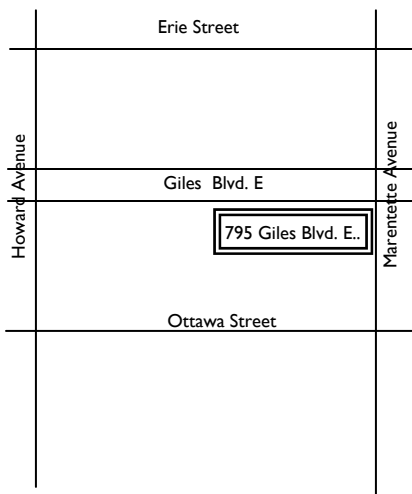


## How do I get there?



The Centre is located on the corner of Giles Blvd. East at Marentette in a former church building. The entrance is on Marentette.

### **BUS ROUTE - OTTAWA 4**

*Funded by:*

*City of Windsor, Ministry of Children & Youth Services,  
National Child Benefit Fund and Private Donations  
Charitable Number: 10803 0396 RR0001*

### **Other Services:**

- \* Speech & Language Services
- \* Parenting Courses & Groups
- \* Family Child Care Program
- \* Early Learning Activities for Parents and Children
- \* Postnatal Programs
- \* Emergent Literacy and Numeracy Programs
- \* Resource Library
- \* Information and Referral
- \* Volunteer Program
- \* Community Partnerships

### **ST. MARY'S FAMILY LEARNING CENTRE**

OEY Centre

795 Giles Blvd. East  
Windsor, Ontario  
N9A 4E5

Phone: 519-252-9696  
Fax: 519-252-7917  
Email: [info@smflc.ca](mailto:info@smflc.ca)

For Full Program Details and  
Information Log on to our website:

[www.smflc.ca](http://www.smflc.ca)

## Me and My Dad! Programs

...for fathers and their preschool  
children ages 0 - 6 years of age

**"Windsor's Parenting Centre"**

### **St. Mary's Family Learning Centre Ontario Early Years Centre**

**Talk 2 Me ~ Essex Preschool  
Speech & Language Services**



# Me and My Dad

## Me and My Dad! Programs

**Activities specifically designed to meet the needs of fathers and their preschool children ages 0 - 6 years. (Check program schedule for dates)**

**Programs include:**

### Dads GROUP

The group provides fathers an opportunity to discuss parenting topics like toilet learning, sleeping, eating, and discipline with other dads. The participants also work to increase awareness about the important role that fathers play in raising children by promoting Dads Matter community activities.

They meet once a month on Tuesday nights from 7:00 - 8:30 pm. It is held at the Centre, 795 Giles Blvd. East in a comfortable room and pizza is provided.

### Saturday with Dad

This specially scheduled morning includes fun activities and breakfast for dads and their children. Organized by the Dads Group.

### Dads and Discipline

A six week parent group for fathers and grandfathers. Weekly topics include understanding children and behaviour, communication skills, discipline and preventing burnout.

### Dads Matter Annual One-Day CONFERENCE

The Dads Matter Annual One Day Conference features workshops for fathers, a parenting question and answer period, brunch and door prizes to support dads in their important role as a father. Organized by St. Mary's Family Learning Centre Dads Group and the Family Support Network of Windsor-Essex.



No cost to attend.

### Children with involved fathers:

- \* develop more successfully
- \* are 2 times as likely to go on to post-secondary education
- \* are 2 times as likely to find a stable job
- \* are 75% less likely to become teenage parents
- \* are 80% less likely to spend time in jail
- \* have more curiosity and less fear socially
- \* show greater tolerance for stress and frustration
- \* have higher compassion and empathy
- \* feel better about themselves and make better choices
- \* have mothers that are happier
- \* have better relationships with their siblings

*Credit: The Father Involvement - Building our Children's Character Workbook*

**Interested in coming to the program or taking a parenting course?**

**Call 252-9696 for more information.**

For program dates, and other events and opportunities in the community - check the St. Mary's Family Learning Centre **Calendar Connections** and the current **Course Schedule** on our website: [www.smflc.ca](http://www.smflc.ca)

***Dads are welcome to participate in all programs at the Centre!!***