

# February

## Février



### ST. MARY'S HOME

#### YOUNG PARENT OUTREACH CENTRE

# 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; border-radius: 15px; background-color: #f08080; padding: 10px; text-align: center;"> <p>Once you choose hope, anything's possible.</p> <p>~Christopher Reeve</p> </div>		9:00-12:00 School <span style="float: right;">1</span> 9:30-11:45 Well Baby Clinic 9:30-12:30 Baby and Me 1-2:30 <b>Money Matters</b> 1/6	9:00-12:00 School <span style="float: right;">2</span> 9-2:30 Obstetrical Clinic 10:30-12 Honouring Anger 4/8 1-3 Voices Young Women 5/7 3:30-6:00 Buns in the Oven Orientation 6:30-8:30 Prenatal(Francine) 7/8 6:30-8:30 Prenatal (Cindy) 3/8 6:30-8:30 <b>It's my child too</b> 1/10	9:00-12:00 School <span style="float: right;">3</span> 9:45-12:30 T.L.C. 11:30-1:30 <b>Creative Cooking from Food Bank</b> 12:45-1:30 Food Bank
9:00-12:00 School <span style="float: right;">6</span> 10-12 <b>Creative Expressions Quilting</b> 1/4 5:30-8:30 Young Fathers/Child Drop-in (Youville Centre)	9:00-12:00 School <span style="float: right;">7</span> 1-2:30 Transition to Parenting Module Two 2/2 1-3 <b>Make the Connection 0 to 1 year old</b>	9:00-12:00 School <span style="float: right;">8</span> 9:30-11:45 Well Baby Clinic 9:30-12:30 Baby and Me 1-2:30 Money Matters 2/6	9:00-12:00 School <span style="float: right;">9</span> 9:00-2:30 Obstetrical Clinic 10:30-12 Honouring Anger 5/8 1-3 Voices Young Women 6/7 3:30-6:00 Buns in the Oven 6:30-8:30 Prenatal(Francine) 8/8 6:30-8:30 Prenatal (Cindy) 4/8 6:30-8:30 It's my child too 2/10	9:00-12:00 School <span style="float: right;">10</span> 9:45-12:30 T.L.C. 12:45-1:30 Food Bank <p style="text-align: center;"><b>Spirit Day : Red Day</b></p>
9:00-12:00 School <span style="float: right;">13</span> 10-12 Creative Expressions 2/4 12-3 <b>P.L.C.</b> 6:30-9:30 Young Fathers Drop-in (Youville Centre)	9:00-12:00 School <span style="float: right;">14</span> 9-12 Contraception Clinic 1-2:30 <b>Transition to Parenting Module Three</b> 1/2 1-3 Make the Connection 2/8 1-4 Adolescent clinic	9:00-12:00 School <span style="float: right;">15</span> 9:30-11:45 Well Baby Clinic 9:30-12:30 Baby and Me 1-2:30 Money Matters 3/6	9:00-12:00 School <span style="float: right;">16</span> 9:00-2:30 Obstetrical Clinic 10:30-12 Honouring Anger 6/8 1-3 Voices Young Women 7/7 3:30-6:00 Buns in the Oven 6:30-8:30 Prenatal (Cindy) 5/8 6:30-8:30 It's my child too 3/10	9:00-12:00 School <span style="float: right;">17</span> 9:45-12:30 T.L.C. 12:45-1:30 Food Bank
<div style="border: 1px solid black; border-radius: 15px; background-color: #f08080; padding: 5px; text-align: center; margin-top: 10px;"> <p><b>Family Day Centre Closed</b></p> </div>	9:00-12:00 School <span style="float: right;">21</span> 1-4 Adolescent clinic 1-2:30 Transition to Parenting Module Three 2/2 1-3 Make the Connection 3/8	9:00-12:00 School <span style="float: right;">22</span> 9:30-11:45 Well Baby Clinic 9:30-12:30 Baby and Me 1-2:30 Money Matters 4/6	9:00-12:00 School <span style="float: right;">23</span> 9-2:30 Obstetrical Clinic 10:30-12 Honouring Anger 7/8 3:30-6:00 Buns in the Oven 6:30-8:30 Prenatal (Cindy) 6/8 6:30-8:30 It's my child too 4/10	9:00-12:00 School <span style="float: right;">24</span> 9:45-12:30 T.L.C. 12:45-1:30 Food Bank
9:00-12:00 School <span style="float: right;">27</span> 10-12 Creative Expressions 3/4 12-3 P.L.C. 6:30-9:30 Young Fathers Drop-in (Youville Centre)	9:00-12:00 School <span style="float: right;">28</span> 1-2:30 <b>Transition to Parenting Module Four</b> 1/2 1-3 Make the Connection 4/8	9:00-12:00 School <span style="float: right;">29</span> 9:30-11:45 Well Baby Clinic 9:30-12:30 Baby and Me 1-2:30 Money Matters 5/6	<div style="text-align: center;"> <p><b>Legend</b></p> <p><span style="background-color: yellow; border: 1px solid black; padding: 2px;">First day of a program</span></p> <p><b>Spirit Day</b></p> <p><span style="background-color: #d4edda; border: 1px solid black; padding: 2px;">Special</span></p> <p> = child care provided</p> </div>	

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

780 rue de l'Église (613) 749-2491

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

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



### Hours of Operation:

Mon, Tue, 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.

### Monday

**10-12 : Creative Expressions:** Tap in to your creative self! We'll teach you how, in a relaxing and reflective space. Learn a new craft or activity each month.

**1-3: P.L.C.** - A program for Preschoolers and their parents that starts with lunch, so be here by noon to enjoy a fun filled afternoon! (Join weekly)

**6:30-9:30: Young Father's Program :**

A drop-in program for young fathers at Youville Centre. (Join weekly)

### Wednesday

**9:30-11:45: Well Baby Clinic** - Public Health Nurses will weigh your baby and answer your questions. (Join weekly)

**9:30-12:30: 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)

**1-3: Money Matters** - Learn how you can manage on a low income now, while taking steps to get more money in the future. (Join weekly)

### Friday

**9:45-12:30: 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.

**Red Day - February 10<sup>th</sup>**

### 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.

**Support is available right here at the Centre.**

### Tuesday

**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.

**1-3: Make the Connection (0 to 1)** - (with love, language and learning) - Starting early sets the stage for life! Come with your baby and have fun together.

### New programs this month :

**Mondays** - Creative Expressions

**Mondays** - P.L.C.

**Tuesdays** - Transition to Parenting, Modules 3 & 4

**Tuesdays** - Make the Connection, 0 to 1

**Wednesdays** - Money Matters

**Thursdays** - Prenatal

**Thursdays** - It's my child too

### Attachment Counselling

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

Different days and times available



### Thursday

**10:30-12: Honoring Anger** -An opportunity for women to explore how their experience of anger may be impacting their life.

**1-3: Voices of Young Women** - A confidential, safe and voluntary group for young women to come together and receive support around the challenges they face.

**3:30-6: 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: Prenatal Classes** - Learn about healthy pregnancy, giving birth and being at home with your newborn.

**6:30-8:30: It's my Child Too!** - A parenting program designed for dads only!

### 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.

### Special Program

**11:30-1:30: Creative Cooking from Food Bank** The Community Food Adviser's program will prepare nutritious meals and snacks from food we receive at the food bank.

**February 3rd** - Value for Food dollars -pasta /bean recipe, Double Extra Ordinary, Mac and cheese (with tuna etc.)