



Family Service Regina

Healthy Families Strong Communities

Teen Parent Program

The Teen Parent Workers at the Shirley Schneider Support Centre come from Family Service Regina, a nearby community agency. They spend most of their time at SSSC so they can be available to students.

You can approach one of the teen parent workers any time you are feeling a need for extra support. They can sit down with you to talk out a problem, or they can help with practical needs you are facing.

You can reach a Teen Parent Worker by calling 306-523-3217 or 306-757-6675 or inbox Balfour Teenparent on Facebook.



OUR TEEN PARENT PROGRAM CAN HELP YOU WITH:

- Finding a new place to live
- Managing your money
- Feeling overwhelmed
- Dealing with a crisis
- Connecting with other supports
- Planning for the future
- Group support
- Celebrating success
- Being a parent
- Problem solving
- Self-care and baby-care
- Learning new skills
- Custody and access issues
- Anxiety and worry
- Family issues
- Abuse and safety
- Feeling depressed
- Healthy relationships
- Career and education planning
- Decision making

200-1440 Broadway Ave | Regina, SK | 306.757.6675

familyserviceregina.com