



MAY 2024



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|---|--|---|
| 9 AM - 6:30 PM | 9 AM - 6:30 PM | 9 AM - 5:00 PM | 9 AM - 5:00 PM |
| | | 1 | 2 |
| | 12-3pm Health Clinic (H) 3-4:30pm Girls Circle | 3-4:30pm Bellies, Boobs, & Bitchin' WORLD MATERNAL MENTAL HEALTH DAY (MAY 1) | 2-3:30pm Parenting Workshop NATIONAL DAY OF MMIWG2S 'RED DRESS DAY' (MAY 5) |
| 6 | 7 | 8 | 9 |
| 3-4pm Lets Play 4:30-6pm Prenatal/Food 4 Two INTERNATIONAL DAY OF THE MIDWIFE (MAY 5) | 12-3pm Health Clinic (H) 3-4:30pm Girls Circle MENTAL HEALTH AWARENESS WEEK (MAY 6-12) | 3-4:30pm BBB | 3-4 PM Mothers Day Special MOTHERS DAY (MAY 12) |
| 13 | 14 | 15 | 16 |
| 3-4pm Lets Play 4:30-6pm Prenatal/Food 4 Two NATIONAL NURSING WEEK (MAY 6-12) | 12-3pm Health Clinic (H) 3-4:30pm Girls Circle | 3-4:30pm BBB & *NEW* BBB Parenting *See below* | INTERNATIONAL DAY AGAINST HOMOPHOBIA & TRANSPHOBIA (MAY 17) |
| 20 | 21 | 22 | 23 |
| VICTORIA DAY CENTRE CLOSED | 12-3pm Health Clinic (H) 3-4:30pm Girls Circle | 3-4:30pm BBB & BBB Parenting | 2-4pm Food Connect |
| 27 | 28 | 29 | 30 |
| 3-4pm Lets Play 4:30-6pm Prenatal/Food 4 Two | 12-3pm Health Clinic (H) 3-4:30pm Girls Circle *Last session* | 3-4:30pm BBB & BBB Parenting | 3-4pm Setting Up for Success |

PLEASE NOTE :
 ALL GROUPS WILL BE OFFERED IN PERSON
 MONTHLY WORKSHOPS WILL BE HYBRID

* NEW
 BBB PARENTING:
 NEW GROUP STARTING MAY 15TH . THIS GROUP IS FOR PARENTS AND CHILDREN 1 YEAR AND ABOVE

Weekly Activities and Events



- **Parent-Child Centre Drop-In: 9 am - 30 minutes before closing** A welcoming and supportive space where moms and children can gather and play. Speak to the Parent-Child Centre staff about parent relief.
- **Breakfast: 9 - 9:30 am** Light breakfast available. Help yourself!
- **Lunch (Every day): 12:30 - 1:30 pm + Dinner (Mondays and Tuesdays only): 4:30 - 5:30 pm**
- **Swap Shop: 1 - 5 pm** (Mondays and Tuesdays)/**1 - 4 pm** (Wednesdays and Thursdays) Lots of new and gently used clothes, toys, housewares and more.
- **Counselling: All day** A counsellor is available to help you with social assistance, tax credits, daycare, housing, custody and relationship issues.
- **Housing: All day** A housing counsellor is available to help you find & keep housing, fill out applications or settle housing disputes.
- **Health: All day** The Registered Nurse can meet one-on-one with you to answer questions about your health, your pregnancy, or your child's health, growth and development. Family doctor is also available every Tuesday **12 - 3 pm**
- **School: 9:30 am - 3 pm** Our school gives you the chance to gain your high school credits and earn your Ontario Secondary School Diploma. Wide range of courses offered— speak to your counsellor if you are interested!
- **Virtual Support: All day** Did you know that we offer many services such as counselling, health, and parenting support virtually as well as in-person on an individual basis? Contact your counsellor to find out more if interested.

MONDAYS

- **Prenatal and Food 4 Two Classes: 4:30 - 6 pm**

Come to learn what to expect during pregnancy and labour, eating well during pregnancy, how to prepare for labour and birth, pain control options and medical interventions during labour, breastfeeding and mother and newborn care. Pregnant women and moms with babies up to 3 months are welcome. Food vouchers will be given to participants each week.

- **Let's Play 3-4 pm**

Embark on a journey of play and discovery in the PCC! This six-week interactive session, will run from May 6th - June 17th, we invite participants and their children to bond and grow through the magic of play. Dive into a world where imagination knows no bounds, where exploration leads to new horizons, and where transformation begins with a simple game. * **Weekly raffle offered** *

TUESDAYS

- **Health Clinic: 12 - 3 pm (In-person & Virtual appointments available)**

A Family Doctor is available for prenatal and postpartum care, to answer questions any health-related questions on feeding, immunizations, doctor visits, birth control or any other medical concerns you may have.

- **Girls Circle: 3 - 4:30 pm**

Join Regi & Marlenys for an personal development support group every Tuesday until **May 28**. Build inner strength through activities; make new friends; and discuss life's challenges in a safe space. Great snacks and games will be provided! For additional information, please contact Regi/Marlenys at regi@jessiescentre.org/marlenys@jessiescentre.org.

WEDNESDAYS

- **Bellies, Boobs & Bitchin' (BBB): 3 - 4:30 pm**

We'll be discussing the joys and challenges of feeding and caring for our babies. Each session will focus on a theme, with discussions and activities. Plus we'll have snacks and you'll receive a food voucher! Bring your baby (up to 1 year old) and/or belly.

- ***New* BBB Parenting : 3-4:30 pm**

BBB Group now extended! We heard you! Based on participant feedback we are now offering BBB parenting. This group will be for parents of children 1 year and above, focusing on various topics related to parenting an older child. Format will be similar to the BBB group.

MONTHLY SPECIALS

- **Parenting Workshop | May 2nd | 2-3:30 PM**

Parenting can be overwhelming, but you're not alone! Join us for a special workshop on managing parental stress and burnout. This session offers support, strategies, and a chance to connect with others facing similar challenges. Plus, enjoy light snacks, childcare, and food vouchers for all participants!

- **Mother's Day Special | May 9 | 3-4**

Join all your fellow mothers, parents & mothers/parents-to-be in the afternoon to celebrate a Mother's Day special in the PCC. Be sure to dress your best and bring your phone fully charged for some photo opportunities! Savor sweet treats and refreshing mocktails.

- **Food Connect Program: 2 - 4 pm (In-person— registration required) | May 23 | Don't forget your reusable bag !!**

This program provides essential food items once a month, every third Thursday for Jessie's participants and supports building connections to other community food programs. Sign up will start at the beginning of the second week of the month, on a first come first serve basis. Every participant registered will receive a bag of essential food items and more. .

- **Setting up for Success: 3 - 4 pm (In-person) | May 30 | 3-4pm**

Make learning fun by joining us in the Parent-Child Centre to participate in a variety of activities along with your child, aimed to promote different areas of development. Activity ideas, resources, and light snacks will be offered.

HOW TO FIND US

205 Parliament Street, Toronto ON, M5A 2Z4

(Just north of Queen Street)

To reach us by TTC, take the 65 Parliament bus south from Castle Frank Station (Bloor-Danforth Subway) get off at Shuter Street.

OR, take the 501 Streetcar East from Queen or Osgoode Stations (Yonge-University Subway), and exit at Parliament Street.

HOW TO REACH US

416-365-1888

www.jessiescentre.org

mail@jessiescentre.org

facebook.com/jessiescentre

[@JessiesCentreTO](https://twitter.com/JessiesCentreTO)

