

My Life My Voice: The Experience of Young Parents in Durham Region – Part 1



The Young Parent Community Coalition (YPCC) was established in 2005 with the purpose of ensuring young parents in Durham Region receive information and services that support and encourage them to be the best parents possible. While there is quantitative data regarding young parents in both Ontario and Durham Region, the YPCC found very little qualitative information about their lived experience. Existing qualitative research does not include the voices of young parents themselves. With this in the mind, the YPCC embarked on this research project to give young parents in Durham Region an opportunity to be heard, and share their experiences.

Pregnancy and parenting during the period of adolescent development can create unique social and economic challenges. Young parents are a vulnerable population and are often significantly impacted by the social determinants of health. Research has shown that young parents and their children are more likely to live in poverty. Children living in low-income families and/or neighbourhoods have poorer health outcomes on average than other children on a number of key indicators. This includes infant mortality, low birth weight, asthma, obesity, injuries, mental health problems and lack of readiness to learn.

Despite these challenges, when young parents and their children receive the right support at the right time there are many short and long term benefits. A baby can provide a tangible reason to complete school and be better prepared for the future.

The journey through pregnancy and parenthood often inspires young parents to consider their future, including educational and employment goals. For many young mothers and fathers, it seems to provide the incentive to change direction or build on existing resources. Many have a renewed interest in education, training or employment. In some circumstances, teenage parenting may become more of an opportunity than a catastrophe.

This report allows the voice of participants to be heard, through the sharing of their pregnancy, birth and parenting experiences. It touches upon mental health, parenting, community supports and services and, most importantly, their collective hopes and dreams.

The themes and key findings, which we will share over the course of the year in our future issues are introduced on Page 2.

Rose Garden is a quarterly publication produced by Rose of Durham.

Content may not be reprinted without permission. Permission for reprint, as well as suggestions and comments can be sent to:

Janet Chappelle, Editor
jchappelle@roseofdurham.com

Executive Director:
Janet Chappelle
Office Manager:
Deneen Nolte

Board of Directors
Tina Komel, President
Alya Al-Joundi, Vice President
Leah Anderson, Treasurer
Directors
Isabel Khalaf
Carloyne Willoughby
Corrine Johnson
Jacqueline Spencer
Lyndal McDonnell
Sonia Hector

To enquire about board nominations please contact the Executive Director.

Rose of Durham is funded through the generous support of individuals and organizations. Major contributors include:



Our Vision

Encouraging and empowering young parents and their children towards a future built on positive mental health



Themes and Key Findings

Pregnancy and Birth Experience

Breastfeeding

Want to read the full report now?

Parenting

Visit the link below to download your own pdf copy

Parent Child Interactions

www.durham.ca/mylifemyvoice

Relationships

Mental Health Issues and Isolation

Services for Young Parents

Hopes and Dreams for the Future



Report Recommendations:

1. Build capacity of front line workers to engage and work effectively with young parents
2. Improved initiation and duration of breastfeeding in young mothers
3. Healthy growth and development and mental wellness for children and young parents
4. Enhanced co-parenting skills and father involvement
5. Improved mental wellness, reduced isolation and promotion of socialization of young parents
6. Increased awareness among the general public of the day-to-day challenges faced by young parents
7. Ongoing improvements of living conditions of young parents and their children



hope 🍀 promise 🍀 new life

Rose of Durham Community Picnic

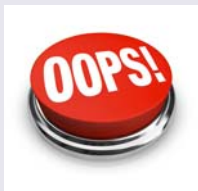
Spring is just around the corner (we hope) and with it comes good food (Lakeview Burger) and fun in the sun! Come join the Rose of Durham for a fantastic day on Saturday, May 27th at Memorial Park in Oshawa. We encourage you to join us from 11am until 3pm to enjoy live music, exotic animals, face painting, jumping castles, cupcake decorating, a new cool off crew, and so much more!

All activities are free with the exception of the BBQ (Hamburger Combo \$6—Hot Dog Combo \$5) and our Penny Raffle where \$5 gives you multiple chances at great prizes!

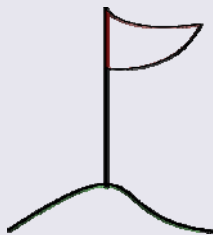
A full list of our generous sponsors and additional details can be found on our website.

We hope to see you there!

For more information, contact the Rose of Durham at 905-432-3622 or find us on Facebook.



In our last issue we posted the date of our 2017 Annual Victorian Tea as Tuesday, November 14, 2017, the correct date is **Tuesday, November 21, 2017**. Call the office at 905-432-3622 anytime to put your tickets on hold! Tickets are usually available for pick up and payment late September.



Do you like to golf? Are there golfers in your family? For the last five years, The Institute of Power Engineers has supported the Rose of Durham at their annual Golf Tournament to the tune of \$5000. This year's tournament is scheduled for Tuesday, May 2, 2017 at Glen Cedars. The price of golf (\$140) includes breakfast, power cart, green fees, steak dinner, and a prize. For more information or to register please visit:

www.ipe.org



In the Spotlight

Janelle Small has been with the agency since 2008. She has been a dedicated and devoted employee through numerous changes strategic and otherwise. Janelle has always put the needs of clients first, and advocates diligently for them.

Janelle encompasses the Agency philosophy of 'it takes a village' and is actively engaged in a number of our community partnerships. Janelle shows an initiative and drive to enhance and improve programs and services that is beneficial to the agency as it moves towards Children's Mental Health Accreditation.

The essential services we provide are made possible due to the support of our community. Sincere thanks to:

M. & P. Bonk, Ontario Power Generation, Brian Reel, Clara Herman, Nativdad Nash, St. Mary of the People CWL, Telus Cares, Fran Musial, Jill Harrison, Carol Manuel, Ron & Lillian Dancey, Anne & Jon Mitchell, St. Martin's Anglican Church, Mr. Robert J. Weindorfer, Noel and Judy Carey, Standard Auto Wreckers, Stephen & Fran Musial, Vince Leung, St. Mary of the People, Mr. Gagliano, Unifor Local 1136, St. Gregory's CWL, Leah & James Anderson, All Saints Catholic Secondary School, XE.com, Hair in Motion, Michael & Katherine Ravensdale, Katie McDonald, Contax, Sail Consultancy Services Inc, Total Tire Pickering Inc., Danny & Diane White, Laurie & Brian Scott, Mohammed & Rukhsana Quereshi, Theresa Mullin, Westminster United Church Women, Jody Shaddick, Richard Young, William & Wilhelmina Van Boxtel, St. John's the Evangelist CWL.



"We make a living by what we get, we make a life by what we give" ~ Sir Winston Churchill



St. Isaac Jogues Council 11098—\$750
Sacred Hearts Council 15593—\$100
St. Mary of the People Council 8611—\$1,000

St. Joseph's Council 9989—\$555
Msgr. Gerard Breen Council 8309—\$1,000

We also gratefully recognize funding provided by:

- ⇒ The William F. Hayball Charitable Foundation for continuing to support our Mommy & Me weekly program and our annual Mothers Day Celebration.
- ⇒ St. Leo's Church Baby Bottle Boomerang whose parishioners for the last three years have consistently raised over \$1,100
- ⇒ Chum Charitable Foundation for continuing to fund our annual Christmas Party
- ⇒ Durham Children's Aid Society for funding our Basic Connections Group and our What a Difference a Dad Makes

Please note that the Spring newsletter acknowledges donations received from November 2016 to January 2017.



200 Bond St. W., Oshawa, ON L1J 2L7 PHONE: 905-432-3622 FAX: 905-432-3974
SATELLITE OFFICES: Durham North: 905-410-3622 • Ajax - Pickering: 289.385.1160
EMAIL: roseofdurham@roseofdurham.com • WEBSITE: www.roseofdurham.com

