



## **Milton Hub Programs**

### **Food for Thought**

This is a healthy snack program for the students of Our of Victory on Monday & Wednesdays. This program offers students the opportunity for a healthy snack and to try new foods.

### **Nelson Youth Centre**

A weekly youth mental health support program on Monday evenings. The program offers high staff to youth ratio, life skills support and earned “fun time” outings in the community.

### **Developmental Consult Clinic**

Halton Region infant and child development evaluation and consultation. This clinic takes place the first Wednesday evening and the third Monday all day of every month. By appointment only.

### **Le Leche League**

Peer Breastfeeding support group. Tuesday morning drop-in from 10-11:15am.

### **Big Brothers Big Sisters Homework Club**

High school youth assisting younger children with homework. Wednesday afternoons after school.

### **Youth Aiding Youth (Reach Out Centre for Kids)**

This is a youth mentoring program for mental health and behavioural peer support. Tuesday evenings.

### **Kids & Me at OLV**

Staff supported drop-in for parents and children 0-6yrs. Great opportunity for parents to engage with other parents while spending quality time with their children. Thursday mornings from 9:30-11am.

### **Pre-Natal Nutrition**

Halton Region supportive program for pregnant women. Two Thursday mornings per month.

### **Mother's Post-Partum Support Group**

A grassroots peer support drop-in for mothers dealing with post-partum mood disorders. The first and third Thursday of every month 7-8:30pm.

### **Breastfeeding Clinic**

An extension of the clinic at Milton Hospital offering breastfeeding support and new mother networking. Drop-in Friday mornings from 10am – 12:30pm.

**Kumon**

Academic assistance for students. Friday evenings

**Fresh Food Box**

A fantastic program of local fresh produce at reduced prices. Order date is the first Friday of the month and pick up is the third Tuesday of the month.

**ROCK Social Skills Club**

A staff supported social skills program for the students of Our Lady of Victory. Wednesday afternoons. This program also offers a week long summer camp program.

**Wrap-around**

Family support program organized by the professionals with the family. On appointment basis only.

**Off site programs****Dads & Kids Programs** (at Ontario Early Years Centre)

A fun program to engage fathers in building skills and strategies when spending quality time with their children.

Sat mornings- 5 sessions

**Single Parents Group** (at OEYC)

A support program for single parents with guest speakers. Child minding and a meal supplied. Wednesday evenings monthly.