



Centre for Young Parents
 A Community Where Uncertainty
 Meets Opportunity

2024 Quarterly

Newsletter

www.centreforyoungparents.com

A Message from our Executive Director

As we begin a new year, I feel the need to express our gratitude to our community for your unwavering support, giving us the ability to extend a helping hand to young parents in the Peace Country Region.

Over the past couple of years, your commitment to our cause has allowed us to make a real and lasting impact on the lives of countless young parents facing the challenges of parenthood. Your belief in our mission has enabled us to provide essential resources, support systems, and educational opportunities that empower these parents to build brighter futures for themselves and their children.

It is not merely the financial contributions that we appreciate, but the shared vision for a community where every young parent has the resources and support, they need to thrive. Your belief in our organization has been a driving force, propelling us forward in our mission to create a positive and nurturing environment for young families.

Through your generosity, we have been able to continue delivering our various support programs and create a network of support that goes beyond the immediate challenges faced by young parents. Your donations have not only changed lives but have set in motion a ripple effect of positive change that extends far beyond the individuals directly impacted.

Your willingness to invest in the Centre for Young Parents is an investment in the future of our community. The young parents we serve are not just recipients of aid; they are individuals with dreams, aspirations, and the potential to contribute meaningfully to society. Your support has empowered them to break through barriers, overcome obstacles, and build a foundation for success. As we reflect on the progress made and the lives touched, we want you to know that your support has been the driving force behind every success story. Your compassion and generosity have created a beacon of hope for those who needed it the most.

We look forward to furthering our shared mission with your continued support, knowing that together, we can make a lasting difference in the lives of young parents in the Peace Country region. On behalf of the staff at the Centre for Young Parents & Project Thrift Shop, we thank you for being the pillars of strength that sustain our organization and for believing in the transformative power of compassion and community.

Tayo Adegunju, B.Sc. MBA, APCIA



TAYO
 ADEGUNJU
 Executive Director

PROJECT CYP THRIFT SHOP

Project Thrift Shop is a Social Enterprise initiative, developed by the Centre for Young Parents non-profit organization, to earn additional income that would strengthen the financial resources of the agency, to help address clothing insecurity for many organizations within the Peace Country and to provide opportunities for clients to receive coaching and mentoring that would prepare them for future employment opportunities. Further, the Thrift Shop assists our communities overall in global efforts of recycling, reducing and reusing items in our households, all while assisting a local non-profit organization to benefit from the sale of such items.

The Thrift Shop sells a variety of new and 'previously enjoyed' clothing, accessories, footwear, books, household items, home décor, sports equipment, linens, small appliances, etc. Donations are gratefully accepted during regular business days, between the hours of 11 and 4.

CYP Project Thrift Shop is conveniently located at 10008 – 103 Avenue in downtown Grande Prairie, AB
 Call 780-533-2514 for more information.

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

SUCCESS STORY



Mandy and her newborn son joined our program last year. She was shy but continued to meet with her Home Visitation worker and attend our groups. She slowly grew connections to the other moms in our program. Once she felt comfortable enough, she began to share some of her past trauma with us. She did not think this trauma was affecting her or her family but quickly learned that was not the case. Our workers were able to

show her how her trauma was showing up for her in her current day-to-day life. Mandy had some big issues that we did not have the capacity to help her with so we referred her to a program that would be better able to help her. We applaud Mandy for her courage to confront these issues to better herself and her family.



THRIFT SHOP UPDATE

The CYP Project Thrift Shop has celebrated it's first year in business - and what an exciting time it has been! The store continues to be filled with new product on a regular basis, thanks to the generosity of our many community donors. In store sales continue to be popular with our loyal customers as well.

CHERYL
PARK

Thrift
Shop
Supervisor



We take this time to express sincere gratitude to our many donors, community partners, volunteers, and customers for their loyal support this past year. May 2024 bring to you peace, love and happiness! Happy New Year!

Find us on

CYP Thrift Shop



FUNDRAISING & EVENTS

SOUND CHECK 2024
OCTOBER 4TH & 5TH
Save The Date

SOUND CHECK
GRANDE PRAIRIES ANNUAL MUSIC CONTEST
IN SUPPORT OF CENTRE FOR YOUNG PARENTS (PREGNANT TEEN PROGRAM)
Oktoberfest 2023

Vonda McDermott
Cecily Phelps
Matt Stanyer

WWW.GPSOUNDCHECK.COM

YOUR HEART, YOUR HELP, THEIR HOPE, THEIR FUTURE

Are you looking for ways to give back to your community? We could use your help! Whether you invest in one or more of our fundraising events, directly support a program or make a gift donation, you can be sure that your dollars will stay in Grande Prairie and surrounding communities.

The Centre for Young Parents (previously known as the Pregnant & Parenting Teen Program) has been providing individual and educational support to young parents and their families for over 37 years. In the last 5 years alone, we have helped over 400 families. The organization continues to grow and change as the diverse needs of the Grande Prairie and area evolve. We now offer support to mothers and fathers, have multiple groups, and provide free, drop-in childcare. Staff, parents, schools and the community continue to see more young families thriving.

We offer free, non-judgmental, confidential, and continued support from dedicated professionals to anyone under the age of 21 in Grande Prairie and area who may become pregnant, are pregnant, or are parenting, up until their child is 6. We support clients and their decisions no matter their religion, spirituality, race, or ability.

We believe that with support these young families can build positive futures for themselves and their children. However, we cannot do it alone; we need your support in providing for these families.

Centre for Young Parents wants to make supporting our organization as easy as possible for you and would like to extend an invitation to help support us through our multiple fundraising efforts. There are many ways that you can get involved, individual events, multiple events, program sponsorship, general donation, third-party fundraising and volunteering.

If you would like to learn more about how you can get involved or would like to see our 2024 Sponsorship Opportunities, please contact our Community Engagement Coordinator - Heather at 780-538-3854 x1731 or email heather.tillapaugh@gppsd.ab.ca



THEN & NOW PROJECT

Cassandra McKenzie

It was a month after my 16th birthday, 2008; I had given birth to my first child a daughter. I had heard through friends there was an amazing group called the pregnant and parenting teen program, where I was able to continue my schooling and receive support and guidance I desperately was in need of. I think back to the weekly groups and all the moms and children we connected with and still are in contact with to this day. The workers helped in every aspect of my life, connecting me to supports I wouldn't have even known about. Fast forward a couple years later, I'm at a place in my life I didn't think was possible. I am Forever grateful for the help I received when I needed it most. I am now 29 years old, a momma of 3 amazing children and I work in the oilfield. If you would have asked me back then where I would be in 13 years I would have never even imagined.



Britany Supernault

The Pregnant and parenting teens society has helped my life and family by giving me the confidence to succeed. I had resources at my fingertips to help provide the best for my son. I entered the program at 16. I had no real idea what I was getting myself into and without hesitation, the amazing ladies in the program gave me the insights I needed to think about our futures. They gave support emotionally and encouraged us every day to do the best we could do. They helped with doulas, lactation consultants and always went the extra mile for me. They would go the extra mile for any one of us. They would commonly take us to doctor appointments, any follow ups we would need and the daytime sessions we had gave us a good start on being young parents. They had mom's groups, pregnant groups, cooking groups, emotional support groups etc. Anything we could absolutely need, at our fingertips. They had in house childcare to continue schooling or working, they had a donation room for any needs our babies and ourselves that we may have had. They made it as easy as possible for us. The uplifting spirits of the staff and all volunteers made me feel like I could do it. Like I can master this and be a good mom regardless of my age. I don't know what I would have done without the program. I have made so many great friends through this that I have been able to maintain through to my adult life.



Thank you to everyone at the Pregnant and Parenting Teen Society

Darryl Haugen

I started attending the Pregnant and Parenting Teens, now known as the Centre for Young Parents in 2006 at the age of fifteen. I was in Grade 10 when I found out I was pregnant and was unsure of how to continue with my education at the time. My auntie's friend used to volunteer in the daycare, and she informed me of the benefits the program may provide for my child and me. With Pregnant and Parenting Teens, they picked me up every day to attend school, my son was able to attend daycare, and I could finish my education. It was more than I could ask for at that time. I attended the Bridge Network for Grade 10 and 11 with honors and received the Striving for Excellence award. I was able to graduate on time and did not fall behind. Not only did Pregnant and Parenting Teens help me with my education, but they also supported me with grant applications to provide financing for college and helped me choose the best program to attend for my secondary education. The community liaison there at the time drove me to the Fairview College to provide me an opportunity to shadow for the day at the Animal Health Program, and I would not have known this program existed so close to us without them. I thought I had to move to Edmonton for the program but was able to stay closer to home. The community liaison also set me up to shadow a local veterinary clinic for the day before attending the program to ensure it was the right fit for me. When I moved to Fairview and settled in at the college, the first people I called were the social workers at the Pregnant and Parenting Teen program because I felt that I had made it. I struggled quite a bit then, and the social workers were a constant rock for me during my teenage years, and they were my biggest supporters who kept cheering me on through all the obstacles I had to jump over during that time. I can never thank the program enough. The Pregnant and Parenting Teen program held many workshops and classes that I am grateful for. They helped me become the best parent I could be at such a young age; I learned how to cook meals, focus on mental health and wellbeing, and my favorite was receiving a new books to read with my son every month. Something we continued for many years to come.

My son is now 15 years old and currently attends Grade Ten here in Grande Prairie. When I look back, he is the exact age when my journey began. The rumor is true, time does fly by, and everything happens in the blink of an eye. He is looking at becoming a chef and is currently looking for a job to apprentice in to obtain his certification. I am still a Registered Veterinary Technologist going on eleven years now, and I am still proud of this educational choice. I am currently in the process of continuing on with my education to expand my knowledge and skillset. I also run a side business making narrative and documentary films local to the Peace Country, where my son just finished his first cooking show titled "Local Flavors."

It has been a journey over the past fifteen years, but I would not change it for anything. Thank you to all the programs such as these in Grande Prairie to help shape the next generations to come; I would not be where I am today without the support from this amazing group.



VOLUNTEER SPOTLIGHT

We have been beyond blessed to have Janice join our team as a

FEBRUARY



Janice Scott

daycare volunteer. Janice on her own time enjoys her hobby farm with her husband, daughter, grandchildren, and her great-grandchild. She brings a loving warmth to daycare that always has a positive effect on whichever children are in for the day, be it infants or toddlers, all children love her. Janice has gone above and beyond to ensure that each child's individual needs are met and has no problem jumping in wherever she is needed, which has been hugely beneficial. Janice and her Husband even went so far as to dress up as Mr. and Mrs. Clause for our Christmas party which brought so much joy to the kids! Talk about going over and above! We are so lucky to have her and all of her joyous, caring energy. We look forward to all of our future daycare adventures together.

Josh has been an incredible addition to our daycare team. He enjoys spending time with his own family, whether it's

APRIL



Josh Penner

hiking, camping, or playing video games together, and when he's not doing that, he is always up for some daycare escapades. Since Josh joined our team, he has been a major asset. He is always flexible with where he spends his time. Sometimes his day is spent rocking two babies to sleep at the same time, feeding several kids in highchairs or tackling taking our older kids outside. Josh brings a gentle playfulness with him when he enters the room and without fail the kids recognize him and flock towards his exuberant personality. We are extremely grateful to have Josh on our team, he brings a wonderful energy to the room that we are stoked to see more of.

STAFF SPOTLIGHT

Hi, I'm Cathy and I am the Executive Assistant at the Centre for Young Parents and have worked here for 3 years. My husband and I moved here in 2020 from New Brunswick to be with our family. I enjoy golfing, being outside walking or hiking and going for drives. And spending time with our family.



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.

MARCH



Laretta Woodgate

Laretta joined the volunteer team at the CYP Project Thrift Shop in September 2023. She loves to 'thrift' herself so was a frequent shopper at our store initially.

Laretta is a very positive and energetic individual who is always willing to help in any capacity, whether behind the scenes or by helping customers that may require assistance. She is very conscientious and loves to organize/clean our outdoor, workroom, and retail spaces. She's also very capable of fixing items that need repair and appears to enjoy this.

We thank Laretta for her generous gift of time and expertise and look forward to her continuing with us in the future.

STAFF

Tayo Adegunju - Executive Director
Liz Krysa - Home Visitation Worker
Jenny Kay - Home Visitation Worker
Heather Tillapaugh - Community Engagement Coordinator
Kim Wald - Program Manager
Lonni Penner - Daycare Supervisor
Cathy Christie - Executive Assistant
Megan Tremblay - Navigation & Assessment Worker
Cheryl Park - Thrift Shop Supervisor
Loretta LaForce - Thrift Shop Assistant

BOARD

Rhonda Reichert - Chair
Spenser Cunningham - Chair
Lynn Berry-Barsaloux - Secretary
Aimee Savoury - Treasurer
Carrie Young - Director
Georgia Greenwood-Duncan - Director
Katrina Przybylski - Director
Valerie Norris-Kirk - Director

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