

# September/Septembre

**SMH (ST. MARY'S HOME)**  
 YOUNG PARENT OUTREACH CENTRE



# 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>CENTRE CLOSED TODAY</b>  <b>LABOUR DAY HOLIDAY</b></p>	<p>3                      1:00-3:00 Life Works! Program                      Sewing- MYO Baby Quilt 3/4 CC                      5:30-8:00 Father/child Drop-in</p>	<p>4                      9:45-11:00 Well Baby Clinic                      9:45-12:15 Baby and Me                      1:00-3:00 Make the Connection,                      Newborns to 1-year-olds 6/9 CC</p>	<p>5                      8:45-2:00 Medical Clinic                      "Obstetrical/Contraceptive"                      10:00-12:00 Creative Drop-In CC                      1:00-3:00 My Best Self 4/6 CC                      3:30-5:30 Buns in the Oven CC                      6:00-8:00 Pregnancy Circle (See                      new time, beginning next week***)</p>	<p>6                      8:30-1:30 Family Health                      Clinic                      9:45-12:15 T.L.C.                      12:45-1:15 Food Bank</p>
<p>9                      9:30-11:00 Little Milk Miracles                      1:00-2:30 Transition to Parenting                      Module Four 1/2</p>	<p>10                      9:30-11:00 Pregnancy Circle                      1:00-3:00 Life Works! Program                      Sewing- MYO Baby Quilt 4/4 CC                      5:30-8:00 Father/child Drop-in</p>	<p>11                      9:45-11:00 Well Baby Clinic                      9:45-12:15 Baby and Me                      1:00-3:00 Make the Connection,                      Newborns to 1-year-olds 7/9 CC</p>	<p>12                      8:45-2:00 Medical Clinic                      "Obstetrical/Contraceptive"                      10:00-12:00 Creative Drop-In CC                      1:00-3:00 My Best Self 5/6 CC                      3:30-5:30 Buns in the Oven CC                      6:30-8:30 Superdads, Superkids                      1/10 (Held at Vanier Community                      Service Centre)</p>	<p>13                      8:30-1:30 Family Health                      Clinic                      9:45-12:15 T.L.C.                      12:45-1:15 Food Bank</p>
<p>16                      9:30-11:00 Little Milk Miracles                      1:00-2:30 Transition to Parenting                      Module Four 2/2</p>	<p>17                      9:30-11:00- Pregnancy Circle                      1:00-3:00 Life Works!                      Housing Smart 1/4 CC                      5:30-8:00 Father/child Drop-in</p>	<p>18                      9:45-11:00 Well Baby Clinic                      9:45-12:15 Baby and Me                      1:00-3:00 Make the Connection,                      Newborns to 1-year-olds 8/9 CC</p>	<p>19                      8:45-2:00 Medical Clinic                      "Obstetrical/Contraceptive"                      10:00-12:00 Creative Drop-In CC                      1:00-3:00 My Best Self 6/6 CC                      3:30-5:30 Buns in the Oven CC                      6:30-8:30 Superdads, Superkids                      2/10 (Held at Vanier Community                      Service Centre)</p>	<p>20                      8:30-1:30 Family Health                      Clinic                      9:45-12:15 T.L.C.                      "WELCOME FALL!"                      12:45-1:15 Food Bank</p>
<p>23                      9:30-11:00 Little Milk Miracles                      11:00-12:45 Community Kitchen                      (Prenatal parents and parents of                      pre-walkers)                      1:00-2:30 Transition to Parenting                      Module Five 1/2</p>	<p>24                      9:30-11:00- Pregnancy Circle                      11:00-12:45 Community Kitchen                      (Parents of Walkers) CC                      1:00-3:00 Life Works!                      Housing Smart 2/4 CC                      5:30-8:00 Father/child Drop-in</p>	<p>25                      9:45-11:00 Well Baby Clinic                      9:45-12:15 Baby and Me                      1:00-3:00 Make the Connection,                      Newborns to 1-year-olds 9/9 CC</p>	<p>26                      8:45-2:00 Medical Clinic                      "Obstetrical/Contraceptive"                      10:00-12:00 Creative Drop-In CC                      3:30-5:30 Buns in the Oven CC                      6:30-8:30 Superdads, Superkids                      3/10 (Held at Vanier Community                      Service Centre)</p>	<p>27                      8:30-1:30 Family Health                      Clinic                      9:45-12:15 T.L.C.                      12:45-1:15 Food Bank</p>
<p>30                      9:30-11:00 Little Milk Miracles                      11:00-12:45 Community Kitchen                      (Prenatal parents and parents of                      pre-walkers)                      1:00-2:30 Transition to Parenting                      Module Five 2/2</p>				<p><b>Legend</b>                      First day of a program                      CC = child care provided</p>

## St. Mary's Home Young Parent Outreach Centre

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

[www.stmaryshome.com](http://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

**9:30-11:00:** Little Milk Miracles- breastfeeding info and support group for prenatal and postnatal women who are breastfeeding or considering breastfeeding. (Join weekly)

**11:00-12:45:** Community Kitchen (prenatal and parents of non-walkers)- Join us in the kitchen to cook and learn! (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 and meet other parents. Free videotaping of your baby! (Join weekly)

**1:00-3:00:** Make the Connection- Join us with your baby for fun, games, and learning with other parents to strengthen your parent-child relationship. (Join week 1 or 2)

### 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**

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

**9:30-11:00:** Pregnancy Circle- prenatal class

**11:00-12:45:** Community Kitchen (prenatal and parents of walkers)- Join us in the kitchen to cook and learn! (Join weekly)

**1:00-3:00:** Life Works! Program- Housing Smart- Important information for anyone renting an apartment or planning to rent soon. (Join weekly)

**5:30-8:00:** Father/child Drop-in Program- Share a meal together and have lots of 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:** My Best Self- Learn new ways to tame your inner critic and allow the best version of yourself to shine! Every week, you will also get the chance to work on your very own "comfort book"!

**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)

**6:30-8:30:** Superdads, Superkids- a parenting program just for dads! Share and learn together. (Join week 1 or 2)

### 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

- ◆ **School:** Immaculata High School Achievement Center - Earn credits toward your high school diploma. Light breakfast available to participants attending school in the morning. (8:30-9:30)
- ◆ **Lunch:** Available to those attending morning and/or afternoon programs.
- ◆ **Counselling:** Counsellors available to help you deal with life's challenges.