




Monday	Tuesday	Wednesday	Thursday	Friday
<p>Legend</p> <p>First day of a program</p> <p>CC = child care provided</p>		<p>1</p> <p>9:00-3:00 School 9:45-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1:00-3:00 Circle of Security Parenting 5/8 CC</p>	<p>2</p> <p>9:00-12:00 School 8:45-2:00 Medical Clinic "Obstetrical/Contraceptive" 10:00-12:00 Creative Drop-In CC 1:00-3:00 Photo-Voice 4/9 CC 3:30-5:30 Buns in the Oven CC 6:00-8:00 Pregnancy Circle 6:30-8:30 Superdads, S. kids 1/10</p>	<p>3</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>6</p> <p>9:00-3:00 School 10:30-12:00 Little Milk Miracles 1:00-2:30 Transition to Parenting Module Three 1/2</p>	<p>7</p> <p>9:00-12:00 School 1:00-3:00 Life Works! Program Money Matters 1/4 CC 5:30-8:00 Father/child Drop-in</p>	<p>8</p> <p>9:00-3:00 School 9:45-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1:00-3:00 Circle of Security Parenting 6/8 CC</p>	<p>9</p> <p>9:00-12:00 School 8:45-2:00 Medical Clinic 10:00-12:00 Creative Drop-In CC 1:00-3:00 Photo-voice 5/9 CC 3:30-5:30 Buns in the Oven CC 6:00-8:00 Pregnancy Circle 6:30-8:30 Superdads, S. kids 2/10</p>	<p>10</p> <p>9:00-12:00 School 8:30-1:30 Family Health Clinic 9:45-12:15 T.L.C. "Mother's Day"  12:45-1:15 Food Bank</p> <p>Spirit Day</p>
<p>13</p> <p>9:00-3:00 School 10:30-12:00 Little Milk Miracles 1:00-2:30 Transition to Parenting Module Three 2/2</p>	<p>14</p> <p>9:00-12:00 School 1:00-3:00 Life Works! Program 5:30-8:00 Father/child Drop-in</p>	<p>15</p> <p>9:00-3:00 School 9:45-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1:00-3:00 Circle of Security Parenting 7/8 CC</p>	<p>16</p> <p>9:00-12:00 School 8:45-2:00 Medical Clinic 10:00-12:00 Creative Drop-In CC 1:00-3:00 Photo-voice 6/9 CC 3:30-5:30 Buns in the Oven CC 6:00-8:00 Pregnancy Circle 6:30-8:30 Superdads, S. kids 3/10</p>	<p>17</p> <p>PD day- No school today! Family Health Clinic cancelled today 9:45-12:15 T.L.C. 12:45-1:15 Food Bank</p>
<p>20</p> <p>CENTRE CLOSED TODAY -VICTORIA DAY-</p>	<p>21</p> <p>9:00-12:00 School 1:00-3:00 Life Works! Program 5:30-8:00 Father/child Drop-in</p>	<p>22</p> <p>9:00-3:00 School 9:45-11:00 Well Baby Clinic 9:45-12:15 Baby and Me 1:00-3:00 Circle of Security Parenting 8/8 CC</p>	<p>23</p> <p>9:00-12:00 School 8:45-2:00 Medical Clinic 10:00-12:00 Creative Drop-In CC 1:00-3:00 Photo-voice 7/9 CC 3:30-5:30 Buns in the Oven CC 6:00-8:00 Pregnancy Circle 6:30-8:30 Superdads, S. kids 4/10</p>	<p>24</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>27</p> <p>9:00-3:00 School 10:30-12:00 Little Milk Miracles 1:00-2:30 Transition to Parenting Module Four 1/2</p>	<p>28</p> <p>9:00-12:00 School 1:00-3:00 Life Works! Program 5:30-8:00 Father/child Drop-in</p>	<p>29</p> <p>9:00-3:00 School 9:45-11:00 Well Baby Clinic 9:45-12:15 Baby and Me</p>	<p>30</p> <p>9:00-12:00 School 8:45-2:00 Medical Clinic 10:00-12:00 Creative Drop-In CC 1:00-3:00 Photo-voice 8/9 CC 3:30-5:30 Buns in the Oven CC 6:00-8:00 Pregnancy Circle 6:30-8:30 Superdads, S. kids 5/10</p>	<p>31</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>

St. Mary's Home Young Parent Outreach Centre

(613) 749-2491 Texting: (613) 298-0311

www.stmaryshome.com

Note: Some programs require registration.

Please ask our receptionist or call the Centre.



Hours of Operation:

Mon and Wed: 8:30 am - 4:00pm
Tues 8:30 am - 8:00 pm
Thurs 8:30 am - 8:30 pm
Friday: 8:30 am - 4:00 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 childcare.

Monday

10:30-12:00: 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 who are currently breastfeeding or planning to breastfeed. ([Join weekly](#))

1:00-2:30: Transition to Parenting- Take this program in the months before or just after your baby is born. Learn important information about how to care for your baby. ([Join on the first week of any module](#))

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](#))

1:00-3:00: Circle of Security - Come discover your child's emotional world by learning to read the emotional needs of your child.

Friday

9:45-12:15: T.L.C. (Toddler Learning Club) - A program for parents and their toddlers. Crafts and fun play. ([Join weekly](#))

12:45-1:15: Food Bank - Available for all parents under the age of 25.

Attachment Counselling

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

Different days and times available

For information: Speak with Melissa, Carley or Dominique M

Our **SMH Residence** provides support to homeless young women who are pregnant or who are parenting newborn babies. As well as a safe place to live, we offer parenting education and supports, case management, one on one counselling, housing assistance, life skills programming and much more.



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 or call SMH.

Tuesday

1:00-3:00: Life Works! Program- Money Matters- Life truly does work better when we have fewer challenges with money. Fun ways to explore and learn about money management! ([Join weekly](#))

5:30-8:00: Father/child Drop-in Program- Each week we'll have supper together and have fun playing with the children. ([Join weekly](#))

Thursday

10:00-12:00: Creative Drop-in - It's your space and your time. Join us for relaxing conversations, crafts and creativity. All are welcome! ([Join weekly](#))

1:00-3:00: Photo-voice- Take your own collection of photos to help others understand your experience.

3:30-5:30: Buns in the Oven - Register for this group ASAP during your pregnancy! Enjoy cooking nutritious meals together, and learn about your pregnancy and baby. ([Join weekly](#))

6:00-8:00: Pregnancy Circle - Discussions and activities about healthy pregnancy, giving birth, and being at home with your newborn. ([Join weekly](#))

6:30-8:30: Superdads, Superkids - A parenting program designed for dads to share and learn together.

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 cut back or stop using, and would like some support?
- Speak to your counsellor or call SMH.
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.