



## Contact Us to Apply

YOUNGMOMS@  
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MEDICINE HAT

The Young Moms' program is offered by the YMCA of Medicine Hat in partnership with the Medicine Hat Public School Division and The Government of Alberta.

The Young Moms' program uses a comprehensive approach to support young mothers in gaining parenting and life skills while completing their high school education (or academic upgrading).



Alberta Provincial Family  
Resource Networks



# The Young Moms' Program

YMCA EARLY INTERVENTION  
PROGRAM FOR YOUNG MOTHERS



## In High School and Pregnant or Parenting?

Join the Young  
Moms' Program!

# The Young Moms' Program

**The Young Moms' Program provides you with the tools and support you need to be a great parent and navigate your career and life choices successfully.**

Get help from an on-site certified teacher to complete your high school education or upgrade to prepare for college. A Life Skills Coach will support you with developing your parenting and interpersonal skills while learning about mental, emotional, and physical wellness.

## Are You Eligible For The Young Moms' Program?

- I am pregnant or parenting
- I am 20 years old or younger
- I am working towards high school completion or academic upgrading
- I am willing to engage in parenting, wellness, and life skills programming



## What Does This Program Provide?

- Help with schooling/homework from a certified teacher
- Opportunity to upgrade for college
- Life Skills Coaching to help you navigate your career and parenting successfully
- Interpersonal skills development to help you form strong connections
- Parenting skills and child development education to help you be the best parent you can be
- Access to community resources to help set you up for success
- On-site childcare while in program allowing easy access to your child
- Access to YMCA fitness facilities, classes, and swim lessons to maintain a healthy lifestyle