














































# MARCH MARS

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



# 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Have a very happy St. Patrick's Day!</p>		<p><b>Legend</b></p> <p>First day of a program</p> <p>Special</p> <p> = child care provided</p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">1</span></p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 Contraception Clinic</p> <p>9-12 ESL</p> <p>9:30-12 Drop-in Space </p> <p>1-2:30 Money Matters 2/3 </p> <p>3:30-6:00 Buns in the Oven </p> <p>6:00-8:00 Pregnancy Circle</p> <p>6:30-8:30 Super Dads Super Kids 6/10</p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">2</span></p> <p>8:30-1:30 Family Health Clinic</p> <p>9:45-12:15 T.L.C.</p> <p>12:45-1:15 Food Bank </p>
<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">5</span></p> <p>10:30-12 Little Milk Miracles 1/4 </p> <p>1-2:30 Transitions to Parenting Module One 1/2 </p> <p>5:30-8:30 Father/child Drop-in (Youville Centre)</p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">6</span></p> <p>1-2:30 Yoga </p> <p>1-3 Drop-in Space </p> <p>5:45-7:15 St. Mary's SMART </p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">7</span></p> <p>9:30-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Children See Children Learn 1/4 </p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">8</span></p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 ESL</p> <p>9:30-12 Drop-in Space </p> <p>1-2:30 Money Matters 3/3 </p> <p>3:30-6:00 Buns in the Oven </p> <p>6:00-8:00 Pregnancy Circle</p> <p>6:30-8:30 Super Dads Super Kids 7/10</p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">9</span></p> <p>8:30-1:30 Family Health Clinic</p> <p>9:45-12:15 T.L.C.</p> <p><b>Cancelled</b> Food Bank</p> <p><i>Spirit Day: Good Bye Winter Day</i></p>
<p><b>MARCH BREAK</b> <span style="border: 1px solid black; padding: 2px;">12</span></p> <p>10:30-12 Little Milk Miracles 2/4 </p> <p>1-2:30 Transitions to Parenting Module One 2/2 </p> <p><b>Cancelled</b> Father/child Drop-in (Youville Centre)</p>	<p><b>MARCH BREAK</b> <span style="border: 1px solid black; padding: 2px;">13</span></p> <p>1-2:30 Yoga </p> <p>1-3 Drop-in Space </p> <p>5:45-7:15 St. Mary's SMART </p>	<p><b>MARCH BREAK</b> <span style="border: 1px solid black; padding: 2px;">14</span></p> <p>9:30-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Children See Children Learn 2/4 </p>	<p><b>MARCH BREAK</b> <span style="border: 1px solid black; padding: 2px;">15</span></p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 Contraception Clinic</p> <p>9-12 ESL</p> <p>9:30-12 Drop-in Space </p> <p>1-3 Food on the Cheap 1/5 </p> <p>3:30-6:00 Buns in the Oven </p> <p><b>Green Day</b></p> <p>6:00-8:00 Pregnancy Circle</p> <p>6:30-8:30 Super Dads Super Kids 8/10</p>	<p><b>MARCH BREAK</b> <span style="border: 1px solid black; padding: 2px;">16</span></p> <p>8:30-1:30 Family Health Clinic</p> <p>9:45-12:15 T.L.C.</p> <p>12:45-1:15 Food Bank </p>
<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">19</span></p> <p>10:30-12 Little Milk Miracles 3/4 </p> <p>1-2:30 Transitions to Parenting Module Two 1/2 </p> <p>5:30-8:30 Father/child Drop-in (Youville Centre)</p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">20</span></p> <p>1-2:30 Yoga </p> <p>1-3 Client interviews PJ </p> <p>5:45-7:15 St. Mary's SMART </p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">21</span></p> <p>9:30-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Children See Children Learn 3/4 </p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">22</span></p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 ESL</p> <p>9:30-12 Drop-in Space </p> <p>1-3 Food on the Cheap 2/5 </p> <p>3:30-6:00 Buns in the Oven </p> <p>6:00-8:00 Pregnancy Circle</p> <p>6:30-8:30 Super Dads Super Kids 9/10</p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">23</span></p> <p>8:30-1:30 Family Health Clinic</p> <p>9:45-12:15 T.L.C.</p> <p>12:45-1:15 Food Bank </p>
<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">26</span></p> <p>10:30-12 Little Milk Miracles 4/4 </p> <p>1-2:30 Transitions to Parenting Module Two 2/2 </p> <p>5:30-8:30 Young Fathers Drop-in (Youville Centre)</p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">27</span></p> <p>1-2:30 Yoga </p> <p>1-3 Client interviews PJ </p> <p>5:45-7:15 St. Mary's SMART </p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">28</span></p> <p>9:30-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Children See Children Learn 4/4 </p>	<p>9:00-12:00 School <span style="border: 1px solid black; padding: 2px;">29</span></p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 Contraception Clinic</p> <p>9-12 ESL</p> <p>9:30-12 Drop-in Space </p> <p>1-3 Food on the Cheap 3/5 </p> <p>3:30-6:00 Buns in the Oven </p> <p><b>Easter Brunch</b></p> <p>6:00-8:00 Pregnancy Circle</p> <p><b>Cancelled</b> Super Dads Super Kids</p>	<p></p> <p><b>Good Friday</b></p> <p><b>Centre closed</b></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

### New programs this month:

**Mondays** – Little Milk Miracles  
**Mondays** – Transition to Parenting  
Module 1 & 2  
**Wednesdays** – Children See Children  
Learn  
**Thursdays** – Food on the Cheap

### 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)

### 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** Children See Children Learn - A workshop on how your communication with your children shape the way they interact with others.

### 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: Good Bye Winter 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.

### Attachment Counselling

One-to-one program to promote secure attachment and positive self-esteem in children.

Different days and times available

### 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** Money Matters - Learn how you can manage on a low income now, while taking steps to get more money in the future. (Join weekly)

**1-3** Food on the Cheap - Groceries are getting more expensive these days, and eating out costs even more. Learn some ideas for saving, get some great new recipes, and try your hand at cooking some yummy dishes!

**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:** It's my child too - A parenting program designed for dads only!

### Tuesday

**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 recovery group that can help people identify if they have a substance use problem, and can support you to build your motivation to change. SMART provides assistance in coping with urges, managing thoughts, feelings and behaviours, and can help you find balance in life.

### 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.