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# Teenage C.H.A.T.

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

*Drop in and information sessions held  
bi-weekly.*

*Childminding during information  
sessions.*

*Snacks Provided*



## 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 Crisis Centre