

APRIL AVRIL



ST. MARY'S HOME

YOUNG PARENT OUTREACH CENTRE



2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>②</p> <p>Easter Monday</p> <p>Centre closed</p>	<p>③</p> <p>9:00-12:00 School 1-3 Your Best Self 1/6 5:45-7:15 St. Mary's SMART</p>	<p>④</p> <p>9:00-12:00 School 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Children See Children Learn 4/4</p>	<p>⑤</p> <p>9:00-12:00 School 8:45-11:00 Obstetrical Clinic 9-12 ESL 9:30-12 Drop-in Space 1-3 Food on the Cheap 4/5 3:30-6:00 Buns in the Oven Graduation 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads S.Kids 10/10</p>	<p>⑥</p> <p>9:00-12:00 School 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>9:00-12:00 School 10:30-12 Little Milk Miracles 1/3 1-2:30 Transition to Parenting Module Three 1/2 5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>⑩</p> <p>9:00-12:00 School 1-3 Your Best Self 2/6 5:45-7:15 St. Mary's SMART</p>	<p>⑪</p> <p>9:00-12:00 School 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me</p>	<p>⑫</p> <p>9:00-12:00 School 8:45-11:00 Obstetrical Clinic 9-12 Contraception Clinic 9-12 ESL 9:30-12 Drop-in Space 1-3 Food on the Cheap 5/5 3:30-6:00 Buns in the Oven 6:00-8:00 Pregnancy Circle</p>	<p>⑬</p> <p>9:00-12:00 School 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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<p>⑲</p> <p>9:00-12:00 School 10:30-12 Little Milk Miracles 3/3 1-2:30 Transition to Parenting Module Four 1/2 5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>⑳</p> <p>9:00-12:00 School 1-3 Your Best Self 4/6 5:45-7:15 St. Mary's SMART</p>	<p>㉑</p> <p>9:00-12:00 School 9:30-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1-3 Home Smart 2/5</p>	<p>㉒</p> <p>9:00-12:00 School 8:45-11:00 Obstetrical Clinic 9-12 Contraception Clinic 9-12 ESL 9:30-12 Drop-in Space 3:30-6:00 Buns in the Oven 6:00-8:00 Pregnancy Circle 6:30-8:30 Super Dads Super Kids</p>	<p>㉓</p> <p>9:00-12:00 School 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. 12:45-1:15 Food Bank</p>
<p>㉔</p> <p>9:00-12:00 School 9:30-12 LMM Training 1/2 1-2:30 Transition to Parenting Module Four 2/2 5:30-8:30 Young Fathers Drop-in (Youville Centre)</p>	<p>㉕</p> <p>9:00-12:00 School</p>	<p>Legend</p> <p>First day of a program</p> <p>Special</p> <p>= child care provided</p>	<p><i>you are capable of amazing things</i></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 3 & 4
Tuesdays – Your best self
Wednesdays – Home Smart
Thursdays – Super Dads Super Kids

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: **Carolyn Ext. 720**

Tuesday

1-3: Your best self – Join us in learning about self-care and healthy lifestyle.

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

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

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: 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: 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: Earth 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.