

At the North Shore Neighbourhood House we have a full time Family Support Worker available at no cost to young parents 13-24 years of age who are pregnant or currently parenting.

For more information or to make a confidential appointment contact our Family Support Worker.

604-258-8539  
nsnhfsw@nsnh.bc.ca

North Shore Neighbourhood House  
1858 Sutherland Ave.  
North Vancouver, BC  
Phone: 604.987.8138  
Fax: 604.987.2107  
www.nsnh.bc.ca

The North Shore Neighbourhood House is a not-for-profit registered charity serving the North Shore community since 1939.

We believe working together to meet the grassroots needs of our neighbours, especially our most vulnerable residents, is essential to building a safe, healthy and strong community.

The House values and promotes cooperation, respect and empowerment through the provision of programs and services designed to meet the needs of individuals and the community as a whole.

For more information on our programs and services for all ages, visit [www.nsnh.bc.ca](http://www.nsnh.bc.ca)



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## Young Parents Program



Building Strong Families



## Are you a young parent?

### Do you need some help?

North Shore Neighbourhood House provides counseling and information about services supporting all options of pregnancy. We also offer support for whatever option is chosen.

If you are a parent seeking resources, we provide support, referrals and information on parenting issues and healthy child development.

## Our Programs & Partnerships

### One-to-One Support

Private and confidential support is available by appointment covering a variety of issues—from education or parenting skills to housing advocacy and childcare options.

### Education & Career Planning

We can assist you in returning to school or finding employment.

We also offer child care and parenting support through our North Shore Neighbourhood House Mountainside Day-care at Mountainside Secondary School-while you finish high school.

### Group Out Trips & Special Events

Young parents are invited to join occasional and seasonal trips and events with your peers and children. Please contact the Family Support Worker for more details.

## We also offer

- Parent & Tot Drop In
- Family Resource Centre & JBCC
- Referrals to Food Bank & Low Cost Food Agencies
- Recreation programming for children and young parents (subsidies available)

Please check out our website at

**[www.nsnh.bc.ca](http://www.nsnh.bc.ca)**

for more information on what the House has to offer.

