



# April

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	3	4
<p><b>HAPPY Easter</b></p> <p><b>CENTRE CLOSED</b></p>	12-3pm Health Clinic (H) <p><b>WORLD AUTISM AWARENESS DAY (APRIL 2)</b></p>	3-4:30pm Bellies, Boobs, & Bitchin' <p><b>SPRING SERIES</b></p>	3-4pm Parenting Workshop (H) <p><b>REFUGEE RIGHTS DAY IN CANADA (APRIL 4)</b></p>
8	9	10	11
4:30-6pm Prenatal/Food 4 Two <p><b>SPRING SERIES</b></p>	12-3pm Health Clinic (H) 3-4:30 Girls Circle <p><b>SPRING SERIES</b></p>	3-4:30pm BBB <p><b>Happy Eid AL-FITR (APRIL 10)</b></p>	<p><b>BLACK MATERNAL HEALTH WEEK (APRIL 11-17)</b></p>
15	16	17	18
4:30-6pm Prenatal/Food 4 Two 	12-3pm Health Clinic (H) 3-4:30 Girls Circle 	3-4:30pm BBB 3-4pm ID Clinic (H)	2-4pm Food Connect 3-4pm Setting up for Success 
22	23	24	25
4:30-6pm Prenatal/Food 4 Two 	12-3pm Health Clinic (H) 3-4:30 Girls Circle	3-4:30pm BBB 	1-3:00pm George Brown College Tour School of makeup and Esthetics <p><b>DENIM DAY (APRIL 26)</b></p>
29	30		
4:30-6pm Prenatal/Food 4 Two 	12-3pm Health Clinic (H) 3-4:30 Girls Circle	3-4:30 BBB 	

**PLEASE NOTE**

- ALL GROUPS WILL BE OFFERED IN PERSON
- MONTHLY WORKSHOPS WILL BE HYBRID

(H)= HYBRID

# 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 12-3:00 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!

## 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. ✨ **SPRING SERIES** ✨

## 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. ✨ **SPRING SERIES** ✨

## 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. ✨ **SPRING SERIES** ✨

## MONTHLY SPECIALS

- **Parenting Workshop (H) : 3 - 4 pm | April 4**

Join Jocelyn to discuss all things parenting and self-care. As taking care of yourself is just as important as your child- especially with all the new developments and challenges toddlerhood can bring! Light snacks and childcare will be provided. To join virtually, please contact Jocelyn at Jocelyn@jessiescentre.org.

- **ID Clinic (H) : 3-4 pm | April 17**

In partnership with Street Health, we will be hosting a free on-site I.D. clinic on . For all participants and tenants to receive assistance with applying for OHIP, birth certificates, proof of legal status, SIN number and more! Spots available by appointment or via walk-in on a first-come, first-serve basis. To join virtually , contact Alice at alice@jessiescentre.org.

- **Food Connect Program: 2 - 4 pm (Registration required) | April 18 | Don't forget your reusable bag !**

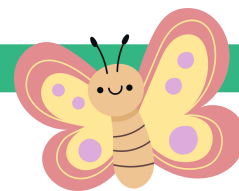
This program provides essential food items once a month, every third Thursday for Jessie's participants and supports building connections to other community food programs. Sign up will start at the beginning of every third week, on a first come first serve basis. Every participant registered will receive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

- **Setting up for Success: 3 - 4 pm | April 18**

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.

- **George Brown Tour - School of makeup and Esthetics : 1 - 3 pm | April 25**

Participants will tour the spa, learn about various post-secondary opportunities, and engage in a Skin Care Workshop, understanding the fundamentals of skin care as you learn to do a facial on yourself. Speak to your counsellor for more information



## HOW TO REACH US

416-365-1888

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facebook.com/jessiescentre

@JessiesCentreTO

## 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.

