


























February / février 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>9:00-12:00 School 9:30-11:00 Little Milk Miracles 11:00-1:00 Community Kitchen 5/7 1:15-2:45 Transition to Parenting Module 1 (1 of 2)</p>	<p style="text-align: right;">4</p> <p>9:00-2:30 School 9:30-11:00 Pregnancy Circle 11:00-1:00 Community Kitchen 4/7  12:00-4:00 Afternoon Programs Cancelled Staff Training 5:30-8:00 Father/child Drop-in</p>	<p style="text-align: right;">5</p> <p>9:00-2:00 School 9:45-12:15 Baby and Me 10:00-11:30 Well Baby Clinic 1:00-3:00 Special Activity Cookie Decorating & more! </p>	<p style="text-align: right;">6</p> <p>9:00-2:00 School 8:00-12:00 OB Medical Clinic 10:00-12:00 Creative Drop-In  3:30-5:30 Buns in the Oven  6:00-8:00 Super dads, Super kids 1/6 (at Vanier Community Centre)</p>	<p style="text-align: right;">7</p> <p>8:30-1:30 Family Health Clinic 9:00-12:00 School 9:45-12:15 T.L.C. 10:30-11:30 Baby and Me Yoga 12:45-1:15 Food Bank</p>
<p style="text-align: right;">10</p> <p>9:00-12:00 School 9:30-11:00 Little Milk Miracles 11:00-1:00 Community Kitchen 6/7 1:15-2:45 Transition to Parenting Module 1 (2 of 2)</p>	<p style="text-align: right;">11</p> <p>9:00-2:30 School 9:30-11:00 Pregnancy Circle 11:00-1:00 Community Kitchen 5/7  1:15-3:15 Nobody's Perfect 7/7  5:30-8:00 Father/child Drop-in</p>	<p style="text-align: right;">12</p> <p>9:00-2:00 School 9:45-12:15 Baby and Me 10:00-11:30 Well Baby Clinic 1:15-3:15 Life Works! Money Matters 1/4 </p>	<p style="text-align: right;">13</p> <p>9:00-2:00 School 8:00-12:00 OB Medical Clinic 10:00-12:00 Creative Drop-In  1:00-3:00 Cercle de sécurité 1/8  3:30-5:30 Buns in the Oven  6:00-8:00 Super dads, Super kids 2/6 (at Vanier Community Centre)</p>	<p style="text-align: right;">14</p> <p>8:30-1:30 Family Health Clinic 9:00-12:00 School 9:45-12:15 T.L.C. 10:30-11:30 Baby and Me Yoga 12:45-1:15 Food Bank</p> <p style="text-align: center;">Spirit Day : Red Day</p>
<p style="text-align: right;">17</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: auto;"> <p>Family Day Center Closed</p> </div>	<p style="text-align: right;">18</p> <p>9:00-2:30 School 9:30-11:00 Pregnancy Circle 11:00-1:00 Community Kitchen 6/7  1:15-3:15 Planting our Roots 1/6  5:30-8:00 Father/child Drop-in</p>	<p style="text-align: right;">19</p> <p>9:00-2:00 School 9:45-12:15 Baby and Me 10:00-11:30 Well Baby Clinic 1:15-3:15 Life Works! Money Matters 2/4 </p>	<p style="text-align: right;">20</p> <p>9:00-2:00 School 8:00-12:00 OB Medical Clinic 10:00-12:00 Creative Drop-In  1:00-3:00 Cercle de sécurité 2/8  3:30-5:30 Buns in the Oven  6:00-8:00 Super dads, Super kids 3/6 (at Vanier Community Centre)</p>	<p style="text-align: right;">21</p> <p>8:30-1:30 Family Health Clinic 9:00-12:00 School 9:45-12:15 T.L.C. 12:45-1:15 Food Bank</p>
<p style="text-align: right;">24</p> <p>9:00-12:00 School 9:30-11:00 Little Milk Miracles 11:00-1:00 Community Kitchen 7/7 1:15-2:45 Transition to Parenting Module 2 (1 of 2)</p>	<p style="text-align: right;">25</p> <p>9:00-2:30 School 9:30-11:00 Pregnancy Circle 11:00-1:00 Community Kitchen 7/7  1:15-3:15 Planting our Roots 2/6  5:30-8:00 Father/child Drop-in</p>	<p style="text-align: right;">26</p> <p>9:00-2:00 School 9:45-12:15 Baby and Me 11:00 Special Activity BABY RAVE! 10:00-11:30 Well Baby Clinic 1:15-3:15 Life Works! Money Matters 3/4 </p>	<p style="text-align: right;">27</p> <p>9:00-2:00 School 8:00-12:00 OB Medical Clinic 10:00-12:00 Creative Drop-In  1:00-3:00 Cercle de sécurité 3/8  3:30-5:30 Buns in the Oven  6:00-8:00 Super dads, Super kids 4/6 (at Vanier Community Centre)</p>	<p style="text-align: right;">28</p> <p>8:30-1:30 Family Health Clinic 9:00-12:00 School 9:45-12:15 T.L.C. 11:00 Special Activity TODDLER RAVE! 12:45-1:15 Food Bank</p>
<p style="text-align: center;">Legend</p> <p>First day of a program</p> <p> = Child Care Provided</p> <p> Special Activity</p> <p> Cancelled</p>			<p><i>Kindness is a Passport</i></p> <p>That opens doors and fashions friends. It softens hearts and molds relationships that can last lifetimes. -Joseph B. Wirthlin</p>	

St. Mary's Home Young Parent Outreach Centre

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

www.stmaryshome.com

Please call or text our Center and speak to our Receptionist or a Support Counselor to register for programs, Thank you!



Hours of Operation:

Mon and Wed: 8:30 am - 4:00 pm
Tues: 8:30 am - 8:00 pm
Thurs: 8:30 am - 6:00 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)

11:00-1:00: Community Kitchen (prenatal and parents of non-walkers)-Join us in the kitchen to cook and learn! (Join weekly)

1:15 - 2:45: 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)

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: Cercle de sécurité - Découvrez l'esprit affectif de votre enfant en apprenant à voir ses besoins émotionnels. En Français. (Inscrivez-vous la première semaine)

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: Super dads, Super kids-Parenting for dads! (Held at the Vanier Community Center)

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.



Tuesday

9:30-11:00 : Pregnancy Circle-Prenatal class (Join weekly)

11:00-1:00: Community Kitchen (prenatal and parents of walkers)-Join us in the kitchen to cook and learn! (Join weekly)

1:15-3:15: Nobody's Perfect - Join this group to explore the parenting topics that interest you most. Games, activities and discussions that make learning fun! (Join weekly)

1:15-3:15: Planting our Roots- Using the Tree of Life model, we will artistically explore your abilities, strengths, supports, hopes and dreams that enable you to face challenges in your life. (Join on the first week)

5:30-8:00: Father/child Drop-in Program-Share a meal together and have fun playing with the children. (Join weekly)

Friday

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

10:30-11:30: Baby and Me Yoga -Work out those stiff and sore points that all parents get, while baby has fun on the mat with you! Great tips you can use at home, too. (Join weekly)

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

Wednesday

10:00-11:30: Well Baby Clinic- Public Health Nurses will weigh your baby and answer your questions. (Join weekly)

9:45-12:15: 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: 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)

Baby and Toddler Raves!!

- ◆ **Baby Rave – Wed Feb 26th 11:00-12:15**
 - ◆ **Toddler Rave–Fri Feb 28th 11:00-12:15**
- An exciting program for parents and babies /toddlers – music, lights, bubbles and more!! Non-Stop Fun – Come in and check it out

Substance Use Counselling

- ◆ 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 **Wed to Fri**
- ◆ **Counselling:** Counsellors available to help you deal with life's challenges.