●	9:00-12:00 School 29 9:45-11:45 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Building Blocks Module Two 1/2 ●	9:00-12:00 School 30 8:45-11:00 Obstetrical Clinic 9-12 ESL 9:30-12 Drop-in Space ● 1-3 MYO Gifts 4/6 ● 3:30-6:00 Buns in the Oven ● 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids 10/10	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, 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 – Little Milk Miracles
Tuesdays – Transition to Parenting
Module 6 and 1
Wednesdays – Building Blocks
Module 1 and 2
Thursdays – MYO Gifts

Monday

10:30-12: Little Milk Miracles: A 1 ½ hour weekly support group for pregnant and breastfeeding parents. Learn tips and tricks. Meet other breastfeeding moms. (Join weekly)

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

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: 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.

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

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 Make the Connection – 0 to 1 y.o. - (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.

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

1-3: MYO Gifts - Feeling stressed about spending many precious dollars on gifts? Have fun making unique, personal gifts for your family and friends!

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: International Child 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.