

The Society for Support to Pregnant and Parenting  
Teens

# Quarterly Newsletter

January 2021

## Executive Directors Message

Happy New Year Everyone!

Although the holidays this time around were different than we are used to. I hope that you were able to make the best of it in each of your own ways. We have had some ups and downs ourselves within the agency, from opening our doors to the public to having to close them again and work from home and appointment-only services. We are going through the movements along with everyone else with uncertainty with each passing day. That does not mean we need to allow this to overwhelm us. Help is out there if you are struggling with all of the changes. Whether that help can be found within our program or others in the community we are here to assist you in your lives. We want to send a special thanks to the community in all they do for us, from donations, to volunteering, and to just being an advocate for change, we would not do as great a job as we do without you! We are pushing forward with a positive outlook and a new beginning in mind to get us through these coming months.

Love and light,

Shauna Livesey



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# Family Support

- Home Visitation Support offered in office, community, or home. A program to enhance parenting skills, provide information on child development, child health and other aspects of positive family functioning.
- We are offering one on one mental health sessions.
- Our Assessment/Navigation Worker is here to help navigate resources in our community to find programs and services that meet needs of our clients.
- We have opened an Open Learning Space from 9:30 to 3:00pm, for clients needing a quiet study space. Bonus, childcare is available during this time as well!

# Childcare

Our nursey is currently open by appointment only. We are following all health and safety regulations possible to make it a safe and enjoyable space for the kids. Our schedule has changed to Monday to Thursdays for now. On Fridays, the nursery is closed. As always, we could always use extra hands in the nursery, so new volunteers are welcome to apply. The application is on our website [www.teenparents.ca/get-involved](http://www.teenparents.ca/get-involved)



# Groups

**Wellness Wednesday** – Every Wednesday from 1:30 to 3:30 we have Wellness Wednesday. This group provides a safe and fun environment for the young adults to discuss current life topics. We are fortunate to have partners in the community that come to present such topics as mental health, education, healthy relationships and more, as well as they help create awareness in community resources.

**From Isolation to Connection** - Program funded by Northwest Community Foundations. Wellness Kits are offered once a month to participants of the program. Our previous kits included a Social, Financial, Environmental and Physical Wellness.

**Breastfeeding Group** – Our breastfeeding group happens every third Tuesday of the month from 1:30 to 3:00. It is a group for understanding and assisting with breastfeeding.

**Cooking Circle** – Once a month, on the last Tuesday of the month from 1:00 to 3:30, we offer a cooking circle. It is a group that gives our 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.



What falls in the winter but never gets hurt?

Snow!



## Community Engagement

We are now offering community presentations/information sessions via Zoom. At this time, we are not offering in person sessions. Once restrictions are lifted this will change. We are also booking in-service presentations currently. Please contact our Sarah @ 780-538-3854 or [sarah.morgan@gppsd.ab.ca](mailto:sarah.morgan@gppsd.ab.ca) for more questions or to schedule.

## Our Staff

Our staff includes, Shauna Livesey, our new Executive Director. Michelle Friesen - Assessment/Navigation Worker. Liz Krysa and Jenny Kay - home visitation workers, Sarah Morgan - Community Engagement Coordinator, Karen Jones - Clerical Support and Kyra McCullough - Early Learning and Childcare supervisor. We hope this year brings some much-needed calmness for everyone.

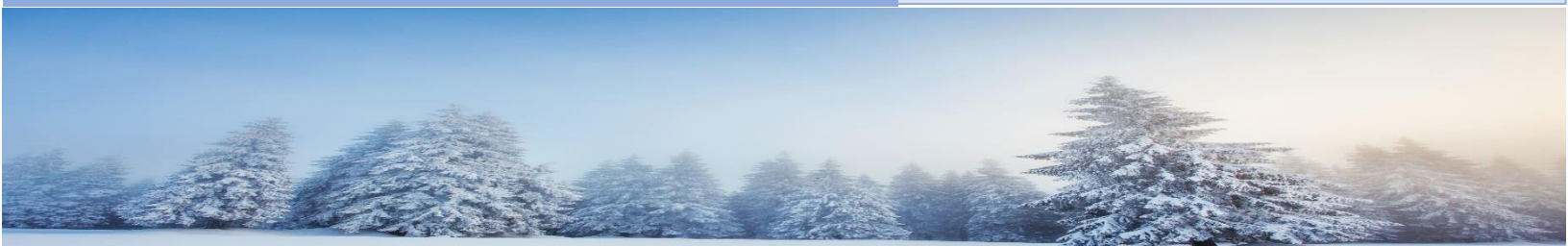


## Our Volunteers

We are always so thankful for the community support we receive. Without the help of our volunteers, our program could not run! As always, there is always a need for new volunteers. Whether it be for fundraising, our board or childcare, the need is there. For an application, please visit our website at [www.teenparents.ca/get-involved](http://www.teenparents.ca/get-involved)

## Donation Room

Currently, we are only accepting certain donations as we have an over abundance of some things. Please contact our office at 780-538-3854 if you have donations and we would be happy to let you know if we can accept them.



What do Snowmen call their offspring?

Chill-dren!



# What's Happening in the Community?

## REACH OUT AND CONNECT PARENTS/CAREGIVERS SUPPORT GROUP

Join us for discussions around Self Care, Parenting Strategies, Stress, Mindfulness and Resilience. Let's learn to make time for fun and bring harmony to the home.

NEXT DATES:  
JANUARY 20TH  
FEBRUARY 17TH  
MARCH 17TH  
8:00 - 9:30 PM VIA ZOOM

Group meets once a month via Zoom. Participants will need access to camera, microphone and wifi.  
To register email [hubcoordinator@gpfes.com](mailto:hubcoordinator@gpfes.com) or call 780-830-0920

A CHILD FILLS A PLACE IN YOUR HEART  
YOU NEVER KNEW WAS EMPTY.



## Calling all volunteers!

Caring, compassionate, and friendly volunteers needed in our childcare room. Our staff and volunteers act as role models to the parents and children for learning basic life skills that are important to their success. If you are able to spare 2-3 hours per week contact us today.

ARE YOU INTERESTED? CALL US AT (780)538-3854 OR EMAIL [SARAH.MORGAN@GPPSD.AB.CA](mailto:SARAH.MORGAN@GPPSD.AB.CA) TO SIGN UP!



Society for Support to  
**Pregnant & Parenting Teens**

WE ARE PROUD TO ANNOUNCE OUR  
**2021 PLAYHOUSE RAFFLE**

WE'VE PARTNERED WITH STONEBUILT HOMES TO BRING YOU OUR 2021 PLAYHOUSE RAFFLE

**Stonebuilt HOMES**

## Grandparents Raising Grandchildren Support Group



### Upcoming dates:

January 18th  
February 15th  
March 15th  
April 19th

8:00 - 9:30 pm  
via Zoom



Support Group will provide:

*A safe place to share your stories*

*Learn new skills*

*Receive Support*

*Access Community Resources*

Group meets once a month via Zoom. Participants will need access to camera, microphone and wifi.

To Register email [hubcoordinator@gpfes.com](mailto:hubcoordinator@gpfes.com) or call 780-830-0920

**Lifelong Learning**

**Babies' Best Start**

## Let Loose with Mother Goose

An oral Family Literacy program for...  
Parents/Caregivers & their preschoolers (Ages 0-6)

Dates: January 13, 20, 27 and February 17, 24, March 3  
Days: Wednesdays  
Start Time: 1:00 pm  
Location: Via Zoom

To register please call: 780-532-5766

**Babies' Best Start**

Join us online to...  
sing, rhyme and read together!

Funding is provided in part by Alberta COMMUNITY ADULT LEARNING PROGRAM

**Families that read together succeed together!**

5625 Prairie Road (Lions Learning Centre) Grande Prairie, AB T6V 6C5  
Phone: 780-539-6077 Fax: 780-539-6073 Email: [lifelongadmin@gppsd.ab.ca](mailto:lifelongadmin@gppsd.ab.ca) Web: [www.gppsd.com](http://www.gppsd.com)

## Gentle Goals for a New Year

Learn something new.  
Tell people you love them.  
Set healthy boundaries.  
Get outside when you can.  
Be truthful.  
Read good books.  
Sing in the shower.  
Allow your feelings to breathe.  
Be delighted by small things.  
Take responsibility.  
Practice seeing goodness.  
Speak kindly to yourself.  
Spend time being lazy.  
Remember your dreams.  
Stay compassionate and hopeful.



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Nanea Hoffman

January 18th @ 10am via Zoom

## Babies' Best Start & THE SLEEP RANCH

pediatric sleep coach

Hear from a sleep coach, ask questions, gain resources!

For more information  
call 780-532-5766



## DAD'S SUPPORT GROUP

Dads support one another and share their parenting experiences, successes and challenges.

Next dates:

January 26th

February 23rd

March 30th

8:00-9:00 pm via Zoom

Group offers information, referral & education.

To register email [hubcoordinator@gpfes.com](mailto:hubcoordinator@gpfes.com) or call 780-830-0920

READY TO GET INVOLVED IN A GREAT EVENT, FOR A GREAT CAUSE?

**WE'RE  
LOOKING FOR  
LOCAL  
COMMUNITY  
SPONSORS!**

We are hoping to fill a wallet of local businesses gift cards to add as one of our early bird prizes for annual Playhouse Raffle!

