



## OPPT - Outreach for Pregnant and Parenting Teens

OPPT is an educational support group for pregnant and parenting teens in the Black Gold Regional School Division. Our goal is to help students continue their education and to learn positive parenting skills.

The child care facility, provided in partnership with the Leduc Recreation Centre, allows teen moms and dads to participate in their classes without financial hardship. The OPPT program fills a growing need in the community for connecting teens to a safe supportive learning environment where their personal and educational goals can be pursued with an enhanced probability of success.

### The Beginnings

In 2004 Storefront School was awarded Community Initiatives Program funding of \$56,256.00 to assist with the development of the Outreach Program. The funding provided through the Alberta Lottery Fund, provided resources to create a suitable facility at the Storefront School and to maintain the Outreach for Parenting and Pregnant Teen (OPPT) program, an initiative of teacher Darci Ecker-Popiel.

Continuing support is provided by community partnerships with Leduc-Nisku Rotary, Leduc Legion Ladies, Leduc Food Bank, Leduc Public Library, Capital Health, Parent Link, Family Connections, Leduc City Life Church, Daystar Church, and Body Rox Gym.

### OPPT Programs

**Some of the programs we offer on Tuesday and Thursday afternoons from 12:30-3:00 pm include:**



**\*Learning Strategies-** study skills and strategies for lifelong learning by identifying your learning style, personality type, values, attitudes, skills and motivation

**\*Life Management-** health and personal well-being, stress and anger management, conflict resolution, building self-esteem, promoting and protecting mental and physical health, relationship building, and making healthy life choices





**\*Community Kitchen-** study nutrition, plan and cook meals, share food, recipes and ideas to save time and money

**\*Children, Families and Relationships-**family patterns, roles, rules and boundaries, coping skills, communication, developing healthy relationships, promote your child's development



**\*Health for Two-**prenatal and postnatal information for moms-to-be, milk coupons, and prenatal vitamins

**Academic Course Tutorials-** one-on-one assistance available on Monday and Wednesday afternoons by appointment only with Mrs. Leming



### Additional Services Provided

- On-site drop off for donated baby clothes and items
- Personal counselling
- Food Bank access
- Trips to community supports within the City of Leduc

### How Can You Help?

OPPT would like you to consider supporting the program through any of the following:



- Volunteer to cuddle a baby on Tuesdays or Thursdays while the moms are in classes (12:30-3:00pm)

- Become a mentor to a teen mom
- Share your experiences as a teen mom



**OPPT is a registered charity and can provide a tax receipt for any cash donation.**

Please contact Shirley or Michelle @ Black Gold Outreach 780-986-9466

## Links

### **Other Pregnant-Parenting Teen Schools**

<http://www.terraassociation.com/es.html>

<http://www.gppsd.ab.ca/bnetwork/pteen.html>

### **Interesting sites to check out!**

[www.oneyoungparent.com](http://www.oneyoungparent.com)

[www.singlemom.com](http://www.singlemom.com)

[www.youngmommies.com](http://www.youngmommies.com)

[www.standupgirl.com](http://www.standupgirl.com)

[www.teenparentingcommunity.org](http://www.teenparentingcommunity.org)

[www.yourbabytoday.com](http://www.yourbabytoday.com)

[www.snapfish.com](http://www.snapfish.com)

[www.growing-up.com/teenmoms.html](http://www.growing-up.com/teenmoms.html)

<http://groups.msn.com/NewMoms/teenmomresources.msnw>

<http://www.investinkids.ca/>

<http://www.geocities.com/whitesvilleschool/pregmrs.htm>

## Community Contacts and Support

### **Alberta Adult Health Benefit**

427-6848

### **Health Link**

Tel: (780) 408-5465

Hours: 24 hours 7 days a week

### **Child & Family Services Authority**

Region 6

Tel: (780) 422-3355

Emergency After Hours (780) 427-3390

Web site: [www.acs.gov.ab.ca/mamowe/site.html](http://www.acs.gov.ab.ca/mamowe/site.html)

### **Child Tax Benefits**

Tel: 1-800-387-1193

**Distress Line - The Support Network**

Tel: (780) 482-4357 - 24 Hours

Website: [www.thesupportnetwork.com](http://www.thesupportnetwork.com)

**Daycare Subsidy**

Tel: (780) 427-0958

**Leduc Food Bank**

Tel: (780) 986-5333

[www.leducfoodbank.ca](http://www.leducfoodbank.ca)

**Leduc Public Health Centre University of Alberta Hospital**

Tel: (780) 980-4644 Tel: (780) 407-8822

**Leduc Community Hospital**

Tel: (780) 986-7711

**Kid's Kottage**

Tel: (780) 944-2888

Website: [www.kidskottage.org](http://www.kidskottage.org)

**Men's Help Line**

Tel: (780) 452-7193

**Students Finance Board**

Tel: (780) 427-2740

**Student Legal Services of Edmonton**

Tel: (780) 492-2226

Website: [www.law.ualberta.ca/students/sls](http://www.law.ualberta.ca/students/sls)