Empowering Young Women in Their Pregnancy Journey

November 28, 2024
1:30-3:00pm MST

Pregnancy can elicit excitement, fear, and big questions - especially for young mothers. This session will focus on sharing knowledge about prenatal care and how to use that knowledge to advocate for yourself as a young parent navigating your pregnancy journey.

Learning Outcomes:

- Understand the importance of prenatal care
- Knowledge of basic prenatal care
- The value of prenatal classes
- How to use information as empowerment to make your own decisions for your pregnancy

Speakers:

Janelle Huhtala (BCYC, CYCC) is the Manager of Home Visitation Services for Family Services of Central Alberta, located in Red Deer, Alberta. Janelle has worked with children, youth, and families for over ten years in various settings, including individuals from Indigenous Nations across Western Canada. Janelle is completing a Master of Science in Child and Youth Care with the University of Strathclyde, with a dissertation on reflection in the workplace.

Monique Dubois is a home visitor with Building Incredible Babies at Family Services of Central Alberta located in Red Deer, Alberta. Monique has worked with children and families for over 30 years in home visitation and school settings including individuals from Indigenous Nations across Western Canada. Monique has a diploma in Early Learning and Child Care from Red Deer College.
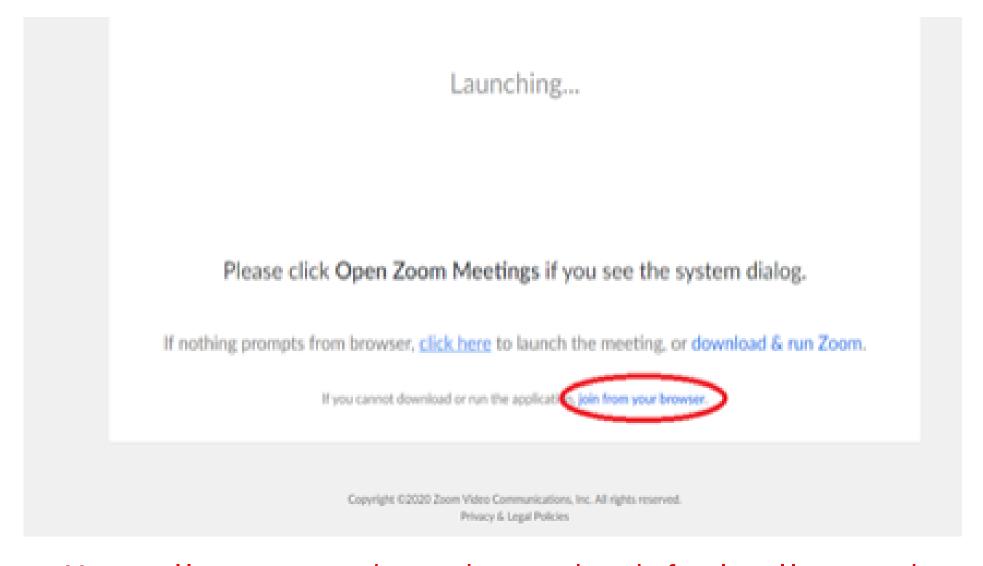
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