



Centre for Young Parents
A Community Where Uncertainty
Meets Opportunity

Quarterly

Newsletter

www.centreforyoungparents.com



**NOW
OPEN**



A Message from our Executive Director

Fall, the time for new beginnings and a season of change. Our work here is all about transformation, change and empowerment! We have been busy in our Centre over the last few months. From new intakes to new babies being welcomed into the world. Our Centre for Young Parents community continues to grow. That being said, we have also had some exciting changes within the organizational structure. We opened up a social enterprise called Project Thrift Shop. This is a brand new venture for us and we are welcoming all feedback on how we can serve our community best. You can find more information and news on our website as always. Also, if you're looking for a fun night out while supporting a great cause, check out our annual fundraiser Sound Check where we will hear from some amazingly talented artists from right here in the peace region.

Love and light,
Shauna Livesey, BSW, RSW



Project Thrift Shop, child company of the Centre for Young Parents (CYP), operates in Grande Prairie, Alberta, Canada. Conveniently located at 10008 103 avenue, it's easily accessible on foot, public transportation or by private transportation.

Project Thrift Shop sells pre-loved apparel, accessories, footwear, books, furniture, household small appliances, sporting goods, and other used goods that are donated by the members of the public for the purpose of raising money for programming at Centre for Young Parents.

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.

MONDAY: CLOSED
TUESDAY: 10AM – 5PM
WEDNESDAY: 10AM – 5PM
THURSDAY: 10AM – 6PM
FRIDAY: 10AM – 6PM
SATURDAY: 10AM – 5PM
SUNDAY: CLOSED

October - December 2022

My goal is to assist our clients in finding the way to breastfeed that works best for both mom and baby(s), to increase their chances of success. I meet our clients during pregnancy and while breastfeeding their baby in office or in their home.



I am a trained Childbirth Educator, Gentle Birth certified, a Certified Lactation Educator Counsellor and a Certified Lactation Specialist. I have been working with the program for 16 years so far.

SUCCESS STORY

Natasha had her baby boy Dylan 2 months ago. Since then she has been physically and emotionally drained as all Dylan does is cry. She tries to soothe him the best she can with breastfeeding but it only satisfies him for a short time and then he is back to crying. It was suggested that Natasha join the Breastfeeding Group to meet some other moms who were breastfeeding. This turned out to be a positive suggestion as the doula who runs the group found that Dylan had quite a significant tongue tie. This was creating extra air in his tummy after breastfeeding which caused gas and bloating which was the reason for his crying. The doula suggested to Natasha that she go and see about getting the tongue tie clipped. Natasha went in a few weeks later and had the procedure done. Today, Dylan seems to be a much happier baby which makes for a much happier mom. Without the support of the group and doula, Natasha may have gone longer without knowing about the tongue tie just adding prolonged stress to her parenting journey.



FUNDRAISING & EVENTS

VOLUNTEER SPOTLIGHT



Julie VanEgmond

Julie has been volunteering with the Centre for Young Parents since 2019. Julie loves to cuddle with the little babies in our First Steps Child Care Program. We appreciate Julies flexible schedule and willingness to jump in and help where needed. Thank you Julie!

BOARD

- Rhonda Reichert
Chair
- Shara Skea
Vice Chair
- Spenser Cunningham
Secretary
- Aimee Savoury
Treasurer
- Carrie Young
Director
- Jenny-Lee Viola
Director
- Mandy Ford
Director
- Valerie Norris-Kirk
Director
- Lynn Berry-Barsalou
Director

OUR STAFF

- Shauna Livesey - Executive Director
- Liz Krysa - Empowering Young Parents Worker
- Jenny Kay - Empowering Young Parents Worker
- Heather Tillapaugh - Community Engagement Coordinator
- Kim Wald - Programs Coordinator
- Kyra McCullough - Early Learning & Childcare Supervisor
- Cathy Christie - Admin Assistant
- Cheryl Park - Thrift Shop Supervisor
- Loretta LaForce - Thrift Shop Worker

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

pregnantandparentingteens@gmail.com

