

# Support for *PREGNANT AND PARENTING TEENS*

## *About ELECT*

The Education Leading to Employment and Career Training (ELECT) is a program sponsored by Pennsylvania's Department of Human Services and Department of Education. ELECT supports school districts, vocational-technical schools, and intermediate units to help pregnant and/or parenting teenagers earn a high school diploma or GED certificate, become better parents, and make the transition to employment or higher education.

### *If You're Pregnant...*

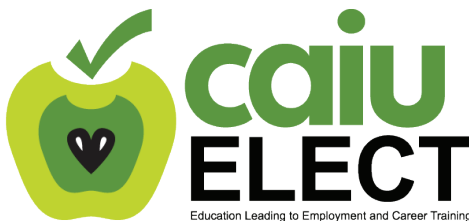
If you are a pregnant teen or will be a teen dad, things probably feel pretty crazy right now. You may need to talk to someone who can give you information about pregnancy, what to expect, and where to go from here. The CAIU offers free support to pregnant teens. We will support you in whatever decision you make.

### *If You're Parenting...*

Parenting can be challenging and nobody is born knowing how to parent. If you are a new teen parent, you probably have many questions or are not sure where to turn for help. We can help you find the resources and parenting strategies you need to help you be the best parent you can be.

## *How We Can Help*

- One-on-one attention with a personal case manager
- Non-judgmental and confidential listening
- Pre-natal, parenting, and child development information
- In-home visiting
- Personal goal setting
- Information and referrals to appropriate agencies
- Help with applying to assistance programs
- Help with educational and employment goals
- Information on birth control, sexuality, and healthy decision-making
- Children's clothing and equipment
- Child safety tips
- Finding childcare and funding to pay for care
- General advocacy
- And so much more!



A Pregnant and Parenting Teen Program

*You are not alone. We want to help!*

Please contact us to discuss your options and resources so that you can make decisions that are best for you. Connect and meet other teens in similar situations. This voluntary program is at NO COST.

Melissa Rosado, MSW, LSW | [mrosado@caiu.org](mailto:mrosado@caiu.org) | 717.525.3070