



Futures

Working together to build a better future for young parents and their children.

February 2005

Do You Need a Break?

As a parent, your lives can fill up pretty fast. How does spending two hours a week doing a fun activity, with free childcare sound? Good? Futures' Monday group may be a nice break for you to meet new people, relax, and try new things.



Childcare and valuable child development info is provided by Ron's wife, Martha! If transportation is a problem, give us a call at Futures and we'll find you a ride!

Chere having a blast at Futures' Family Fun.

Based on your response to surveys, beginning in March, we will change the meeting time to 3:30-5:30, every Monday. Thanks for your input!

Congratulations and Welcome to the World!

- * Serina and Kerri completed their GED tests.
- * Amy, Meagan, Tara, Becki, and Nikki are currently attending College!
- * Jake and Michelle welcomed a new baby girl, Tekla Nicole, to the world.
- * Connie had a little boy, Donovan Perov.
- * Katlyn and Brian welcomed a new girl, Lexus Brianna, into their lives.



This month's activities include:

- * **Self Defense**— Learn some important moves to keep you safe! Tuesday, Feb. 8 from 2:00-4:00.
- * **Shake Off the Winter Blues**—Bring your kids and take a beach vacation at Futures! Monday, Feb. 14 from 2:00-4:00.
- * **Stretching and Relaxation**— Take some time to be kind to your body and learn some simple stretches you can do at home. Monday, Feb. 28 from 2:00-4:00.
- * **Family Fun Night at the Carousel**— Bring your kids and meet at A Carousel for Missoula! Wednesday, Feb. 23 from 3:00-5:00.
- * **PANEL**—We are looking for four or five Moms who want to share their stories with high school students. If you are interested, call Heidi at 542-4900.

Futures Teen Family Resource Center is located at 1861 S. 12th St. (At the corner of 12th and Grant)

For More Information Call:
542-4900



Savannah shares the ups and downs of the first months of pregnancy.

Let Your Voice Be Heard!

Do you want to have a column or artwork in the Futures' Newsletter? Would you like to enhance your computer skills? Give us your input and earn an extra gas voucher! Stop by the TFRC or call 542-4900.

Month 1-During my first month of being pregnant it didn't really seem as if I were pregnant. I couldn't believe that I was pregnant. It was all a shock for me and I thought that my life was over. I really didn't have a support system and my boyfriend was there and acted really happy. I couldn't really talk to him because I didn't feel right. When I did talk to him he always said the wrong things even when he didn't mean it. When I had gone to my first OB appointment I knew I was pregnant. But I still didn't feel anything.

Month 2-This month was about the same as last month. I still felt the same but I was getting kind of flabby and my figure was changing. I was getting self conscience. I still felt the same but I was even more upset that I was pregnant and I hated myself. At this time I thought things should be getting better but they were just getting worse. I was getting sick every once in a while and it sucks. What support I had was getting worse and worse and my

boyfriend wanted me to get an abortion and I didn't want to, but then I did and I couldn't make up my mind.

Month 3-WOW! I had a really flabby fat gut and I hated it. I just wanted to die. My boyfriend and I were having problems and I knew that we weren't going to be together for much longer. I did everything in my power to keep him around because I needed him. This is the month I moved to Mountain Home and I still didn't feel much of anything and things were just getting worse it seems. I hate being pregnant.

Month 4-This month I started to feel things. I could here my baby's heart beat and I just wanted to cry. Things were going better and I never thought that. I was introduced to many places that had a lot of support and I really didn't want it when it was there. I feel a lot better and my flabbiness has turned kind of round and it looks better, but I still hate being pregnant. Things have gotten a lot better.

Month 5-I really am becoming closer to my baby and it feels good. I am really happier and I kind of like being pregnant, but I still am having issues with it and hopefully I love my baby sometime. I can believe that I'm pregnant, but then I can't. It's still a shocker! I just started to feel her move. Oh! I'm having a GIRL! I feel so great about that. Things with my pregnancy have been really easy, thank god! I have a good size belly and I hate it because my clothes don't fit all that well.

Month 6- I'm six months now and I really feel the same as last month. I can feel her moving a lot at night and when I don't bug her, but I seem to bug her a lot. The other day I was having contractions, but when I went to the hospital they just told me that was nothing and that my back pain was causing me to have contractions. They weren't contractions at all it was just my muscles tightening up when my back hurt. But other than that. That's it.

Meet Our Staff

Kristen
Teen Family
Advocate

I recently moved to Missoula to attend the Masters in Social Work program. I have been volunteering at Futures since October 2004 and have enjoyed getting to know many of the parents and their children at Family Fun Nights and other activities. I am excited about the new year and the activities we have planned at Futures.

Luke
Teen Father
Advocate

I'm new to both Missoula and Futures. Like Kristen, I am part of the Masters in Social Work program at the university. As a part of my program, I will be working at Futures for three semesters. So far, I have really enjoyed my time at Futures, and I am looking forward to working with all of you.

Around Town

- Tiny Tales for children ages birth to 3 at the Missoula Public Library. Stop by every Tuesday and Thursday at 10:30 am. Call 721-BOOK for more info.
- Seuss Saturday Early Reading Program. Meet the Cat in the Hat at the Children's Museum. Join the fun every 3rd Saturday of the month at 11:30.
- Mountain Home offers a supportive environment, life skills, and assist in the transition to the next place in life. Call 541-4663 for more info.
- The Children's Museum offers a free membership for individuals who volunteer. Children are welcome! Call 541-PLAY for more info.
- The Missoula Birth Network meet at the Public Library on the 2nd Tuesday of the month at 7pm. Call Heather at 549-1701 for more info.
- The Vagina Monologues is being performed to celebrate *Love Without Fear* Week. Catch the play on Feb. 14 at 7:00pm at the University Theatre.
- Friends to Youth offers individual and family counseling on a sliding fee scale. Call 728-2662

With the many appointments, the stresses of bills, of transportation, of being a mom, of kids crying, of relationships, of so many expectations from others, it's easy to forget about yourself.

When was the last time you took 15 minutes in a day to do something only for you. This month we are focusing on self-care. It's hard to fill others needs when you are empty.

Take care, Heidi

P.A.T Corner

"Reading aloud to our children will change their lives."

-Mem Fox, children's author

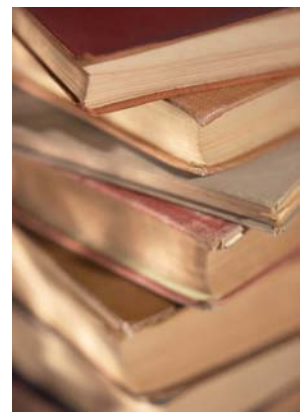
February is library lovers month and the first week celebrates children's authors. Try to make it a priority this month to read with your children and visit the library. Help your little discover the excitement of curling up with a good book!



Zachary, 2, taking a break with mom, Serina, after bowling two strikes

Futures Has Free Stuff!

- Infant Car seat
- Formula
- Children's Clothes
- Toys
- Toothbrushes



Working together to build a better future for young
parents and their children.

Futures
127 N. Higgins Suite 307
Missoula, MT 59802

● ● ● | Futures helps young parents build a secure future for themselves and their children by providing case management, education and career counseling, parent education, housing, counseling and leadership development.

February 2005



Futures' Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Dad Drop-In 4:00-6:00	3	4	5
6	7	8 Self Defense 2:00-4:00	9 Dad Drop-In 4:00-6:00	10	11	12
13	14 Shake off the Winter Blues! 2:00-4:00	15	16 Dad Drop-In 4:00-6:00	17	18	19
20	21 Presidents' Day Futures' Closed	22	23 Carousel 3:00-5:00	24	25	26
27	28 Stretching and Relaxation 2:00-4:00					

All Futures Activities are
Drug/Alcohol Free