

+		4			2024		
MONDAY			TUESDAY	WI	EDNESDAY	THURSDAY	
9AM-6:30PM		9.	A M - 6:30 P M	9 A	M-5:00PM	9 A M - 5:00 P M	
	4		5	X	6	7	
4:30-6pm	Prenatal/Food 4	12-3pm	Health Clinic (H)	3-4:30pm	BBB		
	Two	2:30-4pm	Family Law for Young Parents by OJEN (H) Session 3			* International ** *** *** ** ** ** ** ** **	
	BLACK MENTAL					INTERNATIONAL	
	MARCH 4-10)					(MARCH 8)	
	11		12		13	14	
4:30-6pm	Prenatal/Food 4 Two	12-3pm	Health Clinic (H)	3-4:30pm	BBB		
	RAMADAN	2:30-4pm		BREAK	PROGRAMI	MING	
(MARCH 10-APRIL 9)				MARCH 11-14	SEE BELOW		
	18		19		20	21	
4:30-6pm	Prenatal/Food 4 Two	12-3pm	Health Clinic (H)	3-4:30pm	BBB	2-4pm Food Connect	
	25		26		27	28	
	Prenatal/Food 4 Two 1 MASSAGE DAY BEDAZZELED ART	12-3pm	Health Clinic (H)	3-4:30pm	BBB + Setting up for Success *Easter Special*	3-4pm Housing Workshop Tenant Rights (H) TRANSGENDER DAY OF VISIBILITY	
	1 13 CARNIVAL		West of the second seco			(MARCH 31)	
	PARENT-CHILD YOG						

MARCH 14 | PARENT-CHILD YOGA

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.
- <u>Health:</u> 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 <u>Tuesday 12-3:00 pm</u>.
- 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!

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.

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.

• Family Law for young parents by OJEN - Tuesdays from 2:30-4pm (Hybrid)

The Ontario Justice Education Network (OJEN) will be delivering a 4 week session starting Feb 20th that gives young mothers and pregnant teens the knowledge, skills, and confidence to manage the potential legal issues that they may face while connecting them with professionals in the justice sector.

Last session is on March 12th

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.

MONTHLY SPECIALS

• Food Connect Program: 2 - 4 pm (In-person-limited spaces)

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 every third week, on a first come first serve basis. Every participant registered will receive a bag of essential food items and more. **This month's session will be held on March 21.**

• Setting up for Success: 3 - 4 pm

Make learning fun by joining us in the Parent-Child Centre to participate in a variety of easter activities along with your child, aimed to promote different areas of development. Activity ideas, resources, and light snacks will be offered. This month we have a special Easter egg hunt!

• Housing workshop 3-4pm (Hybrid)

Join us for a comprehensive workshop on tenant rights and responsibilities. Discover crucial insights into eviction rights, ensuring you're informed and prepared. Learn about your responsibilities regarding maintenance and repairs, empowering you to navigate your tenancy with confidence.

MARCH BREAK SPECIAL

Massage Day: March 11th 2- 4:30 pm | Registration required

 $Treat\ yourself\ to\ an\ afternoon\ of\ relaxation\ \mathcal{E}\ self-care\ with\ a\ complimentary\ 30\ minute\ massages\ provided\ by\ students\ from\ Bryant\ College\ provided\ provided\ by\ students\ from\ Bryant\ College\ provided\ prov$

Join us for an afternoon of DIY bedazzled art with Huliyah from Trendy Dollz Hair Co.

• Carnival: March 13th 1:30 - 3:30 pm | Drop in

Join us in the PCC for a fun filled afternoon carnival. Come and enjoy: Cotton Candy, Bouncy Castle, Music, Snacks and Face painting

• Parent-Child yoga: March 14th 1:30 - 3 pm | Drop in

Let the relaxation continue with a fun yoga session for parents and children, led by Ali from Appleseed Yoga . Yoga mats will be provide

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 or 502 Streetcars east from Queen or Osgoode Stations (Yonge-University Subway), Get off at Parliament Street.



HOW TO REACH US

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