

The Society for Support to Pregnant and Parenting  
Teens

# Quarterly Newsletter

September 2020

## Executive Directors Message

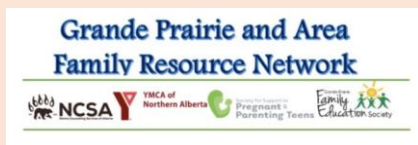
Hello,

As the leaves fall, and autumn arises we welcome new beginnings and hope for tomorrow. I hope you are taking good care of yourself in these uncertain times. We want you to know that we are here for the community and are doing what we can to ensure safe and accessible services are being delivered. As you will see there has been many changes to the services that we now offer. We are now part of the FRN (Family Resource Network). This partnership means community organizations are working together better than ever to create a cohesive system for people to get the assistance they need.

We hope you enjoy this quarterly newsletter, don't forget to check out the jokes hidden inside.

With care,

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 nursery is now open again for participants attending programming or school at The Bridge. We are so excited to have the littles back for the year! The warm weather has been especially nice to get outside and enjoy the park. 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. So far, we have had an Emotional Wellness Kit, Physical Wellness Kit, and for the month of September we are doing an Environmental Wellness Kit.

**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 do you get when you drop a pumpkin?

A Squash!

## Community Engagement

We are now offering community presentations/information sessions, either in person or via Zoom. All safety protocols would be followed for in person presentations. We will have an information booth set up @ the mall October 14<sup>th</sup> from 11:00 to 2:30pm. 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 Volunteers

We have been lucky this year to have many familiar faces coming back to our Nursery. We have a few new ones starting too. 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)

## Our Staff

Since May we have welcomed three new staff members. Shauna Livesey is our new Executive Director. We also have Sarah Morgan and Michelle Friesen new to the team. Sarah - Community Engagement Coordinator and Michelle - Assessment/Navigation Worker. Liz Krysa and Jenny Kay - home visitation workers, Karen Jones - Clerical Support and Kyra McCullough - Early Learning and Childcare supervisor, are familiar faces in the program. We are all so happy to have our programs and groups going again.

## Donation Room

At this time, we are not accepting any clothing donations as we have had an abundance over the summer. We are however accepting donations of car seats, playpens etc. If you have clothing donations please check back with us in a couple months or, there are a few other organizations around town that will take them.



What did one Autumn leaf say to the other?

I'm falling for you!



# What's Happening in the Community?



Come and join us every Wednesday starting October 7th to November 25th (except November 11th) for time to enjoy the outdoors and connect with other parents/caregivers

11:00 am to 12 pm

Meet in front of the

Family Education Society Office

Social Distancing Practices in effect and numbers are limited

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

**2021 PLAYHOUSE RAFFLE**

WE ARE PROUD TO ANNOUNCE OUR

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

**Stonebuilt HOMES**

## ACTIVE PARENTING First Five Years

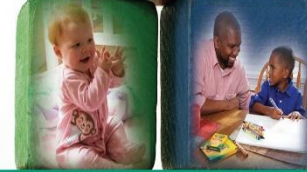
Building a Strong Foundation for Children from Birth to Age 5

Written by Michael H. Popkin, PhD with contributing authors Amanda Sheffield Morris, PhD, IMH-E®, Ruth Slocum, LCSW, IMH-E®, and Laura Hubbs-Tait, PhD

Your child's first few years are so important! Learn how to make the most of them with *Active Parenting: First Five Years*, a program for parents and other caregivers. Written by parenting expert (and dad) Dr. Michael Popkin, this course will show you how to nurture your child with a "just right" combination of freedom and nonviolent discipline. Help your kids start strong—sign up today!

### Here's what you'll learn:

- What a baby's cry means
- Ages and stages of development
- Building a strong bond
- Your child's growing brain
- Using mindfulness to keep your cool
- Effective discipline young children can understand
- Choices and consequences
- 6 ways to prepare your child for school success and much more!



For more information and sample videos, go to [www.ActiveParenting.com/FFY-parents](http://www.ActiveParenting.com/FFY-parents)

### Sign up today!

Thursdays - October 8th - 29th 1:30 - 3:30 pm

Sponsored by: Grande Prairie Family Education Society

Location: ZOOM virtual sessions

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

**\*\*THIS IS A FREE PROGRAM\*\***



## Dads Discover

Dates: Tuesdays 8:00 - 9:30 pm  
October 20th to December 1st

What does it mean to be an involved father?

How do I connect with my child?

How can you make time with your kids count?

Join us as we explore these and many more topics, that will enhance your role as a parent.

DEEP CONNECTIONS COME FROM ENJOYING YOUR CHILD, AND PAYING ATTENTION TO WHO THEY ARE" - DAD'S CENTRAL

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



### HUB IS HOSTING...

### DEVELOPMENTAL SCREENING DAYS

what? developmental screening is the practice of looking for and monitoring signs that kiddos are on track in all domains of development

when? every monday in october from 9am-3:00pm

where? the grande prairie family resource network hub

why? developmental screening allows for improved outcomes for your kiddos

how? pre-register and bring you favorite mask

email [hubcoordinator@gpfes.com](mailto:hubcoordinator@gpfes.com) to register your spot now !!

masks will be available upon request  
we have moved !! our new address is 9607 102 street