



# Futures

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

May 2005

## Teen Pregnancy Prevention Month



◆ A baby is born to an American teen every 64 seconds.

◆ 4 in 10 women become pregnant at least once before they reach the age of 20.

May is Teen Pregnancy Pre-

vention Month and nationwide individuals work to educate young people about teen pregnancy. This month, a group of Futures participants set out to educate their peers about the realities of their lives as teen parents.

With first hand accounts, honesty, and courage, the group traveled to several area High



Schools, with the hope that their message would have an impact on the decisions and actions that will face the students.



## Congratulations!

- \* Mandy, Tara, L.J., and Brian got jobs this month. Kudos for the hard work!
- \* James and Serina welcomed a little boy, Matt, into the world. James also found a job.
- \* Lisa completed her GED.
- \* Savannah welcomed a little girl, Aspen, into the world.
- \* Sam got a raise at work.

Activities this month include:

**\*\*Childcare Provided\*\***

- \* *Mapping your relationships*— Join Luke and take a look at how relationships in your life are connected and which pieces provide support. Meet at Futures **Monday, May 2, 3:30-5:30.**
- \* *Healthy Relationships and Mother's Day Celebration*- What goes into a healthy Relationship? Brainstorm some ideas with Luke. Also, give yourself a pat on the back for being such a wonderful mother! Meet at Futures **Monday, May 9, 3:30-5:30.**
- \* *Family Fun-BBQ and Picnic*- Come out and enjoy the spring weather with your family at a BBQ at Franklin Park. **Monday, May 16, 3:30-5:30.**
- \* *Go Outside and Play*- In honor of National Backyard Games Day, Futures invites you join us at Franklin Park to play games. Help build healthy relationships with your child through play. **Monday, May 23, 3:30-5:30**

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



Jessica

*“Throughout my life, I’ve realized I cannot hold down a job unless I enjoy the work.”*

Congratulations to Jessica on her full time job and recent raise!



Tara

*“When I first became a parent, I thought my life was over and I couldn’t accomplish my hopes and dreams. But I’ve learned that I can still succeed, but now I am succeeding for others, not just me. That’s what keeps me going.”*

Tara, We love your smile!

## Where Do You Go?

### 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.



Sherri and Dusk get their hands in the dirt at MUD!

*Missoula offers an array of services for young parents and/or sexually active teens. Please feel comfortable to take advantage of any of the services.*

- ◆ **MAPPS**-works to develop a community strategy for the prevention of teen pregnancy and to address the special needs of pregnant and parenting teens.

- ◆ **Planned Parenthood**– 219 E. Main. 728-5490. Offers Reproductive health care, contraceptives and abortions. Fees on a sliding scale.

- ◆ **Mountain Home-**

2606 South Ave. W. 541-4663. A transitional housing program for homeless young woman who are pregnant or parenting.

- ◆ **First Way Pregnancy**– 127 E Main, Suite 203. 549-0406. Provides free pregnancy testing and counseling and information on all options.

- ◆ **AIDS Council**– 127 N. Higgins, Suite 207. 543-4770. Free and anonymous HIV testing.

- ◆ **Blue Mountain Clinic**– 610 N. California. 721-1646. Offers abortions, physicals, pregnancy testing and a variety of other services.

- ◆ **Young Families Program**– 915 South Ave. 728-2400. Assists pregnant and parenting teens in achieving their educational goals.

- ◆ **Lutheran Social Services**-725 W. Alder #2. 549-0147. Adoption services and free birth parent counseling.

## Farewell...

Kristen, a graduate student at the University of Montana and Essie, our Americorps volunteer will be finishing their time at Futures this month. We would like to thank them both for their work and dedication to the program and wish them well in their future endeavors.

## Around Town

- **The Montana Tobacco Quit Line** offers counseling and support. Call 1-866-485-QUIT. FYI: For women, it doubles your chances of quitting if you stop on the 6th day of your cycle.
- **FreeCycles** offers free bikes to those in need. Call 541-7284 for more info.
- **Totline** provides free phone consultations for any questions about your kids. Call 721-7690
- **New Moms Group** offers support for new mom. Infants welcome. Call 721-7690 for more info.
- **The Teen Board at Planned Parenthood** wants to hear your ideas and opinions. Call Chelsi @728-5490 for more info.
- **Free Adult Education classes** at Dickenson Lifelong Learning Center. *Transition to College* meets May 2-June 9. *Personal Care Attendant class* meets May 2-20. Call 549-8765 for more info.
- **Free Car Seat Check-up** available the last Friday of the Month. Call Lonie Hutchison at 258-3880 for more info. *Free Seats available.*



Caden and Ellie take it easy in the sunshine.

*This newsletter has local resources and information for teen pregnancy prevention. Futures has a PANEL of eight young moms and dads who have talked about their experiences to over 350 students at three high schools to help prevent teen pregnancy. I applaud their courage in speaking about the realistic hardships as well as the joys of being a parent. And I applaud all of you who are working so hard being a young parent, achieving your goals, and making the most of your life.*

*Heidi*

## P.A.T Corner

This is for young mothers stumbling through diaper changes and sleep deprivation.  
And mature mothers learning to let you.

For working mom and stay-at-home mom. Single mothers and married mothers.

Mothers with money and mothers without.

This is for you, so hang in there. The world would be a terrible place without the love of mothers everywhere. You make it a more civil, caring and safe place for the precious children in our world.

--Author Unknown.

*\*May 8th is Mother's Day\**

**Need Hours for WORC?**

Group, PAT, Case Management meetings, and helping us with the newsletter count as WORC hours!



Futures Participants volunteer at MUD.

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.

# May 2005



## Futures' Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Relationship mapping 3:30-5:30	3	4 Dad drop-in 4:00-6:00	5 Teen Pregnancy Prevention Day		
8 Mother's Day	9 What makes a good relationship? 3:30-5:30	10	11 Dad drop-in 4:00-6:00	12	13	14
15	16 Family Fun BBQ 3:30-5:30	17	18 Dad drop-in 4:00-6:00	19	20	21
22	23 Get Out and Play Day 3:30-5:30	24	25 Dad drop-in 4:00-6:00	26	27	28
29	30 Futures' Closed	31				

All Futures Activities are  
Drug/Alcohol Free