

## Jessie's Prenatal and Parenting Programs for Teens and Families

Name of Program	Target Group(s)	Frequency of Sessions
<b>Prenatal Classes</b>	Pregnant teenagers and their labour support person(s)	Weekly sessions for expectant parents and a labour support person to ensure a healthy pregnancy
<b>“Food for Two”, Prenatal Nutrition Program</b>	Pregnant teenagers	Weekly sessions focussing on prenatal nutrition to ensure a healthy birthweight in babies
<b>Well-Pregnancy Clinic</b>	Pregnant teenagers	Weekly healthcare checkups with staff and a nurse practitioner
<b>Labour Support Volunteers</b>	Pregnant teenagers	Trained/educated labour support volunteers provide one-on-one help with pregnancy, childbirth, and the early postpartum period
<b>Drop-In Nursery</b>	Teenage parents and their children.	Jessie's Nursery is available 35 hours per week for parents to attend with their children – to encourage bonding with their child and networking with other families – or for safe childcare when parents attend school or appointments.
<b>Well-Baby Clinic</b>	Teenage parents and their children of all ages	Weekly three-hour clinic with staff, and other times as needed. A Nurse Practitioner from Sick Kids attends once a month.
<b>Respite Care</b>	Parents who need safe overnight daycare for their babies for up to 3 days. Parents can use this service for emergencies, moving, medical care or for stress relief.	Jessie's provides about 270 days of respite care. Children are lovingly cared for in the homes of trained, screened volunteers.
<b>Breastfeeding Support Group</b>	Teenage mothers who are breastfeeding and their infants.	Ongoing weekly sessions
<b>Infant Parenting Group</b>	Teenage parents and their infants.	Ongoing weekly sessions
<b>Toddler Parenting Group</b>	Teenage mothers with infants and toddlers over the age of 9 months.	Ongoing weekly sessions
<b>Fathers Group</b>	Teenage fathers and fathers to be.	Ongoing weekly sessions
<b>“Turning Point” Group and Visitation</b>	Teenage parents whose children are in care of Child Welfare agencies can attend a support group at Jessie's and use our Centre for supervised visit.	8-session group to help address parent issues so they can reunite with their child. Jessie's staff are trusted by CAS and parents as a location for supervised visitation.
<b>Multicultural Groups</b>	Jessie's has 3 separate support groups for parents representing different multicultural communities	Monthly sessions for the following communities: 1) Latin; 2) Asian; 3) “Sessions” – for African, Caribbean and Black Teenage Parents
<b>Intensive Parenting Program</b>	Pregnant teenagers and teenage parents who wish to develop parenting skills but find it difficult to learn in groups.	One-to-one counselling by trained counsellors using a variety of interventions such as “Watch Wait and Wonder” and “Modified Interactional Guidance”