

Terra - Centre for pregnant & parenting teens

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Terra Alumnus... 35 Years Later

United Way profiled several stories during their 2008 campaign to illustrate the importance of support. What happens to these individuals after they successfully put their challenges behind them and step into a new life? In the words of Carl Hoff, "We break the cycle."

Carl is a manager in the Federal Government within Human Resources and Social Development Canada. He tells the story of a 17 year old young woman who found out she was pregnant in 1973. Her parents were in a crisis and unable to support her. She was alone but bravely sought and found support at United Way member agency, Terra.

Terra helped her finish her final year of high school and met the needs of this teenage mother and her baby. With this support, she was able to move on to a successful career, provide for her family and contribute positively to the community.

Carl's story has a happy ending. He lacked nothing in his life and grew into a responsible adult who eventually became a father and husband with a promising career. This story is so important to Carl Hoff because he was that baby in 1973. His mom, Barb Hoff-Morin, is now the mother of three, married and working for the Canadian Government. Barb is a current Terra board member.



Barb Hoff-Morin and her son Carl. Photo and story adaptation courtesy of United Way of the Alberta Capital Region.

Visit myUnitedWay.ca for more information.

Volunteer Update

Volunteers help support young families in our community in many ways. Three students from Mount Carmel Bible College volunteer at the Terra apartment building, Hope Terrace and help with meal preparation and childcare at the weekly Cultural Group. Thanks to Daniel, Kendra and Caleb! Seniors provide helping hands when they volunteer at the childcare centre. Volunteers are also busy sorting donations for the clothes closet at both Braemar School and Terra Centre. Thanks to Mike Hirst for seven years of donation pick-up and David Stargratt for carpet cleaning, recycling and many other tasks.

Terra thanks the many groups who volunteered their time and resources with Christmas preparations; baking cookies, cooking meals, shopping and wrapping gifts. Thank you to the community and church groups who organized baby showers and for collecting diapers, formula and baby clothing.

Please contact Patty Peel, Coordinator of Volunteer Services for volunteer opportunities.

Terra Board of Directors

Sylvia Nasser Chair
Jo Ann Nettleton Vice Chair
Meghan DeRoo McConnan Treasurer
Cam Miles Secretary
Ricki Golick Board Member
Silva Lusk Board Member
Corinne Petersen Board Member
Barb Hoff-Morin Board Member
Jim Klingle Board Member
Regan Ketchum Client Rep



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newsletter to the community / Issue 3 / December 2008



terra

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Looking Back...Looking Ahead

As the year draws to a close, we reflect on and are grateful for all we were able to accomplish. Your support helped us make a positive impact on the lives of hundreds of teen parents and their children.

Thanks to the REALTORS® Community Foundation our emergency apartment re-opened in 2008. It was closed for more than a year due to expired funding. The youth leadership program is exceeding expectations and now has more than 20 teen parent volunteers. These ambassadors participate in public speaking engagements to represent the needs and potential of teen parents. A record number of 70 young dads engaged with Terra in 2008. One additional staff was hired to the program after the Edmonton Community Foundation announced three year support for young dads.

Terra staff and board worked together to ensure a successful year! In true Terra spirit, every one dealt with staff shortages and took on extra responsibilities. The strengths and skills in our new staff are clearly evident and 2009 looks promising.

We will share the impact community support made for teen parents at our Annual General Meeting and look forward to the attendance of the Honourable Anne McLellan as guest speaker.

We are optimistic about a new strategic plan and a vibrant, inspired board. Recent, enthusiastic new board members are 1973 alumnus Barb Hoff-Morin and Jim Klingle from Emerging Directions. Housing, childcare, community partnerships, high school completion and staff wellness/compensation are all priorities in the new strategic plan.

Terra looks forward to working with community partners and inspiring others to help create promising futures in 2009!

Sylvia Nasser
Board Chair

Karen Mottershead
Executive Director

Dates to Remember

Call Terra for more information

Annual General Meeting, March 18, 2009 at The Edmonton Petroleum Club

The Annual General Meeting celebrates volunteer contributions, community support and agency achievements.

Promising Futures, April 23, 2009 at the Westin

Fifth annual fundraising event to support pregnant and parenting teens in reaching their potential.

Palace Casino, May 7 and 8, 2009

Volunteers are required for this two day casino. Your support is appreciated. Call Patrick Cadieux Manager Resource Development, 780 428-3772

Terra Tour Dates at Braemar School

January 14, February 11, March 11, 2009
12:00 - 1:00 p.m. Call to RSVP.

Wish List

For the children

- disposable diapers, newborn to size six
- baby wipes
- new baby bottles
- baby wash, lotion, diaper cream
- new blankets and sheets
- new socks for infants and toddlers
- new clothing for infants and children, newborn to size four (sleepers, pj's, shirts, pants, snowsuits)

For the parents

- bus tickets
- movie passes
- gift cards for Safeway, Wal-Mart, Zellers etc. (suggested value of \$25.00)
- personal hygiene products (no hotel samples)
- socks, gloves, hats for moms and dads
- new household goods (sheets, towels, face cloths, tea towels, dishcloths, cleaning supplies)



Children playing at the childcare centre



United Way



Edmonton, here come the Terra ambassadors!

Terra launched a new youth leadership program this fall which is gaining momentum. This program is an opportunity for teen parents to develop the skills required as ambassadors to represent and advocate for Terra, teen parents and their community. The ambassadors' goals are to develop leadership and advocacy skills, increase confidence and social awareness, realize potential and be active community members.

Thanks to the City of Edmonton Family and Community Support Services (FCSS), the youth leadership program has 20 ambassadors storming the city with excitement and courage. In two months, ambassadors have 210 volunteer hours and participated in 38 speaking engagements.

Why all the excitement and volunteer hours? Terra ambassadors attend weekly program meetings, training events and participate in various agency events to empower them to make a difference in their lives and community. Ambassadors shared their stories as part of the United Way campaign, met with MLAs to discuss social issues, spoke at Terra tours and thanked donors for their contributions and involvement. Through this process they gain confidence, network and realize their potential.

The weekly meetings help the ambassadors remain connected to the program and build a relationship with Terra and the youth leadership facilitator. Thank you to Wendy Doughty, a fabulous volunteer who provided coaching in communication and public speaking for the ambassadors.

The **REALTORS® Community Foundation** supports the youth leadership program. "Terra is a respected and recognized charity doing excellent work in Edmonton with pregnant and parenting teens and we are proud to be associated with such a charity," says Jill Didow, Executive Director of the **REALTORS® Community Foundation**.

"We also had the privilege of meeting an ambassador and this really brought it home for us, the plight of these girls. We also had an opportunity to visit the apartment you have and realize what an important need Terra serves in our community."

Sintra Engineering Inc. is another supporter of the youth leadership program and donated proceeds from a summer golf tournament to Terra. "The Insurance All-Industry golf tournament brings together insurance professionals and vendors to the insurance community to enjoy a day of golf and raise money for a local charity supporting children and youth in our community," says Chris Miller at **Sintra Engineering Inc.** "Insurance exists as a safety net when unexpected events happen that affect people's lives. It allows them not to be defeated by the circumstance but to get back on their feet. In many ways, Terra provides a similar safety net to teen parents. The Insurance All-Industry golf tournament is pleased to support the youth leadership program at Terra."



Chris Miller presents a cheque to ambassador Sarah Roberts for the youth leadership program



Patrick Cadieux, Manager Resource Development accepts a cheque for Terra from the Realtors® Community Foundation



Regan Ketchum at the 2008 graduation ceremonies at City Hall on June 20, 2008. A record breaking 34 students from Braemar School graduated. Regan was presented with the Reaching Upward Scholarship (\$1,000.00) designated for a Terra ambassador and gifted in part by Jilian Campbell.

Photo credit: Jason Shebansky



Regan and her daughter Sophie.

Regan Ketchum is an inspiration! She is a dedicated and amazing young mother with great ambition for the future. Regan was awarded the Kiwanis Award for Academic Excellence in her 2007-2008 year at Braemar School. She is currently attending the University of Alberta, in her first year with the Faculty of Nursing. See the opposite page for questions and answers with Regan.

An Interview with Ambassador Regan

What are your ambitions?

I'd like to obtain my masters in nursing and become a nurse practitioner, but this may change. I have a high regard for education, which is where my drive to be a nurse comes from. I also have a healthy appreciation and curiosity of cultures outside of Canada. It is a dream of mine to join Doctors Without Borders in the future.

What is Terra doing for you?

Terra has helped me become comfortable with my life as a young mother. I was originally embarrassed I was a teen mom when my friends were at university and travelling the world. Thanks to Terra, I accept my life as is and although it is more challenging I don't have to give up my dreams and goals. My sense of self worth and potential is re-affirmed. I am fortunate to be on the Terra Board of Directors as a client representative. Terra gives me a chance to volunteer and give back to my community, which would otherwise be difficult as a young parent.

What brought you to the ambassador program?

Initially, I thought it would look good on my resume. I enjoyed the meetings, attending various functions and I learned so much about Terra. I experienced the dedication and hard work which exudes from this agency. The extent of the community's generosity and support for teen parents is amazing! As an ambassador, I knew I could get the word out to many people.

How are teen parents perceived?

Some people don't believe we can love our children like a real parent should, it's very upsetting. Even if they don't agree, it doesn't give people the right to destroy my value and ability as a parent.

How can the community support Terra?

I believe the community needs an interest in the plight of the teen parent and a desire to help them realize their potential. Terra can change the lives of young parents and their families!

Terra opens Opportunity House for clients

Opportunity House is an emergency apartment for Terra clients who are experiencing a housing crisis and require a short term solution. The first tenant is now living in this safe, supportive environment. There are a number of additional clients who require this emergency accommodation. **Kids' Furniture Gallery** graciously donated two convertible cribs (one set as a double-sized bed and the other as a crib), a dresser with change table, mattresses for the crib and bed, linen and other infant room accessories.

"I truly believe in Terra," says Candace Boyd, owner of **Kids' Furniture Gallery**. "I think it is a very necessary organization, people don't realize parenting teens are an important aspect of our community. I felt the right thing to do was furnish the apartment and supply bedding." Candace supports two major charities in Edmonton, Terra and the Stollery Children's Hospital Foundation. She initially heard about plans for a Terra emergency apartment at the Annual General Meeting last spring. **Kids' Furniture Gallery** received the Heart of the Community Award at this function for their many years of support to Terra families.

The **REALTORS® Community Foundation** is covering the expense of rent for the first year for Opportunity House. "It is our mission to support shelter and homelessness," says Jill Didow, Executive Director of the **REALTORS® Community Foundation**. "We recognize teens in this situation need a safe, supportive environment to raise babies so they have healthy children."

The donations from **Kids' Furniture Gallery** and the **REALTORS® Community Foundation** enabled Terra to open Opportunity House and offer clients in crisis a secure housing option. Thank you to both of these generous organizations!

United Way Campaign

The 2008 Terra United Way campaign was a huge success! The agency values the work United Way does to strengthen our community. Terra is committed to the annual campaign as one of 44 United Way member agencies.

Staff run an internal campaign at Terra because they believe in the positive change United Way makes in the Alberta Capital Region. Although the 2008 campaign goal was \$6,900.00, staff raised \$7,500.00

Prior to the start of our employee campaign, Patrick Cadieux, Manager Resource Development for Terra committed to shaving his head and dyeing the remainder at the top pink if we exceeded our goal. This event took place at the November staff meeting, proving Patrick is a "man of his word" and a good sport!



Terra staff member, Roberta Wells cuts and dyes Patrick Cadieux's hair at the staff meeting after employees exceed the United Way goal.