



# Centre for Young Parents

QUARTERLY NEWSLETTER

DECEMBER 2021 - FEBRUARY 2022

## EXECUTIVE DIRECTORS MESSAGE

Hello everyone,

What a year it has been. As we wrap up for the year I want to send a huge shout out to the staff here at Centre for Young Parents and all of the amazing work they have been doing! This past year has seen so much growth in our programming and services. Not just in the amount of intakes we have done but how we serve the community. Important trainings such as traditional parenting, suicide awareness, and various child development trainings have been taken so that the young parents that come to the Centre are better served. Every day the staff at the Centre show up with their full hearts to show so much care to the families we welcome in. Of course, all of this could not be possible without the communities never ending support, from us to you all, thank you for caring for us as you do! I hope you have a joyous holiday season with your loved ones.

Love and light,  
Shauna Livesey, BSW, RSW

## Welcome to the Team!



**Chantelle Cantelo**  
HOME VISITATION  
WORKER  
EMPOWERED PARENTS  
PROGRAM

Hello, I am Chantelle Cantelo, and I am a Home Visitation Worker for the Center for Young Parents. The primary focus of my career has been supporting At Risk Youth and Families since 2010. I am educated in various areas including Child Exploitation, Harm Reduction, Gang Awareness, Traditional Parenting, Mental Health, Case Management, and many more. I also worked in Corrections prior to relocating to Grand Prairie. It is a passion of mine to offer support, guidance, and resources to youth and vulnerable individuals. I find this to be a very rewarding career, creating new relationships, and seeing/hearing the

success stories. I am originally from Saskatchewan, however resided in Brandon Manitoba for ten years. I have four children and two stepchildren; they are my world! I am a firm believer in self-care, my selfcare consists of being physically active, surrounding myself with family, and getting my nails done!

## Congratulations Liz!



**Ivan Grant**  
**October 17th, 2021**  
**6lbs 12oz**



## OUR STAFF

**Shauna Livesey** - Executive Director  
**Chantelle Cantelo** - Empowering Young Parents Worker  
**Jenny Kay** - Empowering Young Parents Worker  
**Heather Tillapaugh** - Community Engagement Coordinator  
**Kim Wald** - Assessment & Navigation Worker  
**Kyra McCullough** - Early Learning & Childcare Supervisor  
**Cathy Christie** - Administrative Assistant  
**Carrie Young** - Certified Lactation Consultant & Doula

## BOARD OF DIRECTORS

**Rhonda Reichert** - Chair  
**Shara Skea** - Vice Chair  
**Spenser Cunningham** - Secretary  
**Renee Seibel** - Treasurer  
**Carrie Young** - Director  
**Kira Borman** - Director  
**Mandy Ford** - Director  
**Valerie Norris-Kirk** - Director  
**Shelby Karpiak** - Director  
**Lynn Berry-Barsalou** - Director

## I THINK I MAY BE PREGNANT, WHAT DO I DO?

**Below is a list of early signs of pregnancy. However, the only way to know if you're pregnant is take a pregnancy test and a follow-up test with a doctor. We provide free over-the-counter, at-home pregnancy tests for anyone under the age of 20. We provide 100% non-judgmental, 100% confidential, 100% free follow up, no matter what the result.**

**You can only become pregnant if you have been engaging in vaginal intercourse, particularly if no contraception has been used properly.**

**Pregnancy Signs can include, No period, Nausea or vomiting, Fatigue, Breast tenderness, Mild to severe pain, particularly in your abdomen, legs, hips, or back.**

## I'M PREGNANT, NOW WHAT???

**If you are under the age of 20 and residing in Grande prairie or the surrounding area, and are pregnant then please contact us and we can talk about your options. We are a pro-choice, non-judgmental organization with trained professionals who can refer you to other agencies and resources.**

**If you are over the age of 20 and residing in Grande Prairie or the surrounding area and pregnant then contact the College & Community Health Centre at (780) 814-5800 located at the Grande Prairie Regional College for information on options and resources in Grande Prairie.**


## CONTACT US

**Office Hours:**

Monday - Friday 8:30am-4:30pm  
(Closed for Lunch 12:00-1:00pm)

 (780) 538-3854

 9625 Prairie Road,  
Grande Prairie, AB

 [pregnantandparentingteens@gmail.com](mailto:pregnantandparentingteens@gmail.com)

 [www.centreforyoungparents.com](http://www.centreforyoungparents.com)

## FOLLOW US

 Centre for Young  
Parents Grande Prairie

 Centre for Young  
Parents

# Centre for Young Parents - Highlights & Fundraising



## Baby Safe First Aid Course

On Nov. 1st & 2nd, 5 Clients completed the Baby Safe First Aid Course.  
**Congratulations!**



## Volunteer Spotlight



**Vivian Beuerlein**

In September, we said farewell and Thank You to long time Volunteer Vivian Beuerlein. Vivian has volunteered with us since 2010 and has helped our organization in so many ways. We will truly miss her and are grateful for her years of support & being part of our team. Best of luck on your new adventures Vivian!

Grande Prairie Live Theatre Presents

# Diamonds & Divas

a murderous fiasco by Robin Hawdon

GRANDE PRAIRIE LIVE THEATRE

Thank You to everyone who attended & donated items for our Fundraiser. With your support we were able to raise over \$2500 for our Young Parents

**A Fundraiser for the Centre for Young Parents**

Ticket Sales  
End Dec. 13th  
Draw Date Dec. 20th

# Centre for Young Parents

Win up to  
\$5000!\*



HELP US CONTINUE TO SUPPORT YOUNG PARENTS IN THE GRANDE PRAIRIE AREA

Must be at least 18 years of age to purchase and reside in Alberta. Winners name and/or photo may be published. \*Winner will receive 50% of sales up to a maximum of \$5000.00  
All money raised through this raffle is used to support the Centre for Young Parents in Grande Prairie, Alberta  
If you have any questions or concerns, please contact Heather at 780-538-3854 x1731 or heather.tillapaugh@gppsd.ab.ca



Our organization is evolving and growing every day and we want to keep our community in the loop! You'll be the 1st to know about upcoming classes & programs, new initiatives and fundraisers, newsletters & calendars and more. If you would like to be added to our mail list please go to  
<https://mailchi.mp/3e971c9efc06/stay-connected-join-our-mailing-list>  
and subscribe.



The Playhouse Raffle is our Largest Annual Fundraiser for the Centre for Young Parents. Over the years we have had many amazing, unique Playhouses built by generous Volunteers, Community Groups, and most recently Sponsored by Stone Built Homes. Our 2021 Raffle was extremely successful with tickets selling out in 21 Days!! We are excited for our 2022 Raffle and are gearing up to make it the best Playhouse Raffle yet.

### How can you help?

- Volunteer for our Fundraising Committee, or Ticket Sales
- Sponsor one of our Early Bird Prizes
- Become a Platinum, Gold or Silver Sponsor
- Donate a Gift Card for our Gift Card Wallet Prize Pack
- Purchase a Ticket

**Mark your Calendars!**  
**Ticket Sales begin April 4th, 2022**

Contact our Community Engagement Coordinator if you would like to be involved with our 2022 Raffle or if you have any questions.

Heather Tillapaugh  
780-538-3854 x1731 heather.tillapaugh@gppsd.ab.ca

## Groups

Wellness Wednesday -Held weekly on Wednesdays, 1:30-3:00pm  
This group provides a safe, fun environment for the young adults to discuss current life topics. We are fortunate to have partners in the community who join us to present on topics such as mental health, education, healthy relationships and more.

Breastfeeding Group -Held monthly on the 3rd Tuesday, 1:30-3:00pm  
This group provides understanding and assistance with breastfeeding. We welcome all mothers to join this group regardless if they are breast or bottle feeding as well as those who are pregnant and looking to learn before baby arrives.

Cooking Circle -Held monthly on the 2nd Tuesday, 1:00-3:30pm  
This groups provides out young adults a chance to build connections while having fun in the kitchen. Our goal is to support healthy eating habits and education on basic cooking skills.

## Empowering Young Parents Program

Home visitation support offered in office, community or home. Program aim is to enhance parenting skills, provide information on child development, child health & positive family functioning.

## First Steps Childcare Centre

Our childcare centre is open Monday - Thursday 9:30am-3:30pm. We follow the GP Public School Calendar and are closed on Fridays, Stats and during the Summer. Our centre is available to our young parents to drop off their child while they attend the Bridge Network Outreach School, support groups & any programs and services.

Our center is supervised by ELC  
Trained staff with help from community volunteers.



## Donation Room

We have a donation room full of supplies including maternity clothing, baby clothing, diapers, wipes, blankets and more! Our community is extremely generous and if you are in need of something specific we can reach out with a "wish list" of items needed.

\*note we are not currently accepting donations for certain items as we have an over abundance.

If you have donations we would be happy to let you know if we can accept them.

Please Call us @  
780-538-3854

## Transportation

We offer free transportation for our clients to attend groups, counselling, the Bridge Network Outreach School, and any other program or service we offer.



Free & confidential pregnancy testing & follow up

1:1 Mental Health Support

Options Counselling

Financial options & support

Guided help applying for funding for post-secondary

Completing your high school diploma

Finding a job

Understanding your body

Making informed choices

Pre/post natal nutrition

Help getting Legal Support

Finding suitable housing

Recognizing unhealthy relationships

How to talk to your parents

