

Counselling

Everyone who comes to Jessie's has a counsellor who can help them deal with a wide range of issues. The counsellors can help you sort out problems with welfare, housing, daycare, custody and issues in your relationships.

Housing Assistance

Jessie's helps families apply for subsidized housing and provides information on a variety of housing choices. You can also learn about your rights and responsibilities as a tenant.

Nursery Drop-In

Jessie's drop-in nursery is a warm, welcoming room filled with brightly coloured toys, comfortable rocking chairs, cribs, highchairs and plenty of room for parents to gather and talk.

School

Jessie's offers high school credit courses in our on-site classroom. The teachers are from the Toronto District Board of Education. The program is geared to meet the needs of students in different grades at different levels. We provide childcare in our Nursery while parents attend school.

Free Transportation

Every time you come to Jessie's, you get two T.T.C. tickets - one to go home and the other to come back again.

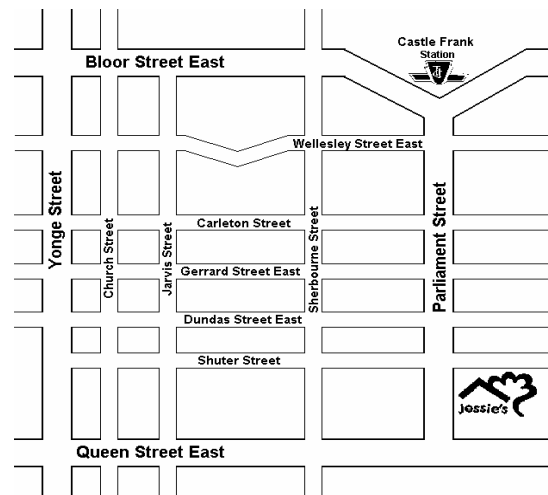
Jessie's Centre for Teenagers was established in 1982 as a comprehensive resource centre for pregnant teenagers, teenage parents and their children. Our service was designed exclusively for teen parents in order to be supportive of them through the crucial early years of their child's life. We have designed a variety of programs to offer practical assistance, health care, counselling, education and support.

Jessie's is a charitable organization funded by the Ministry of Community and Social Services, the United Way of Greater Toronto, the City of Toronto, Health Canada and private donors.



Jessie's Centre
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Toronto ON M5A 2Z4

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Centre for Teenagers

www.jessiescentre.org

For Pregnant Teenagers, Teenage
Parents and their children

- Counselling
- Prenatal Classes
- High School
- Health Services
- Nursery
- Parenting Education
- Housing Assistance

You must be 18 years old or younger
to start using Jessie's Centre.

Call and ask for a counsellor.

All services free and confidential.
English, Spanish, Mandarin and
Cantonese spoken.



UNITED WAY MEMBER AGENCY

Charitable Registration: 11897 3734 RR0001

Pregnancy Counselling

If you have just found out or think you might be pregnant and are unsure about your choices - we can give you information about pregnancy testing, abortion, adoption and parenting resources.

Health Program

Jessie's Health Counsellor is on hand to answer all your health questions while you are pregnant and afterwards for you and your baby. We have a weekly Well Baby Clinic and we can help with any health concerns such as breastfeeding, birth control, sexually transmitted diseases, immunizations and how to tell when your baby needs to see the doctor.

Swap Shop

We have a Swap Shop filled with baby clothes and equipment, women's clothes and household items. These things are donated to us and free to you.

Help with forms

When you become a parent, there is lots of paper work to do day care and housing applications, income tax forms, child tax benefit forms, birth certificates, health cards - we can help you with all these forms.



Prenatal Classes

Jessie's offers evening prenatal classes for pregnant women and their labour support partners. We talk about what to expect during pregnancy and help you prepare for labour and delivery and for taking care of your newborn baby. Labour support volunteers are available to be with you at prenatal classes and during childbirth.

Support for New Mothers

Infant Parenting is a weekly group for new mothers. You can learn about breastfeeding and infant nutrition, growth and development. Mothers support one another in all the things that can come up for mothers and babies in the first 9 months.

Groups

Jessie's has parenting groups for parents whose children are at different stages: infants and toddlers. We also have special groups for parents of children just learning to speak and monthly opportunities to videotape your child. Our groups are open to both mothers and fathers. Specific group programs are offered for ethno-cultural groups. We also explore issues of violence and substance abuse in our programs.

Prenatal Nutrition

We have a weekly prenatal nutrition program called 'Food for Two'. You can learn about your nutritional needs during pregnancy to help ensure you have a healthy baby.