

November Novembre



ST. MARY'S HOME YOUNG PARENT OUTREACH CENTRE

2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Legend</p> <p>First day of a program</p> <p>Special</p> <p> = child care provided</p>	<p>Nothing is impossible, the word itself says "I'm possible!"</p> <p>-Audrey Hepburn</p>		<p>9:00-12:00 School ①</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>10-12 Creative Drop-In ●</p> <p>1-3 Healthy Relationship 9/10 ●</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 5/10</p>	<p>9:00-2:30 School ②</p> <p>8:30-1:30 Family Health Clinic</p> <p>9:00-11:30 Flu 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 ⑤</p> <p>10:30-12 Little Milk Miracles ●</p> <p>1-2:30 Transition to Parenting Module Four 2/2 ●</p> <p>5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>9:00-12:00 School ⑥</p> <p>1-3 Children See Children Learn 1/7 ●</p>	<p>9:00-2:30 School ⑦</p> <p>9:45-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-2:30 Housing Smart 4/4 ●</p>	<p>9:00-2:30 School ⑧</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 Contraception Clinic</p> <p>10-12 Creative Drop-In ●</p> <p>1-3 Healthy Relationship 10/10 ●</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 6/10</p>	<p>9:00-12:00 School ⑨</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 ⑫</p> <p>10:30-12 Little Milk Miracles ●</p> <p>1-2:30 Transition to Parenting Module Five 1/2 ●</p> <p>5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>9:00-2:30 School ⑬</p> <p>1-3 Children See Children Learn 2/7 ●</p>	<p>9:00-12:00 School ⑭</p> <p>9:45-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Food on the Cheap 1/6 ●</p>	<p>9:00-12:00 School ⑮</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>10-12 Creative Drop-In ●</p> <p>1-3 Honouring Anger 1/6 ●</p> <p>3:30-5:30 Buns in the Oven ●</p> <p>6:00-8:00 Pregnancy Circle</p> <p>6:30-8:30 SuperDads S.Kids 7/10</p>	<p>PD DAY ⑯</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><i>Spirit Day: Hawaiian Moana Day</i></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 Five 2/2 ●</p> <p>5:30-8:00 Father/child Drop-in (Youville Centre)</p>	<p>9:00-2:30 School ⑳</p> <p>1-3 Children See Children Learn 3/7 ●</p>	<p>9:00-12:00 School ㉑</p> <p>9:45-11:00 Well Baby Clinic</p> <p>9:45-12:15 Baby and Me</p> <p>1-3 Food on the Cheap 2/6 ●</p>	<p>9:00-12:00 School ㉒</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>9-12 Contraception Clinic</p> <p>10-12 Creative Drop-In ●</p> <p>1-3 Honouring Anger 2/6 ●</p> <p>3:30-5:30 Buns in the Oven ●</p> <p>6:00-8:00 Pregnancy Circle</p> <p>6:30-8:30 SuperDads S.Kids 8/10</p>	<p>9:00-2:30 School ㉓</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 Transition to Parenting Module Six 1/2 ●</p> <p>5:30-8:30 Young Fathers Drop-in (Youville Centre)</p>	<p>9:00-2:30 School ㉕</p> <p>1-3 Children See Children Learn 4/7 ●</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>1-3 Food on the Cheap 3/6 ●</p>	<p>9:00-2:30 School ㉗</p> <p>8:45-11:00 Obstetrical Clinic</p> <p>10-12 Creative Drop-In ●</p> <p>1-3 Honouring Anger 3/6 ●</p> <p>3:30-5:30 Buns in the Oven ●</p> <p>6:00-8:00 Pregnancy Circle</p> <p>6:30-8:30 SuperDads S.Kids 9/10</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

Note: Most programs require registration.
Please ask our receptionist or call the Centre



Hours of Operation:

Mon, Tues, Wed.:
8:30 am - 3:30 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 – Transition to Parenting Module 5 & 6
Tuesdays – Children See Children Learn
Wednesdays – Fool on the Cheap
Thursdays – Honouring Anger

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](#))

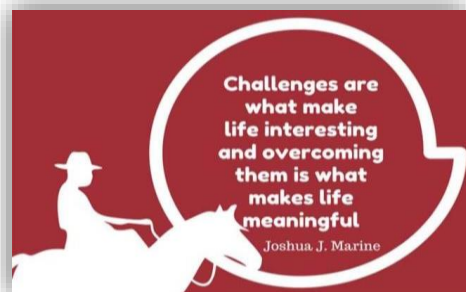
1-2:30: Transition to Parenting - Take this program in the months before or just after your baby is born. Learn important information on caring for your baby.

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



Tuesday

1-3 Children See Children Learn - A workshop on how your communication with your children shape the way they interact with others.

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: Housing Smart - Important information for anyone renting an apartment or planning to rent soon.

1-3: 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!

*** **Flu Clinic - November 2nd - 9:00 - 11:30** ***

Thursday

9:30-12: Creative Drop-in - It's your space. You will have access to computers, education support, relaxing conversations, some crafts. ([Join weekly](#))

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

1-3: Honouring Anger - An opportunity for women to explore how their experience of anger may be impacting their life.

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!

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: Hawaiian Moana Day - November 16th

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.