

Debra Dynes Family House Inc. Regular Program Schedule

Program/Activity	Program Description	Day/Hours
Emergency Food Bank	Provides a 3 day supply of emergency food one time per month. Please contact the Family House for more information on our catchment area and how we can help if you are working or in school	Monday – Friday 9.00a.m.-12 noon 1.00p.m.-3.00p.m. NO Food Bank service on Tuesday mornings
Emergency Baby Cupboard	Help with items such as diapers/ formula/baby food for infants and toddlers one time per month. Links to local organizations and health providers for baby items and health issues	Daily, except Tuesday afternoons
Kindergarten Readiness	Program providing a safe supported environment for preschool children to play, and increase social and literacy skills in preparation for kindergarten. This program helps ease the transition from daycare or homecare to formal education	Tuesday-Thursday 1.30pm-3:30pm
Free-Bee Friday Free Store Clothes Cupboard	Collected from donations and clothing drives, families are able to receive high quality and gently used free clothing/ small household items	Friday 1.00pm-2.00pm
Baby Bundles	New baby and safety items to support families with their newborn children. All donations gladly accepted.	Services Available Upon Request
Literacy Library	A program designed at Debra Dynes. Families are able to borrow preschool books in English and second language such as Farsi, Arabic, or Somali..This program Provides a great start to lifelong literacy	Services Available Upon Request
Debra Dynes Perinatal Program- Starting Strong & Collective Kitchen	This peri-natal program works in partnership with Carlington Community Health and Resources Centre to support pregnant women and nursing mothers on a bi monthly basis for health promotion and nutrition.	Monday 9.30am-2.30pm
Good Food Box Program	Collective buying program for fresh, local produce Available in \$10, \$15, \$20, \$25 (organic) boxes and \$5 Fruit Bags Orders should be placed in the first 10 days of the month with collection at the Family House in the 3rd week of the month	1 x monthly.
Emergency Laundry Help	Available to families on an emergency basis	Please contact the Family House for more information
Community computer and internet access	Community access program that provides, computer and internet access, printing, faxing, photocopying. Job search assistance, resume writing	Mon Tues, Wed Thurs & Fri 9-12 Mon 1-3 Mon a.m./p.m. may be pre-empted by other programs. Please call ahead.
Sewing Program	Program run by community volunteers to provide participants with basic sewing skills, make clothes, household furnishing items and clothing repairs. Supplies provided	Tuesday & Thursday 1.00p.m. – 3.00p.m. September -June
Referrals and Personal help	On site referrals and personal assistance. Some services include: _ Resume Help _ Faxing/photocopying _ Snow suit applications _ Toy Mountain Applications _ Holiday Hampers _ Good Food Box _ Crisis services _ Referrals and outside agency information _ Advocacy Ongoing at all times _ Health promotion _ Community safety issues _ Community events	Ongoing at all times

Holiday Gift Sales - Gifts for my Mom and Dad	The Debra Dynes Family House holds gift sales for children to purchase small gift items for their parents at significant times during the year e.g. Mother's Day, Father's Day, Christmas . These events are only possible with community support. All donations gladly accepted	Please contact the Family House for more information
Ready for School –School Supplies	Working with community partners the Debra Dynes Family House provides essential school supplies for children and youth at the beginning of the school year and in the New Year for semester students. This program relies on donated items , please call if you can help	Seasonal Activity

Debra Dynes Family House Inc. Child & Youth Program Schedule

Program/Activity	Program Description	Day/Hours
After 4 Nutrition Program	Provides a nutritional snack for approximately 50 children each day. (Grades 1 – 6).	Monday to Friday 3:00pm-4:00pm (September to June)
Homework Club	This program provides support and internet & computer access for homework assistance with a priority for grades 1 – 6.	Monday to Thursday: 4:00pm-5:00pm September -June
Emergency Lunch Program	Nutritional lunches provided each school day for families in need/crisis.	Please contact Barbara/Nina to register
Senior Homework Program	Homework help, computer and internet access for children and youth in Junior High and High School.	Monday & Wednesday 6:00pm-8:00pm
Youth Action Committee	The youth Action group meets bi monthly to address community issues as a collective. Activities include volunteering, leadership development, youth peer to peer mentoring, and program creation	Monday: 6:00pm-8:00pm
Play Away Sports	This program is a source for outreach and drop-in programs that are based on fitness, athletic development, team play and social growth	Thursday 6-8p.m Summer schedule July-August Mon-Fri p.m. 1-4
Community soccer program	Summer activity for training and practice Ages 5-12 yrs. Summer vacation period	Tues & Thurs 5.30p.m.-7.30p.m.
Summer camps	In partnership with Children's Village of Ottawa children 5-7yrs and 8-12 yrs attend summer day camp for 2 week periods during July and August. "Transitions" is a unique approach to participating in camp. Children develop and plan their camp together and have fun, learn skills and develop self confidence, independence and responsibility	July –August. Please contact the Family House to register
Summer breakfast and lunch program	Providing nutritional support each and every day of camp activities.	July –August. Please contact the Family House to register
First Work Experience & Summer skills and employment training	The Family House partners with several organizations to create skills training and employment experience for low income youth in the community in the summer vacation period. First Work Experience is a program designed by the Family House to assist junior high youth who are too old for camp and too young for employment with pre employment skills training.	Please contact Barbara/Nina for more information
Seasonal and ad hoc child and youth programming	The Family House works in partnership with e.g. the City of Ottawa, to create opportunities for seasonal programming – I love to skate, dance, play soccer	Please contact Barbara/Nina for more information