

# September Septembre



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



# 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Legend</b></p> <p>First day of a program</p> <p>Special</p> <p> = child care provided</p>	<p>I am in charge of how I feel today and I am choosing happiness.</p>			
<p>③</p> <p><b>Labor Day Centre Closed</b></p>	<p>9:00-12:00 School ④</p> <p>1-3 Building Blocks 3/10 </p>	<p>9:00-2:30 School ⑤</p> <p>9:45-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p>	<p>9:00-2:30 School ⑥</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 Contraception Clinic</p> <p>9:30-12 Creative Drop-in </p> <p>10:30-12 Transition to Parenting Module Six 2/2 </p> <p>1-3 <b>Healthy Relationship</b> 1/10 </p> <p>3:30-5:30 Buns in the Oven </p> <p>6:00-8:00 Pregnancy Circle</p>	<p>9:00-12:00 School ⑦</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 ⑩</p> <p>10:30-12 <b>Little Milk Miracles</b> </p> <p>1-2:30 <b>Transition to Parenting Module One</b> 1/2 </p> <p>5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>9:00-2:30 School ⑪</p> <p>1-3 Building Blocks 4/10 </p>	<p>9:00-12:00 School ⑫</p> <p>9:45-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p><b>Grand Parents Figure Day</b></p>	<p>9:00-12:00 School ⑬</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9:30-12 Creative Drop-in </p> <p>1-3 <b>Healthy Relationship</b> 2/10 </p> <p>3:30-5:30 Buns in the Oven </p> <p><b>Graduation</b></p> <p>6:00-8:00 Pregnancy Circle</p> <p>6:30-8:30 <b>Super Dads Super Kids</b> 1/10</p>	<p>9:00-2:30 School ⑭</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><b>Spirit Day: Fall Fun</b></p>
<p>9:00-12:00 School ⑰</p> <p>10:30-12 Little Milk Miracles </p> <p>1-2:30 Transition to Parenting Module One 2/2 </p> <p>5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>9:00-2:30 School ⑱</p> <p>1-3 Building Blocks 5/10 </p>	<p>9:00-12:00 School ⑲</p> <p>9:45-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-2:30 <b>Beat the Budget Blues</b> 1/6 </p>	<p>9:00-12:00 School ⑳</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 Contraception Clinic</p> <p>9:30-12 Creative Drop-in </p> <p>1-3 <b>Healthy Relationship</b> 3/10 </p> <p>3:30-5:30 Buns in the Oven </p> <p>6:00-8:00 Pregnancy Circle</p> <p>6:30-8:30 Super Dads S.Kids 2/10</p>	<p>9:00-2:30 School ㉑</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 ㉔</p> <p>10:30-12 Little Milk Miracles </p> <p>1-2:30 <b>Transition to Parenting Module Two</b> 1/2 </p> <p>5:30-8:30 Father/child Drop-in (Youville Centre)</p>	<p>9:00-2:30 School ㉕</p> <p>1-3 Building Blocks 6/10 </p>	<p>9:00-2:30 School ㉖</p> <p>9:45-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-2:30 <b>Beat the Budget Blues</b> 2/6 </p>	<p>9:00-2:30 School ㉗</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9:30-12 Creative Drop-in </p> <p>1-3 <b>Healthy Relationship</b> 4/10 </p> <p>3:30-5:30 Buns in the Oven </p> <p>6:00-8:00 Pregnancy Circle</p> <p>6:30-8:30 Super Dads S.Kids 3/10</p>	<p>9:00-2:30 School ㉘</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>

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

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

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

### 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 programs.

### New programs this month :

**Mondays** – Little Milk Miracles  
**Mondays** – Transition to Parenting Module One & Two  
**Wednesdays** – Beat the Budget Blues  
**Thursdays** – Healthy Relationships  
**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 and their children at the Youville Centre. ([Join weekly](#))

### 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](#))

**1-2:30:** Beat the Budget Blues - Learn how to make your dollars stretch all the way to the end of the month!

### 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: Fall Fun*

### 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.

No matter what yesterday was like,  
birds always start  
the new day with a song.



### 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**

### Thursday

**9:30-12:** Creative Drop-in – It's your space. You will have access to computers, education support, relaxing conversations, some crafts.

**1-3:** Healthy Relationships - 10-week support group. The topics will cover: impacts of abuse, warning signs, self-esteem, assertive communications, etc.

**3:30-5:30:** 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!

### Tuesday

**1-3:** Building Blocks - In this program, you will learn about your child's emotional and physical development through discussions, crafts and other fun ways! For parents of children 0-3 years old.

### 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.