



# Centre for Young Parents

QUARTERLY NEWSLETTER

MARCH - MAY 2022

## EXECUTIVE DIRECTORS MESSAGE

Hi everyone, and happy almost spring! This winter has sure felt like its dragged along. I am definitely ready for some green grass to practice some grounding exercises in. This year has been eventful and full of learning opportunities. Our staff had the opportunity to attend training with Janet Fox in Traditional Parenting. I want to take a moment to honor Janet and the amazing work she has done through-out the years in passing on important traditional parenting practices. This is something that I am very passionate about and was so very grateful for her teachings. Shortly after our training, we learned of the passing of this courageous woman. We want to send her family and loved ones our condolences. Thanks to Janet's teachings we have been able to lead groups in various traditional practices.

In February we announced our new board members, we are very excited for the upcoming year and where the vision of our entire team will take us next. A special thanks to all of our board members, staff, volunteers, and community members for all of the support you continue to show pregnant or parenting young parents.

With care,  
Shauna Livesey, BSW, RSW



## 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  
**Aimee Savoury** - Treasurer  
**Carrie Young** - Director  
**JennyLee Viola** - Director  
**Mandy Ford** - Director  
**Valerie Norris-Kirk** - Director  
**Lynn Berry-Barsalou** - Director

## CONGRATULATIONS KIM!

Exceptional Service Award Nominee

Nominee Name: Kim Wald

Navigation & Assessment Worker

Centre for Young Parents

Nominated By: Shauna Livesey



Passionate Heart Awards 2022



## 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

www.centreforyoungparents.com

## FOLLOW US



Centre for Young  
Parents Grande Prairie



Centre for Young  
Parents



## Congratulations JOANNE HOTTE You have won \$3330!



Thank - you to everyone who purchased tickets for our 2021 50/50 Raffle. Your support is greatly appreciated.



<https://mailchi.mp/3e971c9efc06/stay-connected-join-our-mailing-list>

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 subscribe.



## Teen Healthy Relationship Retreat

1-Day Retreat  
Saturdays 9:45-3:pm  
January 22nd  
March 12th,  
April 9th,  
May 21st.

Please keep in mind you only have to sign up for one date!



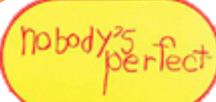
## SIGN UP NOW!

Explore topics related to Creating and Maintaining Healthy Relationships in a Safe Supported space.

Please contact Monique Hommy for registration link if you have not yet completed it:  
[teenhealthyr@gmail.com](mailto:teenhealthyr@gmail.com)

For childcare please contact Shauna Livesey at  
[shauna.livesey@gppsd.ab.ca](mailto:shauna.livesey@gppsd.ab.ca)

## CHILDCARE, LUNCH, AND DRINKS INCLUDED



## Nobody's Perfect Parenting Program

April 7th - April 21st, 2022  
Thursdays 10:30-3:30pm

Limited spaces available

Talk to your support worker about signing up

Lunch, Snacks & Childcare provided

**Nobody's Perfect is a place where parents can:**

- MEET** with other parents of young children (ages 0-5)
- SHARE** questions or concerns and ideas about being a parent
- LEARN** about child development, safety, health and behaviour
- TALK** about real-life parenting experiences
- WORK** together with the support of a trained facilitator
- DISCOVER** ways of positive parenting



Facilitated by: Shauna Livesey & Heather Tillapaugh

Public Health Agency of Canada Agence de la santé publique du Canada **Canada**

## Sponsorship Opportunities

As a Sponsoring Partner you can support the Centre for Young Parents in our fundraising efforts to meet the needs of young families while benefiting from a sponsorship level that best suits your interests and budget.

With your support, we are confident that we will be able to meet our goals.

### \$2000

- Website and Social Media pages
- Your name and logo included on the Online Raffle Ticket Platform
- Listed in our Annual Report
- Radio shout out during the Playhouse Reveal Event
- Name & Logo on Signage on display with the playhouses during the selling period
- Tax Receipt

### PLATINUM

### \$750

- Website and Social Media pages
- Listed in our Annual Report
- Name Listed on Signage on display with the playhouses during the selling period
- Tax Receipt

### GOLD

### \$500

- Listed in our Annual Report
- Tax Receipt

### SILVER

**Our 2021 Playhouse Raffle SOLD OUT in 21 Days!!! WOW**

If your business/organization would like to participate in being a sponsor, or would like more information, please contact our Community Engagement Coordinator, Heather Tillapaugh

(780) 538-3854 x 1731

[heather.tillapaugh@gppsd.ab.ca](mailto:heather.tillapaugh@gppsd.ab.ca)

## Volunteer Supporter

Throughout the year we require volunteers to help with various tasks, which may include:

- Ticket Selling
- Writing Thank you cards
- Joining our Fundraising Committee



## 2022 PLAYHOUSES



DESIGNED, BUILT & DONATED BY

**Stonebuilt HOMES**

## Volunteer Spotlight



**Kira Borman**

Kira has been an integral part of the board with Centre for Young Parents for nearly six years. Prior to that she was a program participant for many years and is a strong advocate for the Centre. Kira has taken on a few different roles within the board such as director, treasurer and most recently, advocacy committee chair. This committee's main goal is to share stories, inspire change, and show the community just how much good Centre for Young Parents has done over the years with a number of participants. We are so very grateful for Kira's commitment, involvement and passion to serve young parents through collaborative change.

## Volunteer Spotlight



**Marian Mark**

Marian has been volunteering with the Centre for Young Parents since 2019. Marian loves to play with the little ones in our First Steps Child Care Centre. Marian also jumps in and lends a hand wherever we need her. Thank you Marian!



## 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. \*Everyone welcome regardless of how you choose to feed your baby

**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 Program

Our childcare program 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 program 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 program 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.

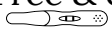
Please Call us @  
780-538-3854

## 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

