

Centre for Young Parents

Quarterly Newsletter

June 2021

Executive Directors Message

It has now been a little over a year since I joined the CYP family. We have made some exciting changes such as our new name and branding. We also brought back the Playhouse Raffle and revamped it. As you have all seen we have had great success and community support in both fronts. It has been a whirlwind of changes over the last year. One thing we have noticed and are grateful for is how the community has come together and collectively worked together for the greater good. We are hopeful the next few months we will see our province open up and we are able to get back to delivering the same great services to the young parents and their families in the Grande Prairie and area. As always, we are so very lucky to have a community that cares, thank you to each and every one of you.

Love and light,

Shauna Livesey,
Executive Director



In this Issue....

- Pg.1 - Executive Directors Message
- Pg.2 - Family Support
- Pg.2 – Childcare
- Pg.2 – Groups
- Pg.3 - Community Engagement
- Pg.3 – Our Staff
- Pg.3 - Our Volunteers
- Pg.3 – Donation Room
- Pg.4 – What’s Happening In Your Community?



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.

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. The nursery will be closed for the summer months starting June 24th. 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.centreforyoungparents.com



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.

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 kind of tree fits in your hand?

A palm tree!

Fundraising



This year we were able to bring back our famous Playhouse Raffle, and without a doubt it was a huge success! We sold out more than a month ahead of schedule. We had so many great businesses come forward this year to help out. Stonebuilt Homes graciously built us 3 amazing playhouses that have been the talk of the town ever since they were revealed. There was a Vintage Trailer, a Modern Loft, and a Crooked Cabin. We also had many amazing sponsors this year; Prairie Disposal, A&W Grande Prairie and Clairmont, Watch Me Grow Family Child Care, BW Berch, Cory Pelchat and Derek Estabrooke, Hw Metals, Rigler Law, EECol Electric, MDP Oilfield Services, Prodigal Customs, Homes and Land, Pinnacle Pickers, Driver Advertisement, Home Depot, Canadian Tire, Peace Country Graphics, Ruben Marin Realty, Modern Décor, Trend Home Improvements, Traveland Happy Trails RV, Speedpro Signs Grande Prairie, Blundell MetalWorks, Windsor Plywood Grande Prairie, Prism Glass, WildSparks, Hans Valen Painting, Shamrock Flooring and many more! We do not yet know what the next year will hold for the raffle, but we hope to be back better than ever next year! Thanks to everyone who supported!!

Community Engagement

We are now offering community presentations/information sessions via Zoom. Currently, 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 for more questions or to schedule.



Our Staff

Our staff includes, Shauna Livesey, our Executive Director. Liz Krysa and Jenny Kay - Home Visitation Workers, Sarah Morgan - Community Engagement Coordinator, and Kyra McCullough - Early Learning and Childcare supervisor. We welcomed Cathy Christie, our new Administrative Support. We welcome back Kim Wald as well, who has moved into the role of Assessment/Navigation Worker.

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 <https://www.centreforyoungparents.com/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 you do if you get rejected at the sunscreen company?

Reapply!



What's Happening in the Community?

Babies' Best Start

1PM ONLINE

BABY SIGN LANGUAGE

June 2nd Week one

- What is Baby Sign?
- Mealtimes, Bedtime and Bath time signs
- 0-6 list of signs

June 9th Week two

- Pets, farm and Zoo animal signs

June 23rd Week three

- Getting dressed
- Outside signs

**We recommend you take Week one prior to trying Week two or three. Registration not required

For more information call:
780-532-5722



July Fresh Food Bag

Email: bbsadmin@gpfriendship.com
A survey will be emailed to you

Complete the survey ASAP

Wait for follow up email & follow instructions promptly

Babies' Best Start

Be like a Tree

Stay Grounded.
Connect with your roots.
Turn over a new leaf.
Bend before you break.
Enjoy your unique natural beauty.
Keep growing.
Joanna Lapins



SKILLS FOR LEARNING

Do you learn best in a group setting or one on one tutoring?
We can do both!

In this 10 week program you can expect skills like:

- Time Management
- Budgeting
- Goal Setting
- Problem Solving
- Relationship & Personal Boundaries
- Communication Skills
- And More-



To register
Email: LITERACY@GPFES.COM
Phone: 780-830-0920



June 16th, 1pm

Father's Day Fun!

Limited Space!
Call to register:
780-532-5722

Join us as we make a craft for dad and enjoy snacks together!

Babies' Best Start



FAMILIES LEARN & GROW



Families Learn & Grow is an in-home family literacy program that provides information and support to parents and caregivers to help promote the development of their foundational life skills. By doing so, parents and caregivers are better equipped to support their family's foundational life skills development.

This is a free, in-home literacy program. Each kit includes six, one-hour sessions of family activities, techniques and information based on individual need.

Topics include: Stress management, Anxiety, Anger Management (**Emotional Regulation**)

Listening, Empathy, I-Messages (**Communication**)

Hot Buttons, Conflict History, Negotiation Styles (**Conflict Management**)

EMAIL: LITERACY@GPFES.COM

PHONE: 780-830-0920



GPFC programs supports the urban Indigenous and non-Indigenous population, provide cultural connections, learning and understanding and promote Indigenous culture throughout the community



PIKISKWETAN

"LET'S TALK"

The COVID-19 pandemic has impacted individuals and communities on multiple levels. But remember, it is normal to feel stress and anxiety during these uncertain times.

The Pikiskwetan Program offers guidance based upon each individual's specific needs including cultural, mental health and addictions through Mental Health Navigators, Elder Support, and Knowledge Keepers. It's a free virtual mental health program designed to help adults and youth 16+ who may be struggling with managing low mood levels, anxiety, stress or worry.



Our Mental Health Navigators offer a non-judgmental space for individuals to openly discuss what they are currently experiencing.

1-ON-1 PEER SUPPORT

Connect with a Mental Health Navigator via video chat, phone or text. What you say is confidential and you can discuss whatever you feel you need some support with. We offer short and long term support.

CULTURAL SUPPORTS

We offer Indigenous supports that include Indigenous teachings from Elders and Knowledge Keepers, help you connect to virtual ceremonies offered within the Friendship Center and community, and more. Covid-19 has impacted the ability to participate in cultural events but we are finding more online to connect you with.

RESOURCES

We have a variety of resources that can be accessed through your Mental Health Navigator. This includes information and activities around mental health, handouts, referrals, online courses and webinars. We also can assist with getting you to the right supports for housing, food hampers, clothing, education and whatever else you may need.

If you are struggling with mental health or addictions and are needing to talk to someone or looking for assistance in being connected to cultural supports, please visit our website and fill out the form. From there, one of our Mental Health Navigators will be contacting you within 24 hours.



PIKISKWETAN
LET'S TALK



<https://www.gpfriendshipcenter.com/programs/pikiskwetan>



facebook.com/pikiskwetan



[@pikiskwetanprogram](https://instagram.com/pikiskwetanprogram)



MOTHERNATURED

For ages 2-5

June 16 @ 11 AM

LITTLE CHEFS

Join us to read a book, make a craft and cook a meal.

This month we're celebrating Indigenous History Month!

This is a registered group. To register your family, please call 780-532-5722 ext 201.

Babies' Best Start