

Bright Beginnings Teen Parenting Services



Bright Beginnings Teen Parenting Services are geared towards pregnant and/or parenting youth ages 12-21. Services include teen parent education and supportive mentoring.

The program offers parent and health education, life skills and group support. For participants who wish, a caring, supportive adult volunteer mentor is matched with the youth for one year or more.

Teen Parenting groups meet weekly at various locations throughout the metropolitan area. Teen Mother Mentoring is scheduled at convenient times between teen and mentor. Transportation support available. Dinner and/or snacks provided.

Contact:

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Teen Parenting P: 612.877.7834

Teen Mother Mentoring P: 612.877.7826

Teen Parenting Education:

Bright Beginnings Teen Parenting program is designed to educate, guide and support pregnant and/or parenting youth ages 12-21.

During this program:

- Participants receive weekly group education
- Participants receive information about additional community resources
- Participants receive parent-child interaction coaching
- Participants receive peer support
- Participants have the opportunity to connect with a mentor (optional)



Teen Mother Mentoring:

A free service especially for teen parents. Mothers are matched with a caring, supportive adult for one year or more. Over time, many mentors become a trusted advisor.

During this program:

- Mentors contact participants at least once a week
- Mentors meet with participants in person at least two times per month for activities such as grocery shopping, doctor's visits and community events
- Mentors and participants set goals
- Participants attend monthly workshops on educational topics
- Participants receive peer support

Curriculum Overview:

Through group discussion, videos, speakers, role playing, and hands-on activities, participants receive education and information about:

- Parenting Education
- Child Development
- Parent/child interaction coaching
- Pregnancy Prevention
- Independent Living Skills
- Women's Health
- Social/Communication Skills
- Healthy Relationships
- Time, Money and Household Management
- Community Resources

FamilyWise offers support and strengthening services to further educate, empower and enrich the lives of individuals and families.





Guide them to know the
parent within.

FamilyWise is committed to keeping children safe, strengthening families and breaking down barriers for families struggling with complex challenges through education and skill building. FamilyWise is a local nonprofit who has impacted thousands of families of our community since 1976.

Our goal is to promote social change by strengthening families and the community through programs that:

- **Educate** parents on skills needed to lead stable lives and provide safe homes for their children.
- **Empower** families to achieve self-sufficiency and to advocate for themselves and their children.
- **Enrich** the lives of children, youth and families, enabling them to lead healthy, productive family lifestyles.



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