

DROP IN SESSIONS

**To start Monday October 26,
2009**

Time: 10:45 am – 12:00 pm.

Contact: Deb 519-434-6848 ext 246



Teenage C.H.A.T.

is a 10 month program designed to meet the needs of prenatal and post natal teen parents

Drop in to chat

Make new friends

Snacks/Food

*Drop-in/ Information sessions to start in
October*



Group goals for Teenage C.H.A.T.

- **Feel safe and supported while discussing personal life issues**
- **Benefit from other teenage parents' experiences**
- **Learn about community resources**
- **Learn new parenting techniques**
- **Learn effective communication skills**
- **Enhance Problem-solving skills**
- **Regain self-esteem**
- **Increase knowledge on attachment**
- **To socialize and have fun**

**Location: Merrymount Children's
Centre
1064 Colborne Street London,
Ont.**

merrymount
CHILDREN'S CENTRE
family support and