

TEEN PARENTING DROP-IN PROGRAM

PROGRAM DESCRIPTION

The teen parenting program offers a safe and relaxed setting for young parents to get together and learn about their children. The program uses a strength based model to promote play and healthy attachment between parent and child. Young parents are supported and encouraged to connect to each other, the group and to their local community services. The group is structured to provide a nutritious meal, interactive play including a circle time and a workshop for parents to attend on their own.

A Social Worker from this agency and collateral staff from Lansdowne Children's Center facilitate the Post-Natal Teen Drop-In Program. Similarly, many community agencies are invited to provide workshops and information sessions on topics where the parents have indicated an interest.

Currently the program runs one evening per week. The teens are connected to this program through information sessions held at the Pre-Natal classes as well as through their schools and physicians. Many of the participants are referred by other young parents. Child Development Workers assist in the childcare support and education component of the program.

GOALS OF THE GROUP

1. To offer supplemental support to young parents.
2. For young parents to connect and learn from each other.
3. For young parents to gain knowledge of healthy growth and development for their child's early years.
4. To enhance parental problem-solving skills.

TECHNIQUES USED

1. Discussion on relevant topics
2. Problem-solving
3. Group speakers from various community agencies whose area of service is child health, nutrition, etc.

EVALUATION

The Family Support Worker is responsible to coordinate the teen parenting group. Staff involved in the program will meet regularly to discuss program planning including evaluation and implementation of improvements. Teens will be asked for both verbal and written feedback on the group.