

Network News



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Who Are We?

The Adolescent Parent Interagency Network (APIN) is a network of Manitoba professionals who meet monthly 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.

APIN Upcoming Events

Vicarious Trauma - Sept. 11th, 2007

Date & Time: Tuesday, Sept. 11th, Noon - 2:00 p.m.

NOTE: This is a 2-hour meeting with complimentary lunch provided. Please RSVP to info@apin.org or call 339-0247 by Friday, Sept. 7th (Seating limited to 100)

Place: **Crossways-in-Common** (Young United Church)
Corner of West Broadway and Furby (enter from Furby St. – free parking available on side streets)

Presenter: **Pamela Jackson, Therapist**

Description: Come to this two-hour luncheon to hear about vicarious trauma, what it means, and the impact it has on the lives of service providers.

Adolescent Parents Day - Oct. 16th, 2007

The 3rd annual APIN Adolescent Parents Day will combine physical activity, music and learning. Along with an active Kids *in motion* session, the day will include an engaging presentation on **attachment** and **raising emotionally healthy children** by Csilla Przibislawsky, a therapist at Aulneau Renewal Centre. She will help teen parents understand how to let their baby and child know that they truly care about his or her feelings and needs. Knowing someone cares and will be there for us is something we all need, even as adults. *(Please see page 2 for registration information.)*



Welcome! to the new APIN Coordinator Elizabete Caetano

The APIN Steering Committee is thrilled to announce that Elizabete Caetano has taken on the position of APIN Coordinator. She will assist the committee with organizing presentations and conferences, among other activities.

In addition to working with APIN, Elizabete is a Community Programmer with the Inkster Parent Child Coalition and a Family Violence Counsellor at Nor' West on Portage. Elizabete looks forward to meeting and working with many of you over the upcoming months.

Tuesday, October 16th Adolescent Parents Day

Marlborough Hotel (331 Smith Street)
10 a.m. - 2:30 p.m.

This special interactive day for adolescent parents is free of charge for adolescent parents and the service providers who accompany them. Babies are welcome as the day's activities are planned to engage both mom and baby. (Note that child care will *not* be provided. Please be sure to bring whatever your baby might need, such as food, diapers, floor blanket and toys.) Lunch and snacks will be provided for the adolescent parents and service providers.



Angelica Van Bastelaere with baby Mikah at the 2006 Adolescent Parents Day

floor blanket and toys.) Lunch and snacks will be provided for the adolescent parents and service providers.

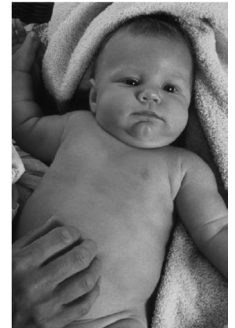
TO REGISTER: Please email the following information to info@apin.org by **Tues, Oct. 9th**: a list of the young parents attending, the service providers who will be accompanying them, and the agency/program name. There is no registration fee or form to complete.

Baby F.A.S.T. Group Referrals – Victory School

A Baby F.A.S.T. (Families and Schools Together) group is planned to take place at Victory School, 395 Jefferson, starting on Wednesday, October 16, 2007.

Baby F.A.S.T. is a group for young parents, their children and someone from the generation before them, such as the infant's grandparent, mom's aunt or uncle, or a trusted friend from the grandparent's generation. This person should be important in the life of the parent and child, and play an important role in the upbringing of the child.

The group will meet over an 8-week period (Wednesdays) and come together to make new friends by playing, singing, reading and talking together. Parents with infants under one will learn new skills, like infant massage. The evening ends with a meal prepared by the family with the help of the Baby F.A.S.T. Team. Prizes are given away at the end of each evening.



The evening is all about the parent and child, and how everything that the adults in the child's life do is for 'the sake of the baby'. The choices that parents make and their relationships with the significant people in their lives have far-reaching effects on the future of their child(ren).



Recruiting early is key to the success of the program. Service providers are invited to send the names and contact information of prospective participants (with their permission).

The families should live close enough to Victory School that they are part of the "community". The parent and his or her 'parent' will receive a visit from one of the members of the Baby F.A.S.T. Team to tell them more about the group and learn a little more about their family and what is important to them. Please let them know that there is no obligation to participate by giving permission to hear from us.

For more information, or a permission form, contact Fran Coulter at 940-1660. Fran can answer any questions and meet with the families to tell them about the group, and share some of the stories about the fun they had last spring at Baby F.A.S.T.

APIN Network News

is published six times per year for the network of Manitoba professionals working to ensure high quality service to pregnant and parenting adolescents.

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APIN web site: www.apin.org

APIN is funded through Healthy Child Manitoba.

APIN STEERING COMMITTEE

- Heather Carruthers, WCFS 944-4409
- Fran Coulter, WRHA 940-1660
- Enrica Herfurth, Villa Rosa 786-5741, x236
- Barbara Martin, Klinik 784-4024
- Sandra Peters, Healthy Start for Mom & Me ... 949-5356
- Holly Puckall, The Family Centre 947-1401
- Marie Ricard, Ma Mawi (Blake Gardens) 925-0337
- Kris Robinson, St. Boniface Hospital 235-3720
- Jan Sprange, Mount Carmel Clinic 582-2311
- Tanyalee Viner, New Directions 783-7078, x201

Fort Garry Women's Resource
Centre

Positive Coping Group

Coping with pain, trauma and stress can be challenging. This 8-week women-only group will explore tools for positive coping, such as identifying patterns, dealing with feelings, self-esteem, positive supports, and self-care.

Wednesday evenings
Oct. 3 - Nov. 21, 2007

To register, please call 477-1123 by September 19th. Pre-registration and in-person in-take required.

Community Health Clinics in Winnipeg

For low-cost/free birth control, pregnancy testing, pregnancy counselling, sexually transmitted infections and HIV/AIDS testing, and the morning after pill...

ALWAYS PHONE AHEAD!

- ▶ **Health Action Centre**
425 Elgin Ave, 940-1626
- ▶ **Klinik**
870 Portage Ave, 784-4090
- ▶ **Mount Carmel Clinic**
886 Main St., 582-2311
- ▶ **Nine Circles:** 705 Broadway
- specializing in HIV/AIDS services, 940-6000
- ▶ **NorWest Co-op**
103-61 Tyndall, 633-5955
- ▶ **Women's Health Clinic**
3rd Floor, 419 Graham Ave,
947-1517
- ▶ **Centre de Sante Sainte-Boniface:** 2nd Floor, 131
Provencher, 235-3910

JOB POSTING: August 2007

DEADLINE: September 12, 2007

Healthy Start for Mom & Me seeks a POSTNATAL PROGRAM COORDINATOR

Healthy Start seeks a special person to fill this pivotal role: the incumbent is retiring. We seek someone who is warm, wise, energetic, flexible and down-to-earth to work with staff, teams and parents. Those with the following qualifications are encouraged to apply:

- experience with marginalized populations and/or parents and children
- experience with group facilitation, adult education principles
- post-secondary education in a related field
- supplementary education/courses/workshops that relate to our area of interest
- staff supervision experience or readiness
- love of challenge, variety, problem-solving essential
- demonstrated empathy, non-judgmental approach, humour approachability
- exceptional communication skills essential
- experience with complex family/social issues requiring assessment and referral
- knowledge of related community resources and issues
- able to provide own car; valid driver's licence

Healthy Start for Mom & Me is a prenatal and postnatal outreach program that operates from 9 sites and is funded by both the provincial and federal governments (Canada Prenatal Nutrition Program and Manitoba's Healthy Baby Program). We work in collaboration with nurses and other services and have 7 outreach staff.

Salary range *starts* at \$45,300 and will recognize related experience. Group benefits; interesting and supportive work environment. Start date: early November 2007.

Apply by 12 noon **Wednesday, September 12, 2007** with a resume, cover letter and a short *point form* outline about your understanding of the issues of a community-based prevention program to:

Gail Wylie, Executive Director
Healthy Start for Mom & Me
2nd Floor, 400 Edmonton St.
Winnipeg, Manitoba R3B 2M2

or via email to: healthystart@mts.net noting CONFIDENTIAL APPLICATION in the subject line.



Aulneau Renewal Centre
Certificate Training Program ©

Attachment Treatment: Theory & Techniques

September 10-11-12
and
October 29-30-31

An understanding of attachment is offered in this 6-day certificate program. The participant will be trained in attachment theory and age-specific attachment styles.

Useful and practical tools directly relevant to the participant's work will be provided.

Of particular interest will be Day 2, entitled: *The Theory and Science of Self-regulation* featuring author **Kim Barthel, BMR, PTR**. This day will focus on developing an understanding of the impact of problems with emotional regulation on daily living and coping. Techniques for learning self-regulation and teaching it to others will be discussed.

There is also training in *Modified Interaction Guidance* available. These courses will be of interest to anyone working with children, adolescents, adults and families.

For more information on this and other training opportunities, please contact:

Monique Hutchison
Aulneau Renewal Centre
Tel: 987-7090 / Fax: 987-8880
email: aulneau@shaw.ca

**Promote your
programs & events in
APIN Network News!**

Fax to: (204) 338-4727 or
email: info@apin.org
(Info included as space allows)

Socio-Cultural Influences on Maternal Depression & Attachment: Enhancing Knowledge & Skills

October 4-5, 2007 Canad Inns, Polo Park, Winnipeg

Maternal and postpartum depression are common experiences of women around the globe that can have a negative impact on the mother, the mothering experience, mother/child attachment, as well as child development. Many women struggle with depression alone and in silence, unable to reach out at a time when societal and personal expectations contrast so intensely with their lived experience. The cause of maternal depression is thought to be multi-

factorial, including biological, psychological and social factors.

Presented by the Winnipeg Regional Health Authority (WRHA), Women's Health Clinic and the Attachment Network, the focus of this conference is on the socio-cultural influences that include risk factors, prevention, treatment and recovery, with particular attention to the needs of indigenous, immigrant and refugee women.

Day One will address socio-cultural implications on maternal depression and parent/child attachment.

Day Two will offer a choice of two concurrent workshops focusing on practical strategies and interventions that practitioners can use to assist women and their families on their journey to recover.

Registration: Early Bird (deadline Sept. 11th): \$175.00 / Regular rate: \$200.00.

You can download the conference registration from the APIN website (www.apin.org) under What's New.



GET ON THE APIN MAILING LIST...

Fax the completed form to (204) 338-4727, mail to:
441 Scotia St., Wpg, MB, R2V 1X3 or email: info@apin.org

Name & position: _____

Organization: _____

Mailing address: _____

City/Prov/PC: _____

Email address: _____

Phone / Fax: _____