



# Young Parents Support Network

# The Network News

newsletter  
Summer 2010

## Table of Contents

Future Planning	2
Summer Reminders	4
Registration	4
Family Medicine Clinic	3

### Watch For:

Our Parenting Group, Mother Goose, Drop-In Play, & Pre-Natal Coming This Fall!

## Annual General Meeting!!!

**What did we do here this year?  
What are we planning for next year?**

**Our A.G.M. will be held August 26th here at the Ahimsa Centre from 5-7 pm.**

**We will have fun family mealtime before getting down to business!**

**Pizza (including gluten- and dairy-free options) and other yummy goodies to share!**

**Come check us out and find out what we're all about!**

**GOLD STAR**

Our Volunteers from  
CFB Esquimalt

For Building Us A Great Ramp!

**GREAT WORK!**

### Young Parents Support Network

Find us at:  
2541 Empire Street  
Victoria BC V8T 3M3

(250) 384-0552  
petra@ypsn.ca

## **We are each other's best resources!**

**Remember**, registration for **Future Planning** is in **August!** This is a weekly group meeting on **Fridays**, starting in **September** and running **until June**. In the last month of the course, we open up the normally closed group to those who are considering joining this empowering way of sharing ideas and solutions. **Come on and check it out!** This year's group has been an unqualified success, an excellent opportunity for growth, social networking and identifying allies.

Each year's group is **unique, and responsive** to the needs of the members. This year we have had participants working on a **broad range of goals**: from returning to school and working on pre-requisites to improving their health and wellness, learning about debt management options, finding secure housing and/or daycare. Above all, this group is **respectful, informative and grounding**. Members have said that it is a **great socialization** experience for their children, while parents can connect with like-minded supportive persons. It's a great feeling to know **you're not the only one**, no matter what challenge you may be facing.

"Future Planning has made a difference in my kid's life and my own. I not only found the opportunity to learn about topics I didn't know about (or didn't know how to get info about), I learned how to set goals *and celebrate the steps to getting there*. So often, once a goal has been completed we can tend to just move on to the next challenge facing us. With a time frame to compare against, and positive reinforcement from the group, I found it very rewarding to have people take the time to recognize each of our accomplishments." - 2008/09 Future Planning Participant Theresa S.

Working **one-on-one** with a specific goal in mind **helps open doors** to resources and support. One of the best challenges this year was how to meet the changing dynamic from week to week. Let's face it, the only person I see more often than the folks in this group is my child! The **respect for the parents** as our own best experts, and **help identifying ideas** that could help us move forward was priceless. You get to know other parents very well, sometimes people you might not otherwise have gotten the chance to meet. And being held accountable for our decisions **in a safe way**, while learning that goals and ideals can change over time has been important for us, each in our own ways.

*Respite care as part of this program has helped to make it a huge success!*

## The Family Medicine Clinic : A Naturopathic Teaching Clinic Serving Young Families

The Family Medicine Clinic is a joint project of the Young Parents Support Network, Acacia Integrative Health, Dr. Amy Gilchrist ND, Dr. Kristin Schnurr ND, and The Boucher Institute of Naturopathic Medicine. Our team of talented health care professionals provides **individualized, complementary and alternative health care** in a team setting. We believe that true health and healing involves **mind, body and spirit**.

The **only clinic of its kind** in Canada, The Family Medicine Clinic provides Naturopathic health care **free-of-charge** to young parented, low income families here in Victoria. The clinic is located at Dockside Green.

Naturopathy is a philosophy and practice of healthcare that is **effective, safe and founded on holistic principles**. It is a distinct system of healthcare that draws on both scientific knowledge and long-standing traditional wisdom. Considerable **research and planning** go into developing an individualized treatment plan that takes into account the whole picture of your health. We are committed to **creating collaborative partnerships** with every client in order to establish a responsive, caring and compassionate foundation for **healing and positive change**.

Starting as a pilot project, spearheaded by Dr. Gilchrist in the spring of 2007, The Family Medicine Clinic has become a **huge success** both in utilization (it has been fully booked since inception) and in outcomes for patients and their families. In the summer of 2009, Acacia, YPSN, Dr. Gilchrist and Dr. Schnurr partnered with the Boucher Institute of Naturopathic Medicine with the intention of **expanding access** in order to serve a long wait-list of clients. What developed was a partnership, where 4th year Naturopathic Interns come to Acacia to deliver care, supervised by a licensed ND. This provides these upcoming doctors with valuable clinical experience, while effectively tripling the number of patients we can treat. **Young parents who are interested in this service please contact Margo at YPSN**

**Are You Looking For Something?  
Try Our Brand New Free Store!**

**Located beside the Childcare Centre, we  
have many children's items available.**

We also gladly accept donations!

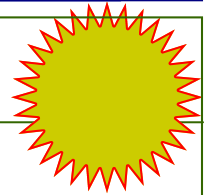
## A Message From Petra

Our agency is small and we leaped out into the unknown when we moved from our little downtown office to our **big new space** in Fernwood. One year later, we now offer **more support services** and more opportunities for young parents in Victoria. We now have a **stroller ramp** so you can roll right in, and thanks to the **United Way, TELUS, Vancity, Coast Capital, and the TLC fund** we have a 2nd family support worker and can offer intensified **pregnancy support**, including prenatal classes & birth doulas.

As usual, everything is **free**. Come out to our **drop-in this summer: Fridays from 10:30-12**. We offer snacks, toys, a free store, and friendly people who will be happy you came.

**If you are a parent under 30, this place is yours.**  
- Petra Chambers-Sinclair, Executive Director

**Summer Fun!** Now that the sun has returned in all its glory, let's take a moment to remember some of the ways we can keep ourselves and our kids safe, healthy and happy!



- **Hydrate, hydrate, hydrate!** Keep a refillable bottle of water on hand at all times.
- Choose a wide spectrum sunscreen that blocks both UVA and UVB rays.
- There are some concerns about skin irritation related to the substances used in some sunscreens. The Environmental Working Group recommends avoiding sunscreens containing padimate-O, Amino benzoic acid and its esters (paba), oxybenzone and cinnamates. Instead, use a product made with titanium dioxide or zinc oxide. These substances provide a physical, rather than chemical, radiation block.
- The temperature inside a car or other vehicle rises sharply, even with the windows cracked. The heat can be enough to melt a DVD! **Never** leave a pet or child in the vehicle in warm weather.

TO REGISTER FOR ANY OF OUR PROGRAMS
<p><b>General Inquiries</b> email:petra@ypsn.ca</p> <p><b>Respite and Future Planning Project</b> email:margo@ypsn.ca</p> <p><b>(250) 384-0552</b></p>



### How to Get to Ahimsa:

We are at the corner of Haultain & Empire Street right above Haultain fish & chips. One block from the corner of Bay & Cook.

**By bus:**  
#24/25 runs along Cook street. Get off near Bay, find Haultain & you're there..  
#4 runs up & down Hillside. Then there's a short walk down the hill. Get off at Cook. Try cutting through in front of the old Cridge building and come straight down Empire Street.  
#10 runs from the Dockyard up Esquimalt and all the way to the Jubilee hospital. Get off on Bay and walk one block north.

**By car:** There is lots of street parking & two designated parking stalls in front of our door. Please leave the spaces in front of the businesses on Haultain for their customers.

**With a stroller:** Our new ramp is accessed by the gravel path off Empire!

F U N	<ul style="list-style-type: none"> <li>• The Greater Victoria Public Library has kids programs happening this summer! Check out their Drop-In Story times, Science and How-To Programs, and Scavenger Hunt! www.gvpl.ca</li> <li>• <b>Under 2 Drop-In</b> at Burnside Gorge Community Centre. 1-2:30 p.m. (250) 388-5251</li> <li>• <b>Dad's Drop-Ins</b> at Saanich Neighbourhood Place in Pearkes Recreation Centre. For male caregivers and their kids aged 0-5 years. Saturdays 9-11 a.m. (250) 360-1148</li> </ul>	&  F R E E
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