

Coming Soon

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Teenage C.H.A.T.

is a 10 month program
designed to meet the
needs of prenatal and
post natal teen parents

*Drop in and information sessions held
bi-weekly.*

*Childminding during information
sessions.*

Snacks Provided



Location: Merrymount Children's Centre
1064 Colborne Street London, Ont.

Group goals for Teenage C.H.A.T.

- **Feel safe and supported while discussing personal life issues**
- **Benefit from other teenage parents' experiences**
- **Learn about community resources**
- **Learn new parenting techniques**
- **Learn effective communication skills**
- **Enhance Problem-solving skills**
- **Regain self-esteem**
- **Increase knowledge on attachment**
- **To socialize and have fun**

merrymount
CHILDREN'S CENTRE
Family support and crisis centre