

**Available Saskatchewan-Based
Resources and Supports for Pregnant
and Parenting Adolescents
Environmental Scan**

Prepared for the Saskatchewan Prevention Institute
March, 2019

An Environmental Scan of Available Saskatchewan-Based Resources and Supports for Pregnant and Parenting Adolescents

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1. Introduction

Adolescence is a period of transition that involves biological, cognitive, psychological, social, and physical changes that take place from ages 12 to 20 years (Commendador, 2010).¹ Adolescence is generally thought of as a time of behavioural experimentation and risk-taking, where youth work to assert their increasing independence. As part of this striving for independence, adolescents often face decisions about intimate relationships and sexual activity. Adolescents may engage in high-risk sexual behaviour (e.g., inconsistent contraception use or multiple partners) for many reasons, including lack of knowledge, peer pressure, lack of planning, and substance use (Battles & Weiner, 2002). Contraception use is not always consistent in this population, and may be due to difficulty in accessing contraception (e.g., cost, embarrassment, lack of anonymity, or needing parental consent), or reluctance about introducing contraception with partners. These high-risk sexual behaviours can result in pregnancy (Kirby, 2007).

Adolescent pregnancy has been defined as a young female becoming pregnant due to sexual activity² in the period between the onset of puberty and age 20 (Fleming, O’Driscoll, Becker, Spitzer, & CANPAGO Committee, 2015; PubMed Health, 2011). The sexual activity may be consensual or non-consensual and protected³ or unprotected. There are many assumptions around adolescent pregnancies, including that they are most often unplanned when in fact many are intentional (Fleming et al., 2015). Unplanned pregnancies, in general, may be related to issues with: contraception (e.g., inconsistent or incorrect use); lack of knowledge regarding reproduction and pregnancy; lack of planning around contraception and sexual activity; peer pressure to engage in sexual activity; substance use leading to impulsive or impaired decision-making; and/or lack of access to medical services (Bruckner, Martin, & Bearman, 2004; Connery, Albright, & Rodolico, 2014; Guttmacher Institute, 2016; Kendig, 2010; Loganathan, 2017).

Intentional pregnancies among adolescents may be related to similar reasons cited by adults (e.g., desire to be a parent and finding meaning to life; Shanok & Miller, 2007), but also the phenomenon of ambivalence towards pregnancy (Bruckner et al., 2004; Kendig, 2010). Ambivalence towards pregnancy means that although adolescents understand the potential consequences of sexual activity and know how to prevent pregnancy, they neither actively seek nor actively avoid pregnancy (Edin & Kefalas, 2005; Spear, 2004). This often results in a lower likelihood of using contraceptives consistently (Bruckner et al., 2004; Frost, Singh, & Finer, 2007; Ryan, Franzetta, & Manlove, 2007; Sieving, Bearinger, Resnick, Petingell, & Skay, 2007).

¹ The term “adolescent” will be used throughout this report, but it is often used interchangeably with the term “teen,” which identifies a shorter age range of 13 to 19 years (UNICEF, 2008). The term “youth” is another commonly used term which encompasses the age range of 15 to 24 years (UNFPA, 2007).

² Unprotected penile-vaginal intercourse is not the only activity that can lead to pregnancy. Rubbing, or “dry humping”, and anal sex can also lead to pregnancy.

³ Individuals may engage in sexual activity with the intentions of protecting themselves with contraception or a condom, but then learn that they were not fully protected by a contraceptive method (e.g., incorrect usage, medication interference, or condom breakage).

While adolescent parents may find joy in their roles as parents, there are a variety of potential adverse outcomes for the adolescents themselves and for their children in the areas of health, education, employment, and relationships. The Society of Obstetricians and Gynaecologists of Canada (SOGC; 2015) cautions that pregnant adolescents regularly seek out care later than pregnant adults, and healthcare providers should adapt their prenatal care accordingly while being sensitive to the distinct developmental needs of adolescents. Many adolescent pregnancies are at risk for preterm labour, preterm birth, rupture of membranes, intrauterine growth restriction, and low birth weight, (SOGC, 2015). Further, there are unique physical risks associated with adolescent pregnancy (e.g., small pelvis) (SOGC, 2015). The SOGC also notes that pregnant adolescents should be screened for sexually transmitted infections (STIs), substance use, violence, and mood disorders, as this group is likely to face these risks. Early parenthood can also further increase the risk of poverty by decreasing labour force participation and educational attainment (Garner et al., 2013; Martin et al., 2009).

While much of the literature focuses on mothers, the role of fathers is an essential component of understanding the experience of adolescent motherhood. Fathers of children born to adolescent mothers may be adults⁴, or they may be adolescents themselves with varying levels of involvement (e.g., no knowledge of the pregnancy/child, knowledge and no involvement, minimal involvement, full involvement, single fatherhood). The SOGC (2015) recommends involving fathers/partners in pregnancy care and prenatal/infant care education when possible, as they can be a great source of support for young mothers, as well as for their children.

Available reports on the rates of adolescent pregnancy in Canada estimate that every year between 34,000 to 40,000 adolescent females become pregnant, with roughly equal halves giving birth and not carrying the baby to term (e.g., termination, stillbirth, or miscarriage; Al-Sahab, Heifetz, Tamim, Bohr, & Connolly, 2012; Canadian Pediatric Society, 2016). Others report that anywhere from 13,000 to almost 16,000 babies are born to adolescent parents each year (Fleming et al., 2015; Statistics Canada, 2011). Despite the variations in reporting and general challenges with acquiring estimates, there has been an overall trend in Canada where fewer adolescents are giving birth (Canadian Pediatric Society, 2016; Fleming et al., 2015; McKay, 2012; Statistics Canada, 2011)⁵. Between 1990 and 2010, the rate of births to adolescents declined by 47% (Statistics Canada, 2011). Between 2001 and 2010, the rates decreased by 15.6% (McKay, 2012). Some might speculate that this downward trend may be due to more pregnancy terminations being performed for young females, but the overall abortion rate also appears to be declining for this group (McKay, 2012).

According to one report, rates of adolescent pregnancy in 2010 were highest in Nunavut and the Yukon and lowest in Prince Edward Island and Ontario, with Saskatchewan falling somewhere in the

⁴ When fathers of children born to adolescent mothers are adults, age of consent and sexual assault laws generally minimize their involvement.

⁵ The birth rate is reportedly higher among older adolescents (18 to 19 years old) compared to younger individuals (15 to 17 years old) (Canadian Pediatric Society, 2016; Fleming et al. 2015). This older age group is also more likely to plan their pregnancy (Canadian Pediatric Society, 2016).

middle (McKay, 2012). A more recent report suggests that adolescent (age 15-19 years) birth rates in the Saskatoon Health Region were higher than the national average, especially when comparing rates in the most disadvantaged areas of Saskatoon compared to the most advantaged areas (Saskatoon Health Region, 2017). This is similar to other research, showing that individuals who seem to be more likely to experience adolescent pregnancy are those from economically or socially disadvantaged backgrounds (Kendig, 2010; Garner, Guimond, & Senecal, 2013) and racial/ethnic minority groups (Saenz & Conde, 2009). Relevant to the Saskatchewan context, young Aboriginal females are more likely to experience an adolescent birth compared to non-Aboriginal females (Garner et al., 2013).⁶

Due to the potential adverse outcomes related to adolescent pregnancy and parenting, and in order to reduce the occurrence of these outcomes, it is important that pregnant and parenting adolescents are provided with appropriate resources and support. These supports are important during the pregnancy (e.g., prenatal and parenting classes, help to finish high school, financial support, emotional support), as well as after the pregnancy. Accessible resources and support services that are tailored to adolescents can help to create the best possible outcomes for adolescents and their children.

1.1 Current Report

In 2014, the Saskatchewan Prevention Institute published a report to provide an account of adolescent pregnancy in Saskatchewan and to identify best practices around the prevention of adolescent pregnancies and support of adolescent parents, particularly as it relates to the experiences of Saskatchewan adolescents.⁷ The purpose of the current document is to follow up on that report and provide a snapshot of the available resources and supports for pregnant and parenting adolescents in Saskatchewan. This information may be used to educate others about what is currently available, refine existing resources, inform program development, and/or address service provision gaps.

It should be noted that a variety of general resources and supports for pregnant and parenting individuals were identified during this environmental scan (e.g., prenatal classes). In theory, adolescents could access these resources and supports, but many did not appear to be designed to meet some of their specific needs (e.g., completing high school while pregnant/parenting, navigating age-related pregnancy complications). As such, they were not included in the current report. Additionally, this scan was thorough, but not exhaustive. This means that there may be more resources and supports available throughout the province than are included in this report. Publication and sharing of this document will hopefully lead to uncovering additional resources

⁶ It is important to be aware that although adolescent pregnancy is often viewed as a negative life event by society-at-large, many First Nations communities place a high value on children, regardless of the age of their parents. Therefore, adolescent pregnancy may be accepted as a natural and positive event in these communities (Garwick, Rhodes, Peterson-Hickey, & Hellerstedt, 2008).

⁷ This report is available from the Saskatchewan Prevention Institute's website at <https://skprevention.ca/resource-catalogue/pregnancy/adolescent-pregnancy-in-saskatchewan/>.

and supports. This document is intended to be a “living” document, one that is updated whenever additional resources and supports are identified. If the reader of this report is aware of information that is missing from this report, or if existing information needs updating, please contact the Saskatchewan Prevention Institute at info@skprevention.ca.

The information in this report is particularly important to the Prevention Institute’s Sexual and Reproductive Health Program. This program aims to help not only individuals make informed decisions and healthy choices for themselves and their children, but also to provide information and resources to service providers throughout the province (e.g., educators, physicians, nurses, social workers, and others).

2. Method

The current environmental scan was conducted between May and October 2018 and employed a variety of techniques for acquiring information. First, a “snowball technique” was implemented, whereby an email with a request for information and referrals was first sent to the Prevention Institute’s Adolescent Sexual Health Community of Practice Google Group. Next, the information/referrals obtained via this method were followed by an email or telephone call to confirm accuracy. Those emails and/or telephone calls often uncovered additional resources and supports to contact. The current scan also consisted of an online search by entering keywords into Google’s search engine in various combinations [e.g., *pregnant/pregnancy, parenting, Saskatchewan* (and main city/region names within the province), *youth, teen, and adolescent*]. Website information was reviewed and then confirmed via telephone when possible. Public and social educational and health institutions (e.g., schools, educational boards, public health, social services) were also contacted for information and referrals to other potentially relevant resources. Due to the high number of schools in the province, individual schools were contacted only when a specific referral was made. Documents, such as evaluation reports and online resource indexes (e.g., *Saskatoon Support for a Growing Family* by the Saskatchewan Health Authority and the Saskatchewan Prevention Institute), were also scanned for potential resources and supports.

Inherent limitations to these approaches include the following:

- Relying on accounts and referrals of different people (e.g., speaking with receptionists rather than program developers who were not available)
- Online information may not have been up-to-date
- Information about existing programs and resources may not have been available online
- People may have been unwilling to share information
- Institutions/offices may have been busy when contacted or even closed for the summer

Saskatchewan-based resources and services related to pregnant and parenting adolescents were included if:

- they appeared to focus primarily or solely on adolescent service provision
- details regarding service provision were confirmed

- programs appeared to be current/up-to-date
- they were located specifically in Saskatchewan (i.e., did not include services from some border towns, such as Flin Flon)

As previously noted, “adolescent”, “teen”, and “youth” are often used interchangeably. As such, any relevant resources and supports which used one of these terms were included in the current report.

Regions of Saskatchewan where services were located are identified on a map of the province (refer to Appendix A). The specific information gathered for this scan is summarized in the resource tables located in Appendix B. These tables are organized by region of Saskatchewan and include the organization name, contact information, an indication of whether they focus solely or primarily on adolescents, and details regarding the services offered.

3. Summary of Findings

A variety of Saskatchewan-based resources and supports for pregnant and parenting adolescents were identified and are presented in Appendix A (provincial map) and Appendix B (resource tables). However, most of the identified resources and supports are provided in Saskatoon, Regina, and North Battleford. There was a shortage of resources located in the rural, Southern-, and Northern-most areas of the province (i.e., south of Regina and Moose Jaw, north of Ile-à-la-Croix). This does not mean that services are not available in these regions, but none could be located using the methods of the current scan. Further, the resources and supports presented in this report have either a strong or specific adolescent focus, but that is not to say adolescents are unable to access those that are not designed explicitly for their age group. As one contacted individual cautioned, many youth face difficulty in accessing services, and service providers must meet them where they are at [paraphrased]. It should be noted that during the information gathering phase of this environmental scan, concerns about providing information arose for some contacted individuals who felt that they either did not have the authority to confirm/provide information or they had concerns regarding program comparisons being made and how this might affect the provision of funding.

Overall, the available services ranged, but included:

- Prenatal classes and parenting and child development education (in person or online) on topics such as labour and delivery, nutrition, child mental health and well-being
- Postnatal care
- One-on-one support
- Independent living and housing support
- Nurse and physician visits to schools
- Home visits
- Support to attain education (e.g., modulated course work, flexible schedules)
- Community referral provision and liaison
- Provision of supplies (e.g., milk coupons, good food boxes, prenatal vitamins, clothing, blankets)

- Daycare access
- Peer-to-peer support groups
- Social group activities and meetings
- Breastfeeding information and support
- Transportation services
- Sexual health services and education (e.g., STI testing, contraception)
- Pregnancy options counselling (e.g., information about termination, adoption, parenting)
- Nutritional counselling

At first glance, this range of service provision appears to be excellent, but unfortunately most organizations specialized in providing a small portion of specific services (e.g., offering daycare), many of which were only available in specific areas of the province. That being said, there were a select few organizations that provide a broader range of support (e.g., YWCA Rendalyn Home in Prince Albert and EGADZ in Saskatoon). Across all of the organizations, the most commonly offered services were daycare access, support from healthcare professionals, general counselling, prenatal classes, parenting/child classes, and community referrals. Only two organizations offered independent living programs (i.e., Crystal's Home in North Battleford and Rendalyn Home in Prince Albert). Public Health offices, educational institutions, and non-profits most often provided or arranged services and supports for young parents.

One organizational contact noted that due to funding mandates they could not offer services to individuals who live on-reserve. Transportation was also flagged as a potential issue for adolescents in terms of accessing services and supports. Some websites and organizational contacts noted that some programs were no longer operating due to either lack of funding or need (i.e., fewer pregnant adolescents, in general, or fewer individuals accessing the program). Additionally, it is unknown to what extent organizations provide culturally-specific programming or address potential language barriers. No programs were located that are specifically designed for young fathers. It is also unknown to what extent each of the program curricula addresses the unique elements associated with adolescent pregnancy (e.g., pregnancy risks, developmental needs), as this specific information was not requested nor freely provided by contacts.

4. Conclusions and Recommendations

The findings of the current environmental scan suggest that the majority of supports and services for pregnant and parenting adolescents are provided through Public Health offices, public high schools, and non-profit organizations and are available primarily in some of the major cities of the province (Saskatoon, Regina, North Battleford). While many other cities and towns offered supports/services, the variety was limited. This means that many individuals must travel to another location, find a local advocate who can find alternative modes of care/support, access materials online where available, and/or go without these services.

The most commonly offered services were daycare access, support from healthcare professionals, general counselling, prenatal classes, parenting/child classes, and community referrals. Although this report was limited to highlighting the services and supports available specifically or primarily for pregnant and parenting adolescents or serving adolescents in some fashion, this does not mean that organizations that offer generalized support/services are unwilling to assist adolescents. However, these generalized programs may not operate in a manner that addresses the distinct needs of adolescents, and young individuals may not feel comfortable accessing these services.

It is important to reiterate that the current report is contextualized to a specific timeframe and the information provided is based on the information that was available online and people's ability/willingness to provide information and referrals. As such, it is possible that more services and supports are available throughout Saskatchewan but are not yet known to the Prevention Institute. Making this document available province-wide will hopefully aid in the completion of the tables, as more people may come forward with information or suggestions for programs and organizations to contact. It is important that adolescents and those that work with and support adolescents are aware of the available resources for pregnant and parenting resources. These resources and services can help to create the best possible outcomes for adolescents and their children. As such, it is also important to be able to identify where gaps in services exist, with the goal of filling these gaps whenever possible. Existing programs may serve as a good starting point for those hoping to provide services in their own communities.

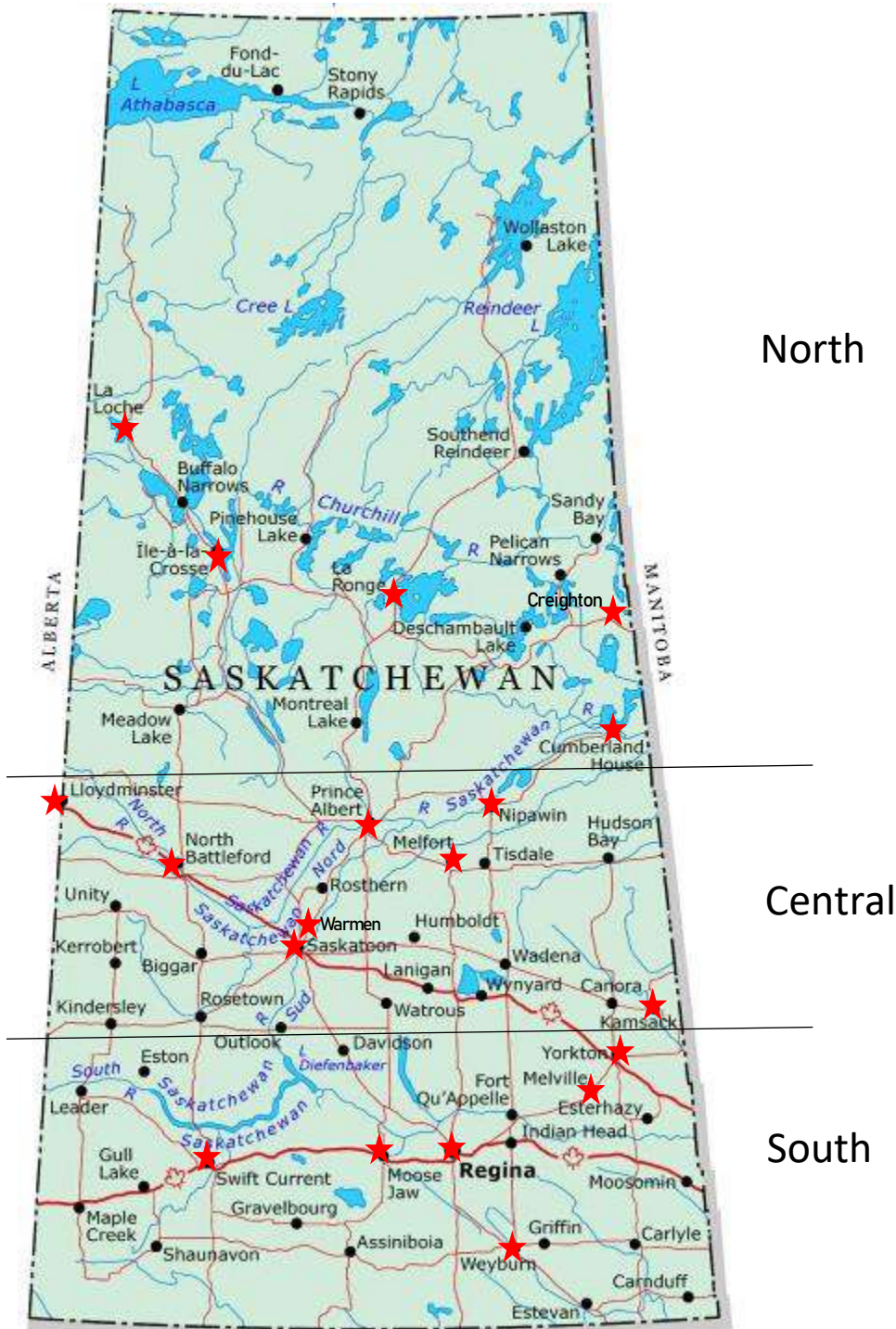
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Appendix A: Map of available adolescent-specific resources and support

Stars on the map indicate the locations where resources and support specifically designed for pregnant and/or parenting adolescents are available.



Appendix B: Adolescent-specific resources available in Saskatchewan

NORTH	
Location, Organization, and Contact Information	Resources and services offered
Creighton	
<p>Creighton School Division Box 158 Creighton, SK S0P 0A0</p> <p>Tel: 306-688-5138 Fax: 306-688-5740</p> <p>Website: http://www.creightonschool.com/</p>	<p>No in-school programs are available, but the school division works with neighbouring organizations to get resources and supports to students. These organizations include:</p> <ul style="list-style-type: none"> • Best Beginnings Baby and Me* is a Manitoba program with a worker who comes to Creighton. Offers a peer support group, “mom’s afternoon out” program, prenatal vitamins, coupons for milk, and medication. *These programs are only accessible to people off-reserve. • Manitoba Primary Healthcare Centre has public health nurses who connect with students. They also have sexual health nurses who provide pregnancy tests and emergency contraception, as well as guidance and support regarding pregnancy options. <p>Access to physicians/pediatricians limited to Tuesdays and Thursdays for 3 hours at the school during school hours.</p> <p>Daycare in Creighton works with school to get them to the top of waiting list, but no reserved spots for children of adolescent parents.</p>
Cumberland House	
<p>KidsFirst North – Cumberland House Box 429 Cumberland House, SK S0E 0S0</p> <p>Tel: 306-888-2272</p> <p>Website: http://www.kidsfirstnorth.com/</p>	<p>KidsFirst is a provincially funded program for children and families living in vulnerable circumstances. It is a voluntary, strength-based early childhood development (0-3 years), family-centered program. Eligible families are enrolled prenatally or as soon after a child’s birth as possible.</p> <p>Home visiting is the main component, which utilizes the Growing Great Kids curriculum which focuses on child development, family resiliency, developmental screening, and goals.</p> <p>Program model includes: screening and assessment, prenatal and postnatal support, home visiting services, mental health and addictions, early learning, and family supports.</p>

NORTH continued	
Location, Organization, and Contact Information	Resources and services offered
Ile-a-la-Crosse	
<p>Friendship Centre PO Box 160 Ile-a-la-Crosse, SK S0M 1C0</p> <p>Tel: 306-833-2313; 306-822-1796 Fax: 306-833-2216</p> <p>Email: ilx.friendctr.inc@sasktel.net</p> <p>Website: https://ilealacrossefc.weebly.com/</p>	<p>The Canada Prenatal Nutrition Program (CPNP) is a community-based program delivered through the Public Health Agency of Canada. Provides support to improve the health and well-being of pregnant women, new mothers, and babies facing challenging life circumstances. Targets at-risk women, including pregnant adolescents.</p> <p>Program includes the following: nutritional counselling and food supplements (milk coupons and good food box); education about and provision of prenatal vitamins; lifestyle counselling; home visits; promotion of breastfeeding; education about the effects of tobacco, drugs and/or alcohol on a baby; emotional support. Prenatal, cooking, and craft classes are also available.</p>
La Loche	
<p>KidsFirst North – La Loche Box 700 La Loche, SK S0M 1G0</p> <p>Tel: 306-822-2194</p> <p>Website: http://www.kidsfirstnorth.com/</p>	<p>KidsFirst is a provincially funded program for children and families living in vulnerable circumstances. It is a voluntary, strength-based early childhood development (0-3 years), family-centered program. Eligible families are enrolled prenatally or as soon after a child’s birth as possible.</p> <p>Home visiting is the main component, which utilizes the Growing Great Kids curriculum which focuses on child development, family resiliency, developmental screening, and goals.</p> <p>Program model includes: screening and assessment, prenatal and postnatal support, home visiting services, mental health and addictions, early learning, and family supports.</p>

NORTH continued	
Location, Organization, and Contact Information	Resources and services offered
La Ronge	
<p><i>KidsFirst North – La Ronge</i> Box 797 La Ronge, SK S0J 1L0</p> <p>Tel: 306-425-8033</p> <p>Website: http://www.kidsfirstnorth.com/</p>	<p>KidsFirst is a provincially funded program for children and families living in vulnerable circumstances. It is a voluntary, strength-based early childhood development (0-3 years), family-centered program. Eligible families are enrolled prenatally or as soon after a child’s birth as possible.</p> <p>Home visiting is the main component, which utilizes the Growing Great Kids curriculum which focuses on child development, family resiliency, developmental screening, and goals.</p> <p>Program model includes: screening and assessment, prenatal and postnatal support, home visiting services, mental health and addictions, early learning, and family supports.</p>
CENTRAL	
Lloydminster	
<p><i>Lloydminster School Division</i> 5017-46 Street Lloydminster, AB T9V 1R4</p> <p>Tel: 780-875-5541 Fax: 780-875-7829</p> <p>Website: http://www.lpsd.ca/</p>	<p>Daycare available for students at each of the following schools:</p> <ul style="list-style-type: none"> • College Park School • Lloydminster Comprehensive School • Avery Outreach School

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Lloydminster continued	
<p>Midwest Family Connections Suite #103, 4910 50th St. Lower Level, Prairie North Plaza Lloydminster, SK S9V 0Y5</p> <p>Tel: 306-825-5911; 1-866-651-5911 Fax: 306-825-5912</p> <p>Email: info@midwestfamilyconnections.ca</p> <p>Website: https://www.midwestfamilyconnections.ca</p>	<p>Home-based services provide in-home programming and support for a range of families, many of whom are adolescents. Work with family on whatever their goals are, including family dynamics, community connections, and child development.</p> <p>Coffee Talk Program partners with Lloydminster Public School Division’s Avery Outreach School. Group meets once a month to talk about whatever the young parents want to discuss and learn about.</p> <p>Hey Parents session is for adolescent parents to attend before or after their baby is born to learn about car seat safety, brain development, couple’s connections, and problem-solving as a couple.</p> <p>Mothers First program is available for moms postpartum, but moms come prenatally as well. Sessions include discussions on mental health, body health, relaxation, stress reduction, definition and realities of motherhood, relationships, parenting, self-awareness, and community and social supports.</p> <p>Early learning and parent education program (e.g., kid stress information) and play programs with indoor playground.</p>
Melfort	
<p>Social Services 107 Crawford Avenue E, Box 4100 Melfort, SK S0E 1A0</p> <p>Tel: 306-752-6100; 306-752-6137; 1-800-487-8640 Fax: 306-752-6200</p>	<p>Provide clothing, blankets, and financial help to clients in need. Service available for everyone, but adolescents are given priority when possible. Melfort has no housing options specified for adolescent parents.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Nipawin	
<p>KidsFirst Nipawin 501 2nd Street East Nipawin, SK S0E 1E0</p> <p>Tel: 306-862-6222</p> <p>Website: https://www.kidsfirst.online/</p>	<p>KidsFirst is a provincially funded program for children and families living in vulnerable circumstances. It is a voluntary, strength-based early childhood development (0-3 years), family-centered program. Eligible families are enrolled prenatally or as soon after a child’s birth as possible.</p> <p>Home visiting is the main component, which utilizes the Growing Great Kids curriculum which focuses on child development, family resiliency, developmental screening, and goals.</p> <p>Share the most up-to-date information on pregnancy and early childhood to help parents make the best decisions about caring for themselves, their babies, and their families. Provide screening opportunities and referrals to access services. Group activities, collective kitchens, and other family events are offered in addition to the home visits. Transportation is provided.</p> <p>A dedicated Mental Health and Addictions Therapist on staff.</p>
North Battleford	
<p>Battlefords KidsFirst Room 112, 891-99th Street Don Ross Community Centre North Battleford, SK S9A 0N8</p> <p>Tel: 306-937-6855</p>	<p>KidsFirst is a provincially funded program for children and families living in vulnerable circumstances. It is a voluntary, strength-based early childhood development (0-3 years), family-centered program. Eligible families are enrolled prenatally or as soon after a child’s birth as possible.</p> <p>Home visiting is the main component, which utilizes the Growing Great Kids curriculum which focuses on child development, family resiliency, developmental screening, and goals.</p> <p>Non-emergency services include prenatal referral and support, assessment and goal planning, in-house mental health and addiction services, early learning opportunities through groups (“TAG” – Toddler Activity Group; and The Circle of Learning) and family support opportunities.</p> <p>Provide referral services to community partner agencies including (but not limited to) Battlefords Early Childhood Intervention Program, Battlefords Family Resource Network, Battlefords Family Health Centre, Primary Health Centre.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
North Battleford continued	
<p>Crystal's Home 1371-103rd Street North Battleford, SK S9A 1K9</p> <p>Tel: 306.445.3009 Fax: 306-445-5110</p> <p>Email: crystalshome.lfc@sasktel.net</p> <p>Website: http://www.livingfaithchapel.ca/community-programming/crystals-home/</p>	<p>Crystal's Home operates in conjunction with Living Faith Chapel as a part of the community programming.</p> <p>Provides a supervised independent living program for 12-17-year-old females who are referred from the foster care system. Work closely with other community resources. Program ensures that each female receives all necessary services and support while at Crystal's Home.</p> <p>Transportation to prenatal and baby appointments is also provided.</p>
<p>École Père Mercure 1881 99 Rue North Battleford, SK S9A 0R9</p> <p>Tel: 877-273-6661</p> <p>Website: http://pere-mercure.ecolefrancophone.com/english</p>	<p>Services depend on where youth live – urban or rural.</p> <p>Public health nurse visits school to meet with students and connect them with other agencies.</p> <p>Student counsellors will assist to find community supports for youth as needed.</p>
<p>Light of Christ RCSSD #16 9301 19th Avenue North Battleford, SK S9A 3N5</p> <p>Tel: 306-445-6158 Fax: 306-445-3993</p> <p>Website: http://www.loccsd.ca/</p>	<p>Modulated courses are available for students who are pregnant or parenting, which provides them the option to study at home or school and work at their own pace. Places are available in the schools where students can study and relax with their children. No daycare available in the schools.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
North Battleford continued	
<p>First Steps: Student Child Care Centre North Battleford Comprehensive High School 1791 110 Street North Battleford, SK S9A 2Y2</p> <p>Tel: 306-446-2411 or 306-445-6101 Fax: 306-445-6878</p> <p>Email: nbchs@lksyds.ca</p> <p>Website: https://www.lksyds.ca/school/nbchs/Pages/default.aspx</p>	<p>Provides teen parent noon hour meetings that the teens are required to attend. Topics are chosen based on the parents' needs and interests and may include child development, nutrition, dental health, healthy relationships, speech, immunizations, stress management, and car seat safety. Child care, lunch, and door prizes are provided. The teen prenatal nurse comes to the school and offers pregnancy-related services through the school.</p> <p>12 daycare spots are reserved for mothers who attend the school. Children from two weeks to five years of age are accepted.</p> <p>Referrals to community agencies are made. The Nobody's Perfect Parent Program is offered each year. Family evening recreational activities like gym nights, bingo, mom and baby yoga, and holiday-related activities are also offered.</p>
<p>Primary Health Centre Frontier Mall 11427 Railway Avenue North Battleford, SK S9A 3G8</p> <p>Tel: 306-446-6400</p> <p>Website: http://www.pnrha.ca/bins/content_page.asp?cid=21-127-129-19077&lang=1</p>	<p>Teen and Young Parent Prenatal Class offers the opportunity to learn about pregnancy, child birth, and newborn care in a supportive environment. Topics include: pregnancy, the process of labour and birth, comfort and relaxation measures during labour, breastfeeding and care of the newborn, stages and phases of labour, challenges of labour, pain control, and breathing techniques.</p> <p>Nurse goes to high schools and provides one-on-one counselling for adolescent girls specific to their needs.</p> <p>Nurse provides postnatal visits in the area and tries to see adolescent clients regularly, to be a point of care for them after their baby is born.</p> <p>Positive Discipline in Everyday Parenting class offered annually in the Fall. Topics include: identifying childrearing goals, providing warmth and structure, understanding child psychology, and problem solving.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Prince Albert	
<p>Family Futures 196 – 9th Street East Prince Albert, SK S6V 0X5</p> <p>Tel: 306-763-0760 Fax: 306-763-1430</p> <p>Email: familyfutures@sasktel.net</p>	<p>Provides support services to vulnerable pregnant women and their families to enhance and support their health and well-being. Services include:</p> <p>Outreach Worker Home Visits:</p> <ul style="list-style-type: none"> • Milk coupons for pregnant, breastfeeding, and early postnatal mothers • Information, referrals, and assistance such as transportation to access health care and other services • Information/education regarding pregnancy, infant care, breastfeeding, parenting • Intervention, referrals, and support to resolve family crisis related to addictions, violence, homelessness, criminal justice involvement <p>Referrals are made to a certified Dietitian who will conduct nutritional assessments for prenatal participants, providing home visits or office consultations as needed.</p> <p>Moms 4 Life – Based on the determinants of health and personal development, facilitators lead a group of young women on a personal development journey and provide prenatal information through weekly workshops. Includes child care, transportation, and a meal.</p> <p>Parenting Classes – Held twice a year during Spring and Fall. Child care, transportation, and a meal are offered.</p> <p>Licensed Child Care – Onsite child care for parents and families who are involved in programs.</p> <p>Emergency and Crisis Services – Emergency supplies of infant formula, diapers, and other infant care items to assist families in crisis who may or may not be part of programs.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Prince Albert continued	
<p>KidsFirst Prince Albert 421 23rd Street East Prince Albert, SK S6V 1P9</p> <p>Tel: 306-765-6656 Fax: 306-765-6659</p> <p>Website: www.kidsfirstprincealbert.com</p>	<p>KidsFirst is a provincially funded program for children and families living in vulnerable circumstances. It is a voluntary, strength-based early childhood development (0-3 years), family-centered program. Eligible families are enrolled prenatally or as soon after a child's birth as possible.</p> <p>Home visiting is the main component, which utilizes the Growing Great Kids curriculum which focuses on child development, family resiliency, developmental screening, and goals.</p> <p>Will assist with referrals to community supports, life skills, goal setting, developmental checklists, transportation to daycare or school and fun activities and events.</p>
<p>Native Coordinating Council 118 12 Street East. Prince Albert, SK S6V 1B6</p> <p>Tel: 306-764-1652</p>	<p>The Family Worker program is for pregnant adolescents and the Parent Aid program is for adolescent parents. The programs provide in-home support; offer information on parenting routines and age-appropriate development; and provide referrals to agencies in the community, such as mental health, addictions, counselling, and violence-related issues.</p> <p>If the Council does not provide the needed service, help is provided to help adolescents find the support they need. These services are free and are offered on a walk-in basis. An intake/referral form is completed at the first meeting, but adolescents do not need referrals to use the services.</p>
<p>YWCA Randalyn Home 133 20th Street West Prince Albert, SK S6V 4G1</p> <p>Tel: 306-765-2526 Fax: 306-764-3890</p> <p>Website: http://www.ywcaprincealbert.ca/rendalyn-home.html</p>	<p>Safe, supportive, independent living home for pregnant and parenting women between the ages of 16-21 years. This is a 24-hour, 7 days a week residents' home that provides individual case management to empower residents while providing a nurturing environment for their children. All applicants must be referred by the Ministry of Social Services. Each referral is reviewed, and applicants are accepted on a basis of suitability and room availability. Applicants must be attending school or working.</p> <p>Services offered include: 24-hour support, individual case management, parenting programs, budgeting, referrals to community resources, Aboriginal cultural activities, nutritious meals, planning and life skills, assistance with resumes, recreational activities, crisis intervention, assistance with education after high school, assistance with the court system, assistance applying for housing as residents age out, and daycare.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Prince Albert continued	
<i>YWCA Rendalyn Home continued</i>	<p>Parenting Programs offered include: Home Study Parenting Program when they move in, Nobody’s Perfect Parenting Program, Online Positive Parenting Program, Traditional Parenting Program, Parent Effective Parenting Program, Early Literacy Aboriginal Parenting Program, Teen Parenting Program (Life Skills) and Read, Move and Share Parenting Program, and Surviving.</p> <p>Offer whatever support is requested. Most clients are referred to KidsFirst when they move into the home for that extra support if it’s wanted (voluntary program).</p> <p>Referrals also made to: mental health counselling, early childhood intervention program, addictions counselling, Children’s Haven, sexual health clinic, domestic violence counselling, daycares, schools, post-secondary, Native Coordinating Council (when they move out on their own), and funding from reserves if clients age out of the program.</p>
Saskatoon	
<p>CFS Saskatoon 506 25 Street East Saskatoon, SK S7K 4A7</p> <p>Tel: 306-244-7773</p> <p>Online contact: https://www.cfssaskatoon.sk.ca/contact-us/</p> <p>Website: https://www.cfssaskatoon.sk.ca/</p>	<p>Offers an adolescent and young parent education program called Family Ties. Within this program, they offer a parenting group called Peaceful Parenting for individuals up to age 30 (they consider it an “adolescent” or “youth” group). This program runs September to June (10 months) every Wednesday from 3:30 p.m. to 5:00 p.m. Topics covered include: attachment, stages of development, toilet training, sleep routines, bottle weaning, behaviour challenges, nutrition, building emotional intelligence in children, and setting limits and boundaries. Participants can receive a 12-week certificate if they attend 12 sessions. There is an application process with ongoing registration, so people can join anytime.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Saskatoon continued	
<p>CFS Saskatoon Teen Parent Centre Bishop Murray High School 615 Wiggins Avenue South Saskatoon, SK S7H 2J2</p> <p>Tel: 306-659-7802</p> <p>Website: https://www.cfssaskatoon.sk.ca/services/early-learning-centres/bishop-murray-centre/</p>	<p>A licensed infant, toddler, and preschool centre, with spaces prioritized for adolescent parents. Community spaces are subject to availability. Centre Director follows the Play & Exploration curriculum, and meals follow the Canadian Food Guide. The children have a mixture of indoor and outdoor activities available to them. Early Childhood Educators work in partnership with the parents to ensure each individual child’s developmental needs are met.</p> <p>A student support grant covers fees for young parents attending high school classes. The programs offered are geared towards children and adolescents including both school-based workshops and weekly groups. These cover issues from fear and anxiety to navigating elementary and high school.</p>
<p>EGADZ Teen Parenting Program 485 1st Avenue North Saskatoon, SK S7K 1X5</p> <p>Tel: 306-931-6644 Fax: 306-665-1344</p> <p>Online contact: https://www.egadz.ca/pages/contact.html</p> <p>Website: https://www.egadz.ca/programs/my_homes.html</p>	<p>Program supported through Health Canada’s Community Action Plan for Children (CAPC). Program is focused on assisting adolescent parents and/or expecting parents to become better equipped to raise healthy, happy children so that they can enjoy the benefits of being a positive and loving family. They offer individual support services, as well as formal and informal information workshops to parenting groups within EGADZ.</p> <ul style="list-style-type: none"> • Teen Parenting Group is a drop-in group for parents 19 years of age and under. The Centre group meets twice a week in the evening and is open to all young parents who need parent support, information, and services. • My Home Parenting Group is a parent support group for moms 19 years of age and under who live in residence. Held every second Tuesday of the month. • Baby Steps Mature Mom’s Parenting Group is a group for moms who reside in residential programs who would not fit the mandated age at the Centre. This group is held once a week. With prevention at the heart of the program, specific positive parenting information is delivered through three integral components within the program: Parent section, Family section, Emergency Supplies and Support Services section.

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Saskatoon continued	
<i>EGADZ Teen Parenting Program Continued</i>	<p>Parent section offers opportunities for adolescent parents to gain knowledge and understanding about themselves and their own children. The Parent section has three modules that are implemented to accomplish its goals:</p> <ul style="list-style-type: none"> • Nobody’s Perfect is a program designed to meet the needs of high-risk, low-income families across Canada. The program is based on three goals: preventing child injury, preventing child obesity, and improving child mental health. The program consists of eight 2.5 hour workshops. Attendance is mandatory in order for participants to receive their certificate. Assistance to help parents complete the program is offered through transportation, child care, and snacks. • Positive Discipline’s program goals are to provide alternate methods to physical and emotional punishment and to increase knowledge of children’s rights in a non-threatening way. Provides concrete and constructive tools for resolving parent-child conflict. Consists of eight 2.5 hour weekly workshops and is offered twice throughout the year. Transportation, snacks, and child care are provided. • Domestic Violence module includes four 2.5 hour workshops and run once a year. Topics include: relationship violence, bullying, neglect, family violence, and community violence. Objective is for parents to identify that they play a crucial role in stopping violence in their community by starting at home. <p>The Family Section is for parents and children to learn how to build trusting relationships in a safe environment and then progress to independently building on those relationships. This program offers activities and workshops in three areas: attachment and bonding, life skills, and positive recreation.</p> <p>Emergency supplies and services are available to adolescent parents on a continuous basis, based on adolescents’ needs. Services include: bus tickets, referrals, clothing, formula/diapers, pregnancy tests, food packs, medical appointments, baby supplies, crisis supports, and home visits.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Saskatoon continued	
<i>EGADZ Teen Parenting Program Continued</i>	<p>Outreach services and support are also available to help build a trusting relationship with the Teen Parent Coordinator, who is available to provide information and support to new parents in the comfort of their own home.</p> <p>Childcare Centre for children of adolescent parents who attend the parenting programs. The children are supervised by a qualified child care worker who develops crafts and games for the children to do during each session.</p>
<p>Family Service Saskatoon Teen and Young Parent Group 102, 506 – 25th Street East Saskatoon, SK S7K 4A7</p> <p>Tel: 306-244-0127 Fax: 306-244-1201</p> <p>Email: info@familyservice.sk.ca</p> <p>Website: https://familyservice.sk.ca/types/parenting-and-families/</p>	<p>Provides services to parents under the age of 30 and includes family support and counselling. Program also liaises with schools, other community-based organizations, and government ministries to promote awareness and education for parenting. Registration required. Fees based on a sliding scale, dependent on gross monthly income. Individuals under the age of 21 can access the program for free.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Saskatoon continued	
<p><i>Food for Thought, Canada Prenatal Nutrition Program</i> Westwinds Primary Health Centre 3311 Fairlight Drive North Saskatoon, SK S7M 3Y5</p> <p>Tel: 306-655-4826</p> <p>Website: www.saskhealthauthority.ca</p>	<p>Programs run September through June for participants to attend Food For Thought until their infants are 8 weeks old. Transportation and child care are provided. Nutritious meals are prepared for participants to take home to their families. The program provides milk vouchers, fruit and vegetable coupons, and prenatal vitamins.</p> <p>Works in collaboration with the Healthy Mother Healthy Baby program and many other programs, services, and teams within the West Winds Primary Health Centre to provide support to vulnerable pregnant women living in Saskatoon.</p> <p>Collaboration with health practitioners and community partners allows for access to immunizations through public health, dental health education and clinic, lactation consultants, a nurse practitioner, chronic disease management for diabetes management, and mental health and addictions services.</p>
<p><i>Healthy Mother Healthy Baby Program</i> Westwinds Primary Health Centre 3311 Fairlight Drive North Saskatoon, SK S7M 3Y5</p> <p>Tel: 306-655-4813; 306-655-4810</p> <p>Website: www.saskhealthauthority.ca</p>	<p>Prenatal program for at-risk women and adolescents. Offers education, nutrition counselling, milk coupons, vitamin support, breastfeeding information, formula feeding, home visits, prenatal education, labour and delivery, parenting and safety, contraception, support with mental health, harm reduction related to addictions and substance use, and collaborating with and advocating for families.</p> <p>Program works with pregnant adolescents in the community and in high schools in Saskatoon. Two nurses follow adolescents in schools and do the intake in the community. Pregnant adolescents are then followed up by outreach workers. Provides referrals into programs like Parent Aide, 601 Family Support, EGADZ, CFS, Family Service Saskatoon, Elizabeth Fry, Saskatoon Tribal Council, Parents Forever, Westside Community Clinic, and Pregnancy Options.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Saskatoon continued	
<p><i>John Howard Society Saskatoon Branch</i> 218 33rd Street West Saskatoon SK S7L 0V1</p> <p>Tel: 1-306-244-8347; 1-877-244-8347</p> <p>Website: http://www.sk.johnhoward.ca/</p>	<p>Often work with pregnant and parenting youth. Through the Supported Independent Living Program (SILP), receive referrals from the Ministry of Social Services to help youth who are coming out of care to transition to independence.</p> <p>Scope of care includes but isn't limited to: housing, education, legal, health/mental health, addictions, and connecting youth with family and informal supports. Mainly connect youth to resources in the community and then support them in learning life skills required to live independently.</p>
<p><i>KidsFirst Saskatoon</i> Station 20 West 1120 – 20th Street West Saskatoon, SK S7M 0Y8</p> <p>Tel: 306-655-3311</p> <p>Website: www.saskhealthauthority.ca</p>	<p>KidsFirst is a provincially funded program for children and families living in vulnerable circumstances. It is a voluntary, strength-based early childhood development (0-3 years), family-centered program. Eligible families are enrolled prenatally or as soon after a child's birth as possible.</p> <p>Home visiting is the main component, which utilizes the Growing Great Kids curriculum which focuses on child development, family resiliency, developmental screening, and goals.</p> <p>Referrals with consent welcome from professionals, agencies and self-referrals. All caregivers are welcome and encouraged to participate in services. Families agree to weekly home visits and are provided support from a team of professionals that include social workers, nurses, and counsellors. Home visits are curriculum based.</p> <p>Provides referrals to additional supports such as speech-language pathology, early childhood intervention program, dietitian, 601 Outreach, and Global Gathering Place.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Saskatoon continued	
<p><i>Mothers Empowering Mothers Inc.</i> 110 Wright Crescent Saskatoon, SK S7N 2C9</p> <p>Tel: 306-491-4382</p> <p>Email: Mothersempoweringmothers@shaw.ca</p> <p>Website: https://www.memsupportgroup.com/</p>	<p>A non-profit organization that provides free and subsidized services to new mothers and families. Services include certified postpartum doulas, breastfeeding and lactation education, freezer meals, babywearing education, 24/7 phone support, and more.</p>
<p><i>Mount Royal Daycare</i> 2220 Rushholme Road Saskatoon, SK S7L 4A4</p> <p>Tel: 306-683-8383; 306-683-8382</p> <p>Website: https://www.spsd.sk.ca/school/mountroyal/About/Daycare/Pages/default.aspx</p>	<p>Daycare spots for students are a priority, but the remaining spots go to community members.</p> <p>Other services for adolescent parents include: access to immunization nurses, behavioural consultants, speech and language consultants, and dental varnishing for children; transportation to and from appointments; and transportation to and from school if needed. Students complete an application form. Students who attend Mount Royal Collegiate are prioritized, but students from other schools will be accommodated.</p>
<p><i>Nutana Daycare - Millie's Early Learning Centre</i> 411 11th Street East Saskatoon, SK S7N 0E9</p> <p>Tel: 306-683-8354</p> <p>Website: https://www.spsd.sk.ca/school/nutana/ProgramsServices/Millies/Pages/default.aspx</p>	<p>Daycare spots are available for youth enrolled in school, with priority given to those at Nutana Collegiate. Also programming offered 3 days a week with guest speakers from partnering agencies (e.g., Family Service Saskatoon, Sexual Health Clinic). Topics include: anxiety, depression, effective communication, positive discipline, healthy relationships, parenting issues, self-care, and career planning. Discussions do not follow a strict curriculum, allowing for open, student-guided discussions. Lunches are provided. Fun activities are also organized (e.g., parties, dinners, and games). Also provide help with homework, applications, etc.</p>

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Saskatoon continued	
<p>Royal West Daycare 441 Witney Avenue North Saskatoon, SK S7L 3M6</p> <p>Tel: 306-683-8390; 306-683-7540 Fax: 306-657-3958</p> <p>Website: https://www.sccs.ca/centres/royalwest.html</p>	<p>Provides an adolescent parent program which includes: Nobody's Perfect Parenting Program, partnerships with Read Saskatoon and the Food Bank, daycare services at Royal West Early Learning Centre, access to behavioural consultants and speech/ language pathologists, Healthy Start program offered through the University of Saskatchewan literacy program, immunizations, and fluoride varnishing for children.</p> <p>Parent lunch where parents discuss self-determined parenting-related topics such as child literacy, general sexual health, positive discipline for children, effects of substance usage while pregnant or parenting, future planning for university, budgeting, developmental milestones, and healthy nutrition. The goal is to help student parents with any obstacles so that they can finish their high school education. Available to parents under 22 years of age who require child care and are finishing high school.</p>
<p>St. Paul's RCSSD #20 Greater Saskatoon Catholic Schools 420 22nd Street East Saskatoon, SK S7K 1X3</p> <p>Tel: 306-659-7000 Fax: 306-659-2010</p> <p>Email: info@gscs.ca</p> <p>Website: https://www.gscs.ca/</p>	<p>There are no specific programs for pregnant/parenting adolescents. However, the school board works with pregnant/parenting students to help them access the Healthy Mother Healthy Baby program in the community, Social Services support including adoption support, and any other referrals to supports and programs in the community they may need.</p> <p>Also provide support in developing responsive schedules and class options to support pregnant/parenting students in the completion of their high school credits. There are also school nurses in the schools once a week. Three schools offer child care facilities that students can access:</p> <ul style="list-style-type: none"> • ED Feehan • Oskayak • Bishop Murray

CENTRAL continued	
Location, Organization, and Contact Information	Resources and services offered
Warman	
<p>Prairie Spirit School Division 121 Collins Street, Box 809 Warman SK S0K 4S0</p> <p>Tel: 306-683-2800 Fax: 306-934-8221</p> <p>Website: https://www.spiritsd.ca/</p>	<p>No specific programs in school division. However, supports are put in place as needed. Childcare centre is available at Stobart Community School in Duck Lake, so students are able to attend school pre- and postnatally.</p> <p>In other schools, support offered through communication with school counsellors and principal, on a case-by-case basis. Depending on student needs (e.g., counselling, finding other resources, child care) referrals are arranged.</p> <p>No prenatal classes in schools. Curriculum and health wellness classes have some pregnancy content included, and psychology courses also cover some of the issues young parents may face.</p>
SOUTH	
Kamsack	
<p>Kamsack Family Resource Centre 241 2nd Street (Crowstand Centre) Kamsack, SK S0A 1S0</p> <p>Tel: 306-542-1010</p>	<p>Promotes healthy families rooted in strong community support and collaboration. Designed to be a place where all families have access to quality programs and connection to services that will enhance childhood development, provide parenting support, and provide onsite professional guidance based on the unique needs of families.</p>
Moose Jaw	
<p>Albert E. Peacock Collegiate 145 Ross Street East Moose Jaw, SK S6H 0S3</p> <p>Tel: 306-693-4626; 306-630-6242 (daycare) Fax: 306-692-5330</p> <p>Website: https://schools.prairiesouth.ca/peacock/</p>	<p>Daycare available for adolescent mothers who are completing their grade 12 education.</p> <p>Public health nurses will visit and provide the mothers with one-on-one services.</p> <p>Referrals are also provided as necessary within the community, based on the needs of the parents.</p>

SOUTH continued	
Location, Organization, and Contact Information	Resources and services offered
Moose Jaw continued	
<p>Holy Trinity RCSSD #22 502-6th Avenue North East Moose Jaw, SK S6H 6B8</p> <p>Tel: 306-694-5333</p> <p>Website: https://www.htcsd.ca/</p>	<p>Works in partnership with Phoenix Academy (alternative school), Social Services, and Mental Health Services in the community. Offers flexible schedules for students completing their education, including night school.</p> <p>Provides appropriate referrals in the community when required. No daycare available in schools.</p>
<p>Phoenix Academy 278 4 Avenue North East Moose Jaw, SK S6H 0C6</p> <p>Tel: 306-694-1289</p> <p>Website: https://phoenix.htcsd.ca/</p>	<p>Offers flexible hours for students completing their education, so adolescent parents can work around their child care needs.</p>
<p>Public Health Office W.G. Davies Building 101-110 Ominica Street West Moose Jaw, SK S6H 6V2</p> <p>Tel: 306-691-1500; 1-877-557-4687 Fax: 306-691-1523</p>	<p>Offer Baby's Best Start group for at-risk adolescent mothers to help them learn about pre- and post-natal care.</p>

SOUTH continued	
Location, Organization, and Contact Information	Resources and services offered
Regina	
<p><i>Family Service Regina Teen Parent Program</i> 200-1440 Broadway Avenue Regina, SK S4P 1E2</p> <p>Tel: 306-757-6675; 306-537-3215; 1-866-757-6620 Fax: 306-757-0113</p> <p>Email: info@familyserviceregina.com</p> <p>Website: http://familyserviceregina.com/teens-and-young-adults-programs/</p>	<p>Aims to empower pregnant and parenting adolescents who are often balancing completing their high-school education and adjusting to parenting. Believe that ensuring adolescent parents receive adequate social, emotional, medical, and academic support is essential to both parent and baby’s future. Work in partnership with Shirley Schneider Support Centre (located at Balfour Collegiate); an in-school program for pregnant and parenting adolescents. Teen Parent Workers are present daily to work with young families and respond to their needs. Students must complete an application for admission to the program.</p> <p>The Teen Parent Program provides: crisis intervention, assistance in obtaining child care, infant development education, group support, legal referrals, education planning, career planning, securing housing, transportation, problem solving support, financial information, access and custody referrals, relationship counselling, and referrals to other services. Teens ‘N’ Tots meets every Tuesday throughout the summer. Activities are held for young moms. Registration is required for transportation or child care.</p> <p>Individual Support: Teen Parent Workers are available all summer and provide many forms of support including information, crisis intervention, and problem-solving. Necessary referrals can also be made.</p>

SOUTH continued	
Location, Organization, and Contact Information	Resources and services offered
Regina continued	
<p><i>KidsFirst Regina</i> 1672 Albert Street Regina, SK S4P 2S6</p> <p>Tel: 306-766-6790</p> <p>Website: http://www.kidsfirstregina.com/</p>	<p>KidsFirst is a provincially funded program for children and families living in vulnerable circumstances. It is a voluntary, strength-based early childhood development (0-3 years), family-centered program. Eligible families are enrolled prenatally or as soon after a child’s birth as possible.</p> <p>Home visiting is the main component, which utilizes the Growing Great Kids curriculum which focuses on child development, family resiliency, developmental screening, and goals.</p> <p>Supports include: mental health and addictions, nutrition vouchers for women who are pregnant or breastfeeding, and limited transportation assistance. Home visiting services are provided through contracted community-based organizations including Rainbow Youth Centre who provide services specifically for families where the primary caregiver is under 25 years of age. Home visiting services are also offered at Eagle Heart Centre, Regina Early Learning Centre, and Regina Open Door Society.</p> <p>Parents can self-refer or a community agency can refer parents. Parents who screen positive on the In-Hospital Birth Questionnaire will also be offered the opportunity to get involved with KidsFirst. Once referred, a family will be offered an assessment where their eligibility for the program is determined.</p>
<p><i>Mackenzie Infant Care Centres</i> 1308 Collage Avenue Regina, SK S4P 1B2</p> <p>Tel: 306-527-6776; 306-569-1308</p> <p>Email: micc1308@hotmail.com</p> <p>Website: http://miccentres.com/</p>	<p>Non-profit child care for adolescent moms attending the Shirley Schneider Support Centre (SSSC) in Balfour Collegiate High School. The SSSC is a high school support centre for pregnant and parenting adolescents. Assists adolescent mothers to continue their education, access support services, and receive academic and personal counselling.</p>

SOUTH continued	
Location, Organization, and Contact Information	Resources and services offered
Regina continued	
<p>Rainbow Youth 977 McTavish Street Regina, SK S4T 3V2</p> <p>Tel: 306-757-9743</p> <p>Email: info@rainbowyouth.com</p> <p>Website: http://www.rainbowyouth.com/</p>	<p>Offers two programs:</p> <ul style="list-style-type: none"> • KidsFirst: For parents under 25 years of age, offering groups like prenatal caring circle, Nobody’s Perfect, and evening parent support. Topics are determined by the families who attend, but can include bonding, toilet training, and literacy. • Home-based program: Home visitors are assigned to families. Prenatal curriculums for each age group up to age 3 years and family curriculum are followed. Support includes referrals, pregnancy information, and ensuring they attend medical appointments.
<p>Prairie Valley School Division Box 1937 RM of Sherwood 3080 Albert St. N. Regina, SK S4P 3E1</p> <p>Tel: 306-949-3366; 1-877-266-1666</p> <p>Email: reception@pvsd.ca</p> <p>Website: http://www.pvsd.ca/Pages/default.aspx</p>	<p>Coordinates a large team of service providers within the region to assist pregnant and parenting adolescents. The team consists of social workers, psychologists, speech/language therapists, and occupational therapists. Provides any and all support required by young mothers and fathers while they are in school. When required, transportation is arranged to assist students in attending medical appointments.</p> <p>Schools work to adjust the academic schedules of the pregnant and parenting students, including assisting them with their transitions out and back into school.</p> <p>Daycare services are available at some of the schools in the division, including Broadview School and Balcarres Community School.</p> <p>No formalized prenatal or parenting classes are offered, but schools will work with expecting parents to include education on pregnancy and parenting into their course work.</p>

SOUTH continued	
Location, Organization, and Contact Information	Resources and services offered
Regina continued	
<p>Scott Collegiate 3355 7th Avenue Regina, SK S4T 4L8</p> <p>Tel: 306-523-3500</p> <p>Email: scottcollegiate@rbe.sk.ca</p> <p>Website: http://scottcollegiate.rbe.sk.ca/</p>	<p>A nurse from Four Directions visits the school and works with pregnant and parenting adolescents to perform check-ups on them and their children. Also takes expecting parents on tours of the hospital where they will give birth.</p> <p>The guidance department offers many educational resources on pregnancy and parenting for expectant parents. Guidance counsellors also connect young parents to daycare in the community. Parenting students are also referred to Rainbow Youth Centre.</p>
<p>Shirley Schneider Support Centre 1245 College Avenue Regina, SK S4P 1B1</p> <p>Tel: 306-523-3215; 305-523-3200 Fax: 306-569-2450</p> <p>Email: balfourcollegiate@rbe.sk.ca</p> <p>Website: http://balfour.rbe.sk.ca/teen.parenting_home</p>	<p>High school support centre for pregnant and parenting adolescents, where young women may continue education, access support services, and receive academic and personal counselling. Students are provided with a holistic learning environment structured with a sense of belonging, and a focus on building independence and mastery in academic and personal areas. Operated by the Regina Public School System on a semester basis, with students able to transfer into the program anytime during the school year. Administered and coordinated by the Balfour Collegiate administration team and the Program Coordinator.</p> <p>The Mackenzie Infant Care Centre has a total of four locations, in and close to the school. These daycares provide consistent, free child care for the children of students. Accepts children from two weeks to thirty months of age. No cost for students who attend school 90% of the time.</p> <p>Teen Parent Support Program: Two Teen Parent Workers are available 4 days per week, providing coverage over all 5 weekdays. Provide support and counselling services to students with personal matters, school difficulties, mental health issues, and referrals to outside agencies.</p> <p>A First Nations Elder is also on site 2 days per week to provide pre- and postnatal counselling and to assist with traditional teachings.</p>

SOUTH continued	
Location, Organization, and Contact Information	Resources and services offered
Regina continued	
<i>Shirley Schneider Support Centre continued</i>	<p>Primary care clinic at a high school for pregnant adolescents who are trying to finish school. Provides initial prenatal care and connects adolescents with a healthcare provider who will provide care during pregnancy and delivery of the baby.</p> <p>Works in conjunction with the Al Ritchie Health Action Centre to provide students with access to a community health nurse (Tuesday mornings) who provides students with pre- and postnatal child care education, individual health counselling, pregnancy testing, birth control counselling, and sets students up with the Babies Best Start program. Works in conjunction with a nutritionist to help students plan healthy nutrition for themselves during and after pregnancy, and for their growing children.</p> <p>Planned Parenthood Regina sexual health nurse is on-site Tuesday afternoons to provide resources related to sexual health (e.g., pregnancy tests, birth control, STI testing), and referrals to outside agencies.</p> <p>Nurse Practitioner is on-site Wednesday afternoons to provide more advanced care for students and their children. Services include support for smoking cessation, referrals to additional medical supports, and follow-up and home visits for students and their babies. Some of the services performed include diagnosis and management of illnesses, ordering and interpreting tests, and writing prescriptions.</p> <p>Immunization nurse is on-site most Thursdays to provide immunizations to students and their children, including a flu clinic once a year.</p> <p>Addictions counsellor is available one day per month and Family Service Bureau Regina provides two full-time social workers to the program.</p> <p>Food for Learning provides nutritious food free of charge. Lunches are provided three times per week for students. The food is prepared by students who are mentored by a staff member of the Support Centre.</p>

SOUTH continued	
Location, Organization, and Contact Information	Resources and services offered
Swift Current	
<p>Chinook School Division Schools Box 1809 - 2100 Gladstone Street East Swift Current, SK S9H 4J8</p> <p>Tel: 306-778-9200; 1-877-321-9200 Fax: 306-773-8011</p> <p>Email: info@chinooksd.ca</p> <p>Website: http://www.chinooksd.ca/Pages/default.aspx</p>	<p>Counselling offered in all schools as well as appropriate community referrals.</p> <p>Daycare spots prioritized for students at Swift Current Comprehensive/Milestones Daycare, but services are offered to others in the community as well.</p>
<p>Family Resource Centre 885-6th Avenue North East Swift Current, SK S9H 2M9</p> <p>Tel: 306-773-6160</p> <p>Email: parentprogram@sasktel.net</p>	<p>Adolescent parents under the age of 22 years can access the Teen Parent program. They are also given top priority to access the daycare in the high school. Program also offers a parent group provided by the Milestones Early Learning Centre, which is open to anyone in the community.</p> <p>Offers a First Steps program on Friday mornings for adolescents who are pregnant and/or parenting children up to 2 years of age. Parents are offered funding for transportation, healthy snacks, and child care.</p> <p>The Parent Connections program is open to parents with a child between the ages of 2 to 6 years (parents may have older children, but should have at least one child in that age category). The group meets in the evening and provides supper. Parents and children are separated, so parents get a break and kids play. The Nobody's Perfect program is presented for this group.</p> <p>Parents come into the centre for various other services such as receiving letters for lawyers, letters for social services, faxing services, and community referrals.</p>

SOUTH continued	
Location, Organization, and Contact Information	Resources and services offered
Swift Current continued	
Family Resource Centre continued	There is also a parent-child drop-in program called Let's Play which is open to anyone in the community from 10:00 a.m. to 12:00 p.m., Tuesdays and Wednesdays. It allows parents to come with their children and socialize. The children have a chance to develop gross and fine motor skills, make arts and crafts, play with toys, ride bikes, etc. It is open play for all children to explore in a safe environment.
<p>Maverick School 580 6th Avenue South East Swift Current, SK S9H 3P6</p> <p>Tel: 306-778-9260 Fax: 306-773-8708</p> <p>Email: maverick_school@chinooksd.ca</p> <p>Website: http://www.chinooksd.ca/school/maverick/Pages/default.aspx</p>	<p>An alternative education school that caters to youth ages 15 to 21 years. Many adolescent parents come to Maverick to continue their education while parenting or pregnant (if they are academically capable of the online work load). Offers flexible class schedules to meet student needs so they can be successful students and parents.</p> <p>Offers counselling support to students throughout pregnancy, including discussions around options when pregnancy is first discovered.</p> <p>Connects students to outside agencies, including public health (one-to-one support, prenatal classes), parent support groups, Milestones Early Learning Centre (daycare), KISS Program (get a new car seat for \$20 and attendance at an information session), and the Food Bank/Christmas Hamper food drive and toy drive.</p>
<p>Public Health E.I. Wood Building – 4th Floor 400 – 350 Cheadle Street West Swift Current, SK S9H 4G3</p> <p>Tel: 306-778-5280 Fax: 306-778-5408</p> <p>Public Health Nursing Offices are located in Swift Current, Shaunavon, Maple Creek, and Leader.</p>	<p>Pregnant and parenting adolescents referred to program by their school counsellor or physician/nurse practitioner or by self-referral.</p> <p>Provides one-to-one prenatal education and support to prepare for birth and parenting, as well as ongoing support when they are caring for their new baby.</p> <p>If adolescents are planning an adoption, assist them to prepare for the birth and educate them about postpartum recovery and emotional needs.</p> <p>Pregnant and/or parenting adolescents are introduced to other agencies for additional support, including physician/nurse practitioner/midwifery program, education programs, daycares, Family Resource Centre, parenting programs, local support and parent groups, and financial assistance agencies.</p>

SOUTH continued	
Location, Organization, and Contact Information	Resources and services offered
Weyburn	
<p>South East Cornerstone School Division 80A 18th Street Weyburn, SK S4H 2W4</p> <p>Tel: 306-848-0080; 1-888-938-0080 Fax: 306-848-4747</p> <p>Email: contactus@secpsd.ca</p> <p>Website: http://www.secpsd.ca/Pages/default.aspx</p>	<p>Pregnant and parenting adolescents are connected with Early Learning Consultants (ELCs). These consultants are experienced, highly-trained, certified teachers who support adolescents as they take on the important role of parenting. ELCs provide support during pregnancy, connect adolescents with community support, share information, and answer questions. ELCs also support the new family after the child is born and will visit the home regularly to deliver play-based intervention, share information on healthy growth and development, and collaborate to set family goals. ELCs are able to support adolescents to finish high school; all of the work that they do together counts toward a high school credit.</p>
Yorkton	
<p>Dreambuilders High School 345 Broadway Street West Yorkton, SK S3N 0N8</p> <p>Tel: 306-782-0191</p>	<p>Offers a tri-semester schedule in an alternate learning environment to assist youth in working toward graduation and transition to work.</p> <p>Counselling services are available on site.</p>
<p>KidsFirst Yorkton 83 North Street Yorkton, SK S3N 0G9</p> <p>Tel: 306-783-0383</p>	<p>KidsFirst is a provincially funded program for children and families living in vulnerable circumstances. It is a voluntary, strength-based early childhood development (0-3 years), family-centered program. Eligible families are enrolled prenatally or as soon after a child's birth as possible.</p> <p>Home visiting is the main component, which utilizes the Growing Great Kids curriculum which focuses on child development, family resiliency, developmental screening, and goals. Assist with connections to community programs.</p> <p>Dedicated mental health and addictions staff to support referred clients as well as a community Family Resource Centre (open to all families) with group programming for prenatal and families with young children.</p>

SOUTH continued	
Location, Organization, and Contact Information	Location, Organization, and Contact Information
Yorkton continued	
<p><i>Kids Zone Early Learning and Childcare Facility Inc. Teen/Community</i> 200 Prystai Way Yorkton, SK S3N4G4</p> <p>Tel: 306-782-2173</p>	<p>Daycare available for adolescent mothers who are completing their grade 12 education.</p> <p>Transportation for adolescent parents to and from school.</p> <p>Public health nurses will visit and provide the mothers with one-on-one services.</p> <p>Referrals are also provided as necessary based on the needs of the parents.</p>
<p><i>Society for Involvement of Good Neighbours (SIGN)</i> 345 Broadway Street West Yorkton, SK S3N 0G9</p> <p>Tel: 306-783-9409</p> <p>Email: signadmin@sign-yorkton.org</p> <p>Website: https://sign-yorkton.org/</p>	<p>Life Skills Program: 306-782-4711</p> <p>For youth aged 12-20 that helps develop their skills for everyday living with an individualized program.</p> <p>Family Preservation Program: 306-782-1441</p> <p>An In-home support program that assists children, youth, and parents throughout the area to access the supports and services they need as quickly as possible to keep their families safe and together. Services include intensive in-home supports, a community care team, respite child care, referrals, and parent skill development.</p> <p>Housing Support Program: 306-783-0006</p> <p>Works closely with landlords and individuals to assist homeless or hard-to-house individuals with finding and maintaining adequate housing in Yorkton.</p> <p>Walk-In Counselling Clinic: 306-782-1440</p> <p>No-fee walk-in counselling sessions are available to all individuals, couples, and families to help address various concerns. Clients are seen on a first-come, first-served basis during designated walk-in service hours. No referral or scheduled appointment is needed for service.</p> <p>Yorkton Family Resource Centre: 306-782-8171</p> <p>Provides access to quality programs and connection to services that help enhance childhood development, provide parenting support, and provide on-site professional guidance.</p>

SOUTH continued	
Location, Organization, and Contact Information	Location, Organization, and Contact Information
Yorkton continued	
<i>SIGN continued</i>	<p>Family Support Program: 306-782-1209</p> <p>In-home support service for families. Shared goals are developed focusing on wellness, parenting strategies, and day-to-day skills to strengthen healthy family functioning and maintain the family unit.</p> <p>Triple P - Positive Parenting Program: 306-783-3080</p> <p>Gives parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships.</p>
<p>SIGN Early Learning Centre 83 North Street Yorkton, SK S3N 0G9</p> <p>Tel: 306-782-8808</p> <p>Website: https://sign-yorkton.org/our-services/sign-early-learning-centre</p>	<p>Licensed child care and early learning facility for 45 children. Structured to encourage and promote the development of the individual child, particularly in the areas of physical, emotional, cognitive, language, and social skills.</p>