



# Centre for Young Parents

A Community Where Uncertainty  
Meets Opportunity

## 2025 Annual Report

Written by:

*Heather Tillapaugh*

Community Engagement Coordinator

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# Executive Director Message



**Tayo Adegunju**  
Executive Director

As we move into the second quarter of 2026, I reflect on 2025 with deep gratitude for the unwavering support of our community. Because of you, the Centre for Young Parents continues to live out its mission to empower young parents through non-judgmental support, informed decision-making, and access to essential resources. Together, we are advancing our vision of “A Community Where Uncertainty Meets Opportunity.”

Despite sector-wide funding challenges, 2025 was a year of strong program delivery and meaningful impact. With the collective dedication of our staff team, we expanded access to prenatal and postnatal supports, strengthened family connections, and increased opportunities for education and community engagement. This work would not have been possible without the commitment and compassion of our staff, who continue to provide high-quality, client-centered services every day.

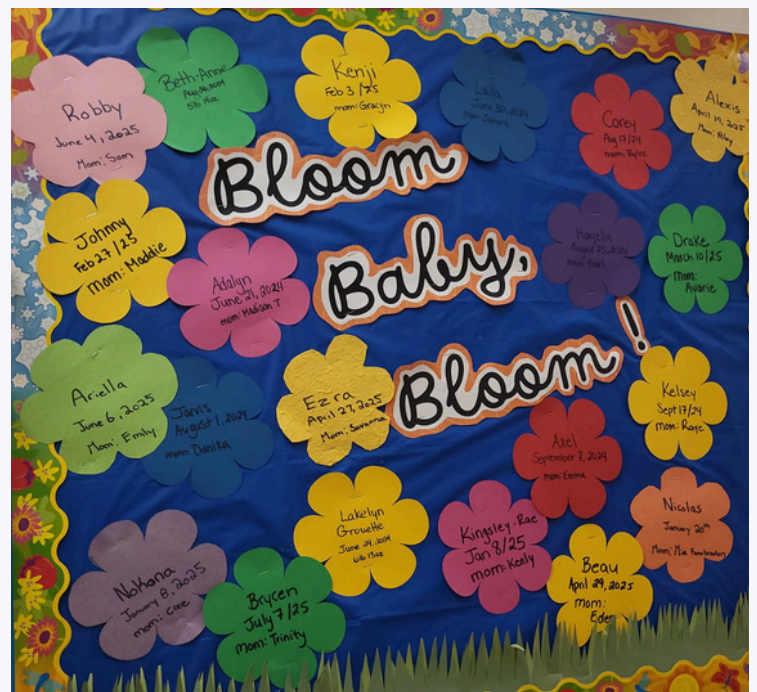
We are also grateful for the tremendous support shown through community fundraising efforts, which have helped bridge critical funding gaps. To our Board of Directors, volunteers, including those supporting our daycare, and the many individuals and partners who contribute both financially and in-kind, thank you. Your contributions sustain our work and strengthen our ability to respond to the evolving needs of young families.

The young parents we serve are resilient individuals with the potential to build strong, healthy futures for themselves and their children. Your continued belief in our work empowers them to overcome barriers and pursue opportunities.

On behalf of the Centre for Young Parents, thank you for your ongoing support and for being part of a community that makes lasting impact possible.

*Tayo A. Adegunju, MBA*

Executive Director  
Centre for Young Parents





**Help To Give Hope.**

**Help For Opportunity.**

**Help For Independence.**

**73**

Young Parents

**22**

New Intakes

## About Us

The Centre for Young Parents is a welcoming, judgement-free space where young families find support, connection, and opportunities to grow. For four decades, we have walked alongside young parents as they navigate pregnancy, parenting, education, relationships, and the challenges of building stability. Our work is grounded in compassion and guided by the belief that every young parent deserves to feel capable, confident, and supported.

We offer a holistic range of programs that meet families where they are, emotionally, socially, and practically. From transportation and childcare to mental health supports, parenting programs, and essential-needs assistance, our services are designed to remove barriers and open doors to brighter futures.

We are more than a program, we are a community built on hope, respect, and the unwavering belief that young parents are resilient and deserving of every opportunity to thrive.

We proudly support young parents in Grande Prairie and surrounding areas who became pregnant or welcomed a child at age 20 or younger, continuing services until their child turns six. All supports are free, confidential, and non-judgmental, offering young mothers and fathers access to groups, drop-in childcare, transportation, and the guidance they need to feel steady and supported.

## Vision

A Community Where Uncertainty Meets Opportunity

## Mission

Centre for Young Parents empowers individuals by providing information and support to:

- Facilitate judgement free decision-making regarding choices on pregnancy and parenting Offer multi-level prenatal and postnatal care options
- Maximize opportunities for learning, education or training
- Gain knowledge of and access to community resources
- Promote and strengthen healthy family connections
- Encourage the development of individual strengths and self-determination



# Centre for Young Parents Staff



**Tayo Adegunju**  
Executive Director



**Cathy Christie**  
Executive Assistant



**Kim Wald**  
Program Manager



**Heather Tillapaugh**  
Community Engagement  
Coordinator



**Lisa Shoemaker**  
Daycare Supervisor &  
Community Engagement  
Assistant



**Megan Tremblay**  
Navigation Worker



**Melissa Huether**  
Home Visitation Worker



**Liz Krysa**  
Home Visitation Worker



**Kira Borman**  
Home Visitation Worker



**Jenny Kay**  
Home Visitation Worker

## 2025 Board of Directors

- *Spenser Cunningham - Chair*
- *Valerie Norris-Kirk - Vice Chair*
- *Lynn Berry-Barsalou - Secretary*
- *Aimee Savory - Treasurer*
- *Katrina Przybylski - Director*
- *Georgia Greenwood-Duncan - Director*
- *Teri Millar - Director*



*May you be proud of the work you  
do, the person you are, and the  
difference you make!*



# 2025 Program Highlights



**Kim Wald**  
Program Manager

As we reflect on the past year, it is hard to believe how quickly 2025 has passed. In addition to our core programming, we were pleased to introduce several new initiatives that strengthened our support for young families. One highlight was our partnership with the YMCA to offer the How to Adult program, along with a collaboration with Stepping Stones to deliver Positive Solutions for Families. Both programs were very well received, with participants reporting meaningful gains in knowledge and confidence.

That horrifying moment when you're looking for an adult for help but then realize you're an adult



100

## Group Sessions

- Wellness Wednesday
- Mood Menders
- Breastfeeding Support
- Cooking Circle
- First Aid
- Positive Solutions for Families
- How to Adult



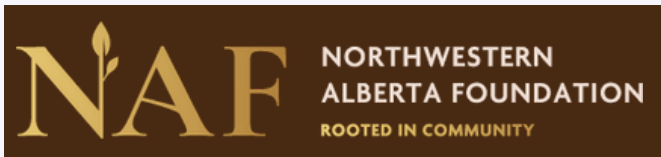
Our Transportation Program remained extremely active throughout the year. We are grateful to the Grande Prairie School Division for maintaining our vehicles, to VISA Rentals, Sales & Leasing for repairing our van when it was vandalized, and to Shinez Detailing for generously donating their time to keep our vans clean and ready for use. When all three vans were on the road, Women's First Cabs stepped in to ensure families could still travel safely and affordably to their appointments. We extend our sincere thanks to Angelika and her team for their continued care and support.



522  
Free  
rides given



Rising grocery costs created significant challenges for many of our families, making food security a growing concern in 2025. In response, we implemented a Food and Vitamin Program to help meet essential nutritional needs. With grant funding from Canada Post and the NorthWestern Alberta Foundation, we provided monthly food and vitamin hampers to participants. The gratitude expressed by families affirmed just how vital this program has been in easing monthly household pressures.



Canada Post  
Community  
Foundation

Fondation  
communautaire  
de Postes Canada

None of our programming would be possible without the dedication and generosity of our supporters and community partners. We extend heartfelt thanks to Almas Chowdry from Recovery Alberta for facilitating our Mood Menders Mental Health Group, and to Brenda Lefebvre from the Red Cross for delivering First Aid training to our participants. We are also grateful to Grande Prairie Co-op and its customers for contributing through their community fund, which helps offset the cost of food for our weekly groups.



**89,710  
Minutes**

of direct engagement  
with our young parents.



**48 Volunteers**

gave over 75,000  
minutes of time to  
our cause

There are many others who played a role in making this year a success. While it is not possible to name everyone individually, please accept our deepest appreciation. Your support strengthens young families in our community and positively shapes their futures and the futures of generations to come

*Thank You!*

# Empowering Parents Program

**400**  
Home Visits



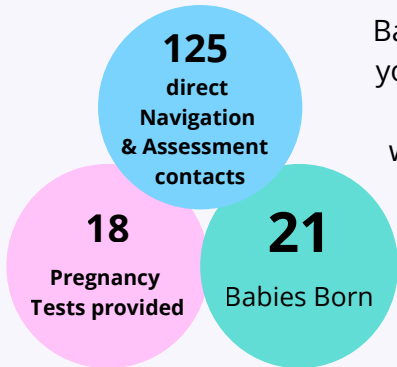
Part of the Grande Prairie and Area Family Resource Network (FRN), funded by the Province of Alberta. We have two knowledgeable Home Visitation Workers who provide 75% of our families with vital child development information to tackle their prenatal and parenting journeys.



Through a hub and spoke model we aim to deliver high quality prevention and early intervention services to our clients.

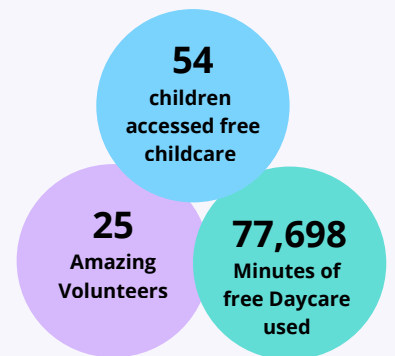
## Baby Steps to Success

Baby Steps to Success offers one-on-one support to help young parents identify their needs, set goals, and access the right resources. Our assessment and navigation worker connects families with services both within our Centre and through trusted community partners, ensuring they never have to navigate challenges alone. This program helps young parents move forward with clarity, confidence, and the support they deserve.



## First Steps Drop in Child Care

First Steps Drop-In Child Care provides young parents with a safe, nurturing space where their children can learn, play, and grow while parents access the supports they need. This free service helps remove one of the biggest barriers young families face, finding & affording reliable childcare, so they can attend school or participate in programs. Supported by dedicated volunteers, First Steps ensures that every child is surrounded by kindness, stability, and opportunities for positive early experiences.



# 2025 Community Engagement



**Heather Tillapaugh**  
Community Engagement  
Coordinator

As I reflect on this past year, I am filled with tremendous gratitude for the incredible community that surrounds the Centre for Young Parents. Every event, every conversation, every volunteer hour, and every act of generosity has strengthened the foundation of support we offer young families. Our community continues to show up, not only for our fundraisers, but for the relationships and connections that make our work possible.

Throughout the year, we had countless opportunities to engage with the community in meaningful ways. We attended multiple outreach events, including the NWP Thriving in the City event hosted by Northwestern Polytechnic, where we connected with students who were eager to learn about our services. We participated in the AHS Prenatal and Newborn Fair, offering resources to new and expectant parents, and we joined families at the always-busy Teddy Bear Carnival hosted by the GP Family Coalition. We also took part in the Family Fun Agency Fair held by our FRN Hub, strengthening our network and creating greater awareness of the supports available in our community.

One highlight this year was the KMSC Law Charity Cornhole Tournament. We were honored to be chosen as one of the 18 local charities involved, each receiving \$3,000, an incredible total of more than \$54,000 given back to the community. This level of generosity demonstrates how deeply people care about strengthening local support services. As part of our participation, we contributed a silent auction item, and we were grateful to the Teepee Creek Rodeo Association for donating two weekend passes and merchandise to support our contribution.

We also received tremendous kindness from several community-minded businesses that independently organized collection drives on our behalf. GP Home Hardware, Mr. Mikes and Roska DBO all stepped forward to raise funds and collect essential items for our families, making a real and lasting difference. Their efforts, along with contributions from so many others, helped ensure our shelves were stocked and parents felt supported throughout the year.

Our Christmas campaign was another powerful reflection of community compassion. Individuals, businesses, and local groups donated gifts, essentials, and financial contributions to brighten the holiday season for our young parents and their children. This outpouring of kindness helped make Christmas a little lighter and a lot more joyful for families who needed it most.

We were also grateful to receive a donation from the North Legacy Warriors Hockey Club, who contributed proceeds from their tournament 50/50. This spontaneous generosity reminded us once again that support for young families comes from all corners of the community, from sports teams to local businesses, from students to service clubs.

To everyone who contributed, whether by attending an event, hosting a drive, sharing our mission, volunteering your time, or offering financial support, THANK YOU. I have tried my best to acknowledge all the individuals, businesses, and partners who supported us this year, and I sincerely apologize if I missed anyone. Your generosity extends far beyond our Centre. It empowers young parents, strengthens families, and builds a community rooted in compassion and connection. It truly takes a village, and we are grateful every day to be part of yours.

With gratitude,

*Heather Tillapaugh*

Community Engagement Coordinator  
Centre for Young Parents





# Playhouse Raffle

## 2025

The Playhouse Raffle is our longest-running annual event, benefiting the Centre for Young Parents. Over the years, we have had many amazing, high-quality, and unique playhouses built by generous volunteers, community groups, and, for our 2025 raffle, through a partnership with the Grande Prairie Construction Association. This year, five local businesses joined us, to design, build, and donate a unique playhouse for the raffle. The funds raised from the raffle go directly to supporting the Centre for Young Parents.

We extend our heartfelt gratitude to everyone who purchased tickets, shared our posts, and to all our partners, sponsors, and builders who contributed to the success of this year's raffle. Your support makes a significant difference in the lives of young parents and their children. Thank you!

# \$29,689.75 Raised

2025 RAFFLE WINNERS

Air Canada Tickets  
Donna Alguire  
Ticket # PH1-114138

50/50 \$5377.50  
Tianda Doll  
Ticket # C-504848

#1 Playhouse Winner  
Dawna Baird - Ranger Lookout  
Ticket #PH3-101222

#2 Playhouse Winner  
Darcy Halwa - Tiki Stand  
Ticket #PH3-100532

#3 Playhouse Winner  
Vincint McManus - We Play Better Together  
Ticket #PH3-124508

#4 Playhouse Winner  
Hal Hanuse - Duct Tape Den  
Ticket #PH3-111015

1st Place Builder  
**CHANDOS CONSTRUCTION**



2nd Place Builder

**KAMWIN ELECTRIC & RUSKIN CONSTRUCTION**



3rd Place Builder

**JMS CONSTRUCTION**



4th Place Builder

**HWD CONSTRUCTION**



Presenting Sponsor



Presenting Partner



Playhouse Builders



Platinum Sponsors



Gold Sponsors



Silver Sponsors



Bronze Sponsors

Absolute HVAC Inc.  
Main Beam Fabrication Ltd.  
Jaylaxx Controls Inc.

In Kind Sponsors

Big Country 93.1  
Trim FX  
Canadian Tire  
365 Towing & Recovery  
98.9 Rewind Radio

Rotary Club of Grande Prairie  
Pinnacle Picker Services  
104.7 2DayFM  
Air Canada Foundation

Elevate Fencing  
Absolute HVAC  
Prairie Mall  
Redline Engraving

Ultimate Energy Controls  
Flynn's Towing & Recovery  
Tonfield  
Modern Decore Carpet One  
Smash & Sons Contracting





2025

# SOUND CHECK

## GRANDE PRAIRIES PREMIER MUSIC SHOWCASE

NOVEMBER 8<sup>TH</sup>, 2025  
JACKPOT EVENT CENTRE



Sound Check 2025 marked our most impactful year yet. Together, we raised an incredible \$48,809.40, double the funds raised in 2024! This remarkable growth directly strengthens the Centre for Young Parents, allowing us to continue offering free, essential programs and support to young families who rely on us every day.

This year, we transformed Sound Check into a Local Music Showcase, creating a space that not only highlights local talent but brings the community together with purpose. Our stage featured 5 bands, 3 duos, and 7 solo performers, each contributing to an unforgettable night of music and community spirit.

Most importantly, we filled the room with people who believe in young parents and in the power of community. Your presence, generosity, and enthusiasm helped turn Sound Check 2025 into more than an event, it became a celebration of hope, support, and possibility.



### Thank you for helping us make a difference.



## VISION

To create a vibrant, inclusive platform that celebrates local musical talent while fostering community engagement and supporting the vital services of the Centre for Young Parents.

## MISSION

Sound Check exists to empower musicians, connect communities, and raise funds for the Centre for Young Parents. Through an annual music showcase and fundraiser, we aim to promote local talent, build awareness about the challenges faced by young parents, and contribute to their well-being by supporting essential programs and services.

## FUTURE

The future is bright for Sound Check as we continue to grow, elevate local musical talent, and deepen our impact on the community. With each passing year, we see more support, more opportunities for musicians, and greater awareness of the vital work of the Centre for Young Parents. Together, we're building a legacy of creativity, compassion, and community that will inspire generations to come. We hope you'll join us for the ride!



Crooked Creek Salsa  
Adventure Aviation  
The Glass Shop  
Love Life Hot Yoga  
Jenny & David Kay  
Long & McQuade  
Disa & Pink Rain  
Merilie O'Connell  
Soul Entry  
H&L Tillapaugh  
JTM Hair Design

GP Mobile Massage - Matt  
Heartworks by Helen  
Authentic Moments Photography  
Holiday Inn & Suites  
Sterling Skull Studio - Chris  
TJ Ruckus/Kikbak/Steve Cassel Band  
All For You Seamless Beauty  
Petals & Posies Flower Co.  
Newline Auto Exchange  
Visa Rentals, Sales & Leasing  
Wooden Nickel Ranch

Jessica Turner  
Latitude 55  
Animals First Clinic  
Town Centre Golf  
Lynn Berry-Barsalou  
Better Than Fred's  
The Vine Spa  
The Babe Cave  
Tayo Adegunju  
Bob & Janice Scott  
Grant Berg Gallery

KMSC Law  
Cathy Christie  
Kim Wald  
Cinch Oilfield Hauling  
Rejuvaderm  
Krisztina Gregory  
AvieLee Photography  
Color Crush Canvas  
Hope Whispers  
Shirley Thorbergson

Tractor Jacks  
Crown & Anchor  
Jackpot Grill & Bar  
92 Beverage Co.  
Tammy's Place  
Royal Spirits  
Beer Bros & Spirits  
Browns Socialhouse  
JMS Construction  
Dan Hansen  
Safe Psychology Inc.

Culligan  
Mia Birria  
Mr. Mikes  
State & Main  
Boston Pizza  
Moxies  
Earls  
Access Dental  
Lions Den Pub  
Montanas



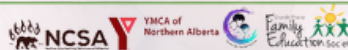
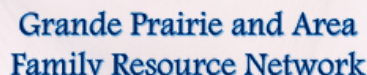
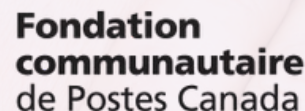
**Centre for Young Parents**  
A Community Where Uncertainty  
Meets Opportunity



**SAVE THE DATE**

Sound Check 2026  
Nov. 7th, 2026

# 2025 Funders



# 2025 Partners

- A Step Above Learning Society
- Access Dental
- AHS Police & Crisis Team (PACT)
- AHS Public Health
- AHS Recovery Alberta Enhanced Services for Women
- AHS Recovery Alberta Youth Addiction & Mental Health
- Alberta Home Visitation Network Association
- Authentic Moments Photography
- BALLAD
- BGS Career Ventures
- Big Brothers Big Sisters
- Brenda - Red Cross
- Centre for Newcomers
- Council for Life Long Learning
- Family Education Society
- Foundations for Life
- GOA Probation
- GOA Resolution Services
- GP & Area Safe Communities
- Grande Prairie Alberta Supports Centre
- Grande Prairie Chamber of Commerce
- Grande Spirit Foundation
- Helping Hands
- Mountain Plains - Lyra Program
- Native Counselling Services of Alberta
- Northern Addictions Centre
- Northreach Society
- Northwest Peace FASD Network
- Odyssey House
- PACE
- Pregnancy Care Centre
- Stepping Stones Society
- Sunrise House
- The Bridge Network
- The Garrett Family Centre
- Tiny Hands of Hope
- To the Root Dental
- Triskel Health
- Womens First Cabs
- Womens Health Options
- Womens Self Defence Elevation 650
- YMCA of Northern Alberta
- Rooted Heart Yoga & Wellness

# 2025 Donors

- Adriane Mills
- Almas Safoor
- Ashley Thomson
- Kayla Hart
- Carters/Oshkosh
- Charity Wall
- Corey Gervais
- Country Roads RV
- Kylee Graw
- Darlene Bathgate
- Derek Taylor School
- Gillian Petrone
- Glenna Howard
- GP Elks #285
- Grassroots Realty
- Grayson Young
- Home 2 Home
- Hythe Thrift Store
- New Horizon Coop
- Juliana Grier
- Kaleb Penner
- Kamwin Electric
- Karen Peebles
- Katie Henton
- Roska DBO
- Sarah Kaut
- Krystal Hinch
- Riki Neilsen
- Lacey Wimperis
- Lanelle Viken
- Larissa Zaychuk
- Liz Krysa
- Lynda Clements
- Madeline Boivin
- Madison Taylor
- Marian Mark
- Melissa Wilson
- KMSC Law
- Swan City Rotary
- The Donation Gals
- Tom Enders
- Tori Tillapaugh
- United Way
- Mint Pharmacy
- Mitchell Heinrichs
- Mr. Mikes
- Shienz Detailing
- Patricia Storle
- Roxana Miranda
- Janet Robin
- Janice & Bob Scott
- Jennifer Duford
- Jordan Toerper
- Shanice Kerr
- Salvation Army
- Solomiya Kietlyka
- Rotary Club After 5
- Olivers Funeral Home
- Brittany Manto Arcand
- Dalyce Sather McNabb
- Kimberly McKeeman
- St Joseph Catholic Women's League
- St Pauls United Church Women
- St Ritas Catholic Womens League
- Christian Fellowship Assembly
- Western Financial Group - Beaverlodge
- Western Financial Group - Grande Prairie
- Stitch Club of Grande Prairie
- Whitecap Resources Inc.
- Woodland Home Hardware
- 4Imprint One by One
- Veterans Food Bank
- VISA Rentals Sales & Leasing
- Wayconn Consulting
- Wayne & Merilie O'Connell
- North Legacy Warriors Hockey Club
- Teepee Creek Rodeo Association



# From Uncertainty to Empowerment

*Amy's journey toward confidence, safety, and life-changing skills.*

Last year, Amy joined our program while expecting her third child. Her family had recently immigrated to Canada from Pakistan. To support her, we assigned a home visitation worker to work with her family on child development.

Shortly after Amy gave birth to her daughter, her home visitation worker offered to drive her and her children to our Centre for a visit in our daycare, where the older children could play. During this trip, the worker observed that although Amy had a car seat for her baby, she had not secured the child properly. The worker took the opportunity to demonstrate how to safely buckle her children in.

When discussing this with Amy, she explained that in Pakistan, car seat use was not required, and children were often held on laps or seated in the front. The worker acknowledged her perspective while gently explaining Canadian safety laws and practices. Amy was eager to ensure her children's safety, and together, they agreed to focus on building her knowledge of child safety.

As part of this, the home visitation worker encouraged Amy to enroll in a First Aid course offered at our Centre. Amy enthusiastically agreed. Because English was not her first language, our team provided additional support to ensure she understood the facilitator's instructions and could complete the written test with confidence. She successfully earned her certificate and left the course feeling empowered and prepared to respond to emergencies.


Soon after, that confidence was put into action. While attending a playgroup hosted by another agency in our building, Amy witnessed a child choking on a grape. As others panicked, Amy calmly stepped in and used the techniques she had learned to dislodge the grape and save the child.


This experience was transformative for Amy, her confidence soared, and she felt proud of her ability to help in a crisis. More importantly, it demonstrated how the impact of our program extends beyond our agency walls, empowering families with life-saving skills and knowledge. Without our supportive services, Amy may never have had the opportunity to gain these skills, nor the confidence to put them into practice when it mattered most.


**When knowledge takes root, confidence soars**





 9625 Prairie Road, Grande Prairie, Alberta

 780-538-3854

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

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

Thank You

