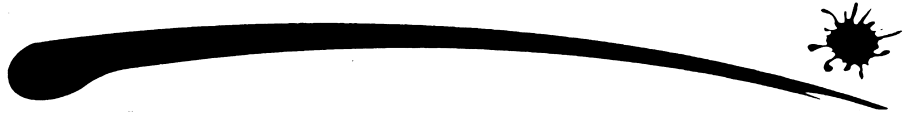


# Network News



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## Who Are We?

The Adolescent Parent Interagency Network (APIN) is a network of Manitoba professionals who meet regularly with the goal of ensuring high quality service to pregnant and parenting adolescents. The Network helps facilitate the sharing of information related to existing services and resources.

info @apin.org  
www.apin.org

### What's Happening at APIN?

We have had a busy spring at APIN this year. In January, we held a Brown Bag Session on **Removing the Barriers to Teen Breastfeeding: A Service Provider's Perspective**. Our Annual Conference was held on April 29th at the Canad Inn Polo Park. The theme this year was **Vulnerable Youth + Pregnancy = Opportunity for Change**. Then on May 31st, we offered another Brown Bag Session on the topic of **Good Relationships**. (More information on Page 2.)

APIN continues to receive positive feedback about the Sessions and Conference. If you have any questions, suggestions or comments, please feel free to contact us at info@apin.org. We appreciate hearing from you.

The Steering Committee and the Sub-Committees are currently setting the program for the 2011-2012 year. The fall Session information will be included in the next Newsletter. Also, check our website at [www.apin.org](http://www.apin.org) for ongoing information, as well as copies of handouts and power point presentations from the Sessions and Conference. In addition to the regular Session normally held in the fall, the Adolescent Parent Day will also be held during this time-frame. As soon as the date is finalized, it will be placed on the website. This is a great day specifically for adolescent parents and their babies, along with their service providers. We always have a full house, so plan to register early.

APIN provides the opportunity for information to be shared however may not endorse or promote the materials or views conveyed.

January 25, 2011—Brown Bag Session “**Removing the Barriers to Teen Breastfeeding: A Service Provider’s Perspective.**”, with Presenter Marusia Kachkowski, MPH, BSN, IBCLC

Marusia Kachkowski talked about how teen parents face a myriad of barriers when it comes to breastfeeding, but with information and support they can benefit from the “great equalizer” of human milk for their infants. The part we can play in creating breastfeeding-friendly environments and a supportive culture for teen parents was also discussed. The potential impact breastfeeding can make for vulnerable families was re-examined, and opportunities to be myth busters in our everyday encounters with teens were sought out. It takes a village to raise a healthy breastfed baby!



The 2011 Conference theme was “**Vulnerable Youth + Pregnancy = Opportunity for Change**”. The Keynote Speakers were Dr. LaRon Nelson, University of Toronto and Gillian Thompson, from the Hospital for Sick Children in Toronto. Their general session topic was Adolescent Parenting: Opportunity for Positive Change. There was also an interesting and informative choice of Concurrent Sessions. A few of the topics were: Living with Fetal Alcohol Spectrum Disorder (FASD); Working with Diversity: Facilitating Sexual Health Education with Newcomer Youth; A Safe Place of Change: Exploring the Advantages of Residential Treatment Services for Pregnant Adolescents and Young Women. There was a topic for everyone, with most sessions filled to capacity.

At noon, the R. B. Russell student drama troupe presented a fascinating drama that showed what it meant to be vulnerable youth, and how they wish service providers, teachers and counsellors would speak and interact with them.

The afternoon included additional Concurrent Sessions and the closing session was Embracing Life Changing Moments by Debbie Pokornik. \*\*\*

May 31, 2011—Brown Bag Session “**Good Relationships**”, with Presenter Roselle Paulsen. Roselle said we talk about ‘healthy’ relationships” all the time, and then went on to address goals as educators and supporters for their clients in terms of their intimate relationships. The session included a presentation, discussion groups, and activity sheets.



\*\*\*Session/Conference Handouts, power point presentations, etc. can be found on APIN’s website @ [www.apin.org](http://www.apin.org)

## HIGHLIGHT A PROGRAM

### Introducing



A new program has arrived in Manitoba focusing on reducing women's risk of having an alcohol exposed pregnancy. We are the first province in Canada to roll out this FASD prevention strategy!

#### **How does it work?**

Project CHOICES uses a woman centred, harm reduction approach while providing information and brief support for women who are at risk of having an alcohol exposed pregnancy. Participants are offered 4 counselling sessions and 1 contraception consultation visit with a birth control specialist. The program uses motivational interviewing to discuss drinking and birth control.

#### **Who is a good fit for this program?**

Women who are sexually active, 16 or older (no age maximum), and drink alcohol, could benefit from Project CHOICES. For more information, contact a Project CHOICES Counsellor:

**Klinic Community Health Centre: Tara: 784-4072 or Lyndsay 784-4015**

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### APIN STEERING COMMITTEE

Joy Rae, The Family Centre.....	947-1401
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Enrica Herfurth, Villa Rosa .....	786-5741 x236
Trina Larsen, Healthy Child Manitoba.....	945-2785
Kim Witges, WRHA.....	940-8712
Michele Bercovich-Love, WCFS.....	944-4378
Kris Robinson, St. Boniface Hospital .....	235-3720
Joanne Waskin, Healthy Baby.....	945-1322
Jenny Foster, Healthy Start for Mom & Me.....	949-5356
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Debbie Edmonds, Isobel's Place.....	925-0320 x332
Shelley Jonasson, Mb. Labour & Immigrat'n....	945-5020
Pam Gillman, New Directions.....	783-7078 x2205

Information regarding upcoming events and activities will be advertised on the APIN website, via email and/or in the Newsletter.

### Community Events/Information

#### **Empowering NRG:**

[www.empoweringnrg.com](http://www.empoweringnrg.com)  
(2011 Conference Speaker)

#### **Getting to Better:**

[www.gettingtobetter.ca](http://www.gettingtobetter.ca)  
(2010 Conference Speaker)

#### **RespectEd Education Courses:**

- 1) Promoting Healthy Youth Relationships: Relationship Violence Prevention (Sept. 27-29, 2011)
- 2) It's Not Your Fault: Abuse Prevention (Sept. 12-15, 2011)

For registration information, contact [rebecca.ulrich@redcross.ca](mailto:rebecca.ulrich@redcross.ca). The registration forms can also be found at [www.apin.org](http://www.apin.org).

**Youth For Christ—North End Teen Mom's Group**—will commence again in Fall 2011. Contact Sherri Miller @ 669-4205 or [teenparenting.wpg@gmail.com](mailto:teenparenting.wpg@gmail.com)

#### **Stephanie Staples**

[www.yourlifeunlimited.ca](http://www.yourlifeunlimited.ca)  
(2010 Speaker)

#### **Fort Garry Women's Resource Ctre**

Ongoing Workshops—contact 477-1123 or [colleens@fgwrc.ca](mailto:colleens@fgwrc.ca)

#### **Volunteer Manitoba Courses:**

- 1) Managing Capacity: A Balancing Act— July 26, 2011
  - 2) New Technology Tools for Your Volunteer Program—August 17th
- Contact Delores or Eric at 477-5180  
OR [www.volunteermanitoba.ca](http://www.volunteermanitoba.ca)

**“WHETHER YOU BELIEVE YOU CAN, OR BELIEVE YOU CAN'T, YOU'RE PROBABLY RIGHT.”**

**- HENRY FORD-**