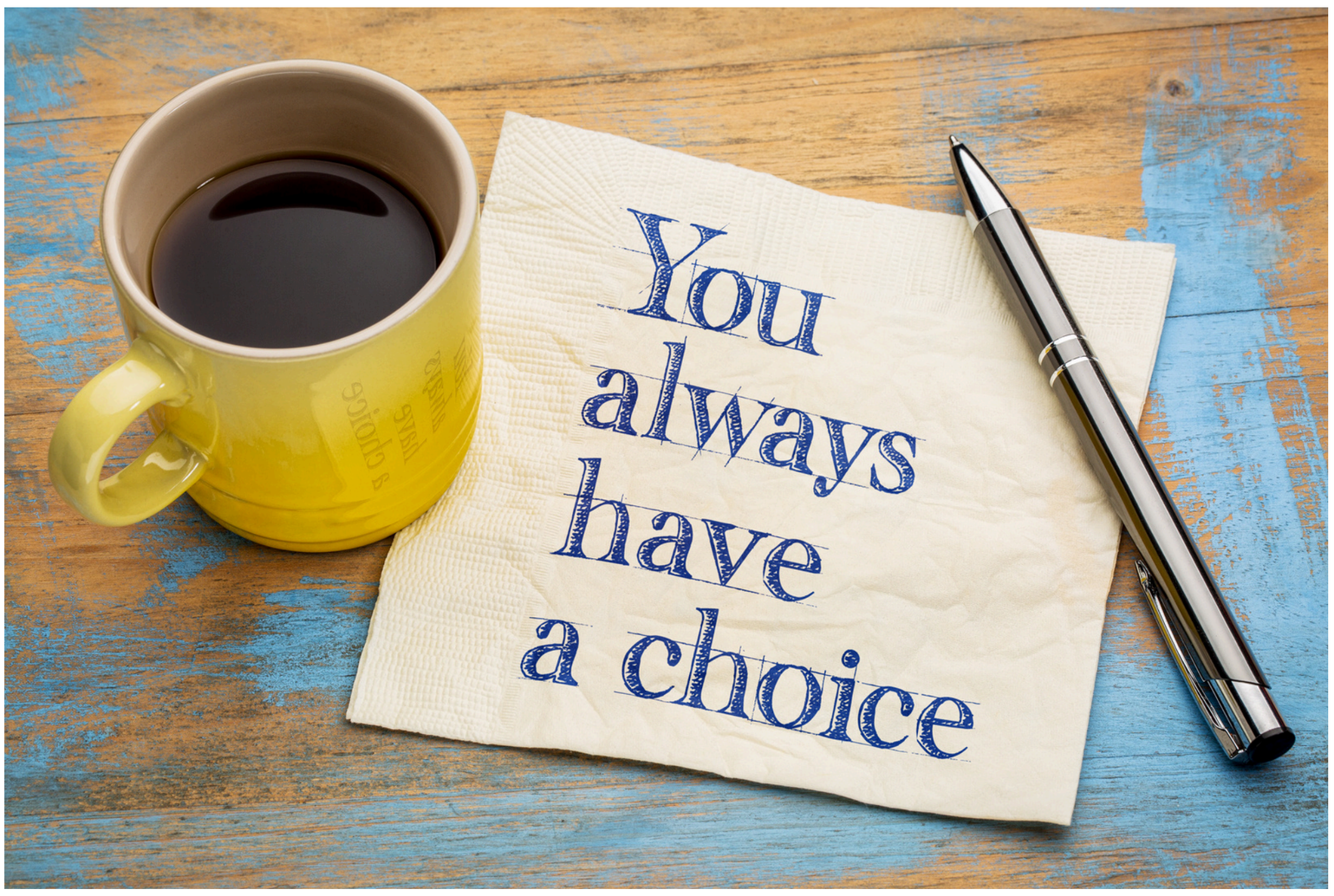
It's Your Choice: Youth Pregnancy and Wellness

February 5, 2026

10:00-11:00am MT

Are you a pregnant youth or someone supporting a pregnant youth? This session will explore how empowered decision making can help pregnant youth stay well and make decisions right for them.



Learning Outcomes:

In this session, we will look at -

- Pregnancy options (parenting, adoption, abortion)
- Resources and health tips for people who make each choice
- How to support pregnant youth, including supporting their rights

Speakers:

Educators from Primary Care Alberta (PCA), Sexual & Reproductive Health, Calgary Zone. PCA Sexual & Reproductive Health is a leader in sexual health, providing integrated clinical, education and health promotion services in the Calgary zone. Our educators deliver affirming, objective and accessible comprehensive sexuality education to community, school and professional groups. Committed to using evidence-informed approaches, we support Albertans develop the knowledge, attitudes and skills to enhance their own healthy sexuality through life.

Target Audience: This session is for pregnant youth, their friends and family members and professionals that support pregnant individuals like health professionals and teachers

Please register for session at: https://fntn.ca/Home/Register-VC?eid=22676

To access this session from *zoom:*
https://fntn.zoom.us/s/86099678435
Meeting ID: 860 9967 8435
Passcode: 752455

Please select "join meeting as an Attendee", once logged-in

To access this session from an *audio line:*
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To join via internet browser

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2. Enter Meeting ID: 860 9967 8435
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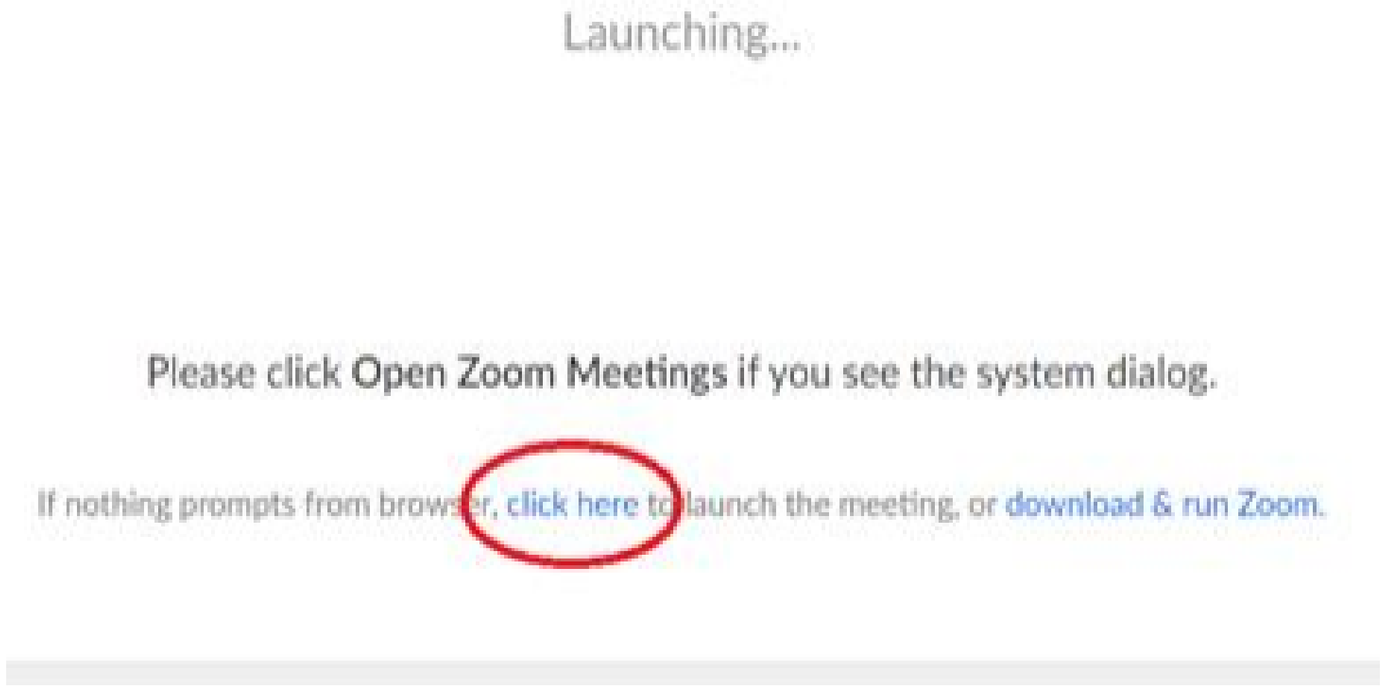
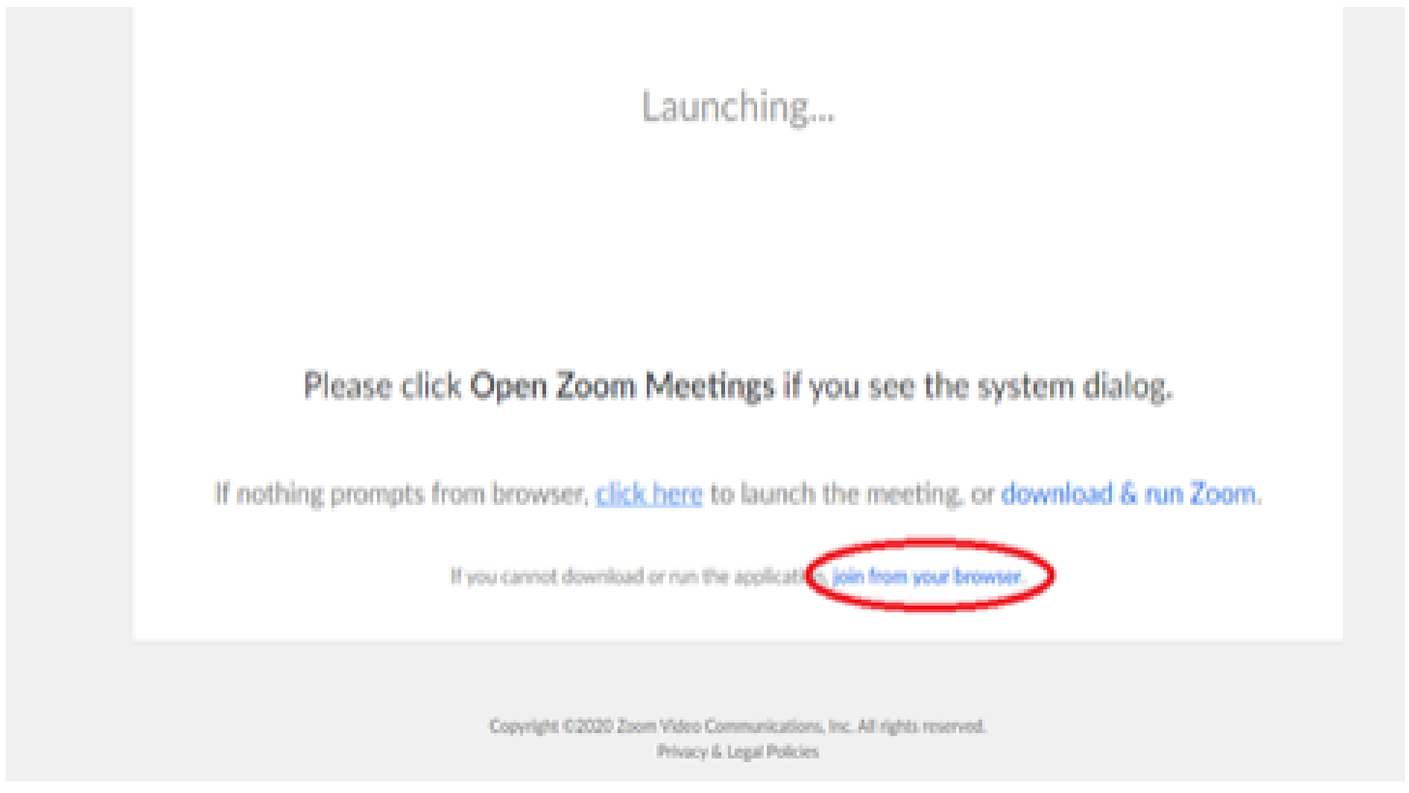
4. Click the option " click here" (See image below)



5. Another option will show up on the bottom, please click " join from your browser" (See image below)



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To join Via Zoom apps:

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