

## Teen Mothers Program

<p>Program Orientation Week 1</p>	<p><b><u>TAB 1</u></b></p> <ul style="list-style-type: none"> <li>• Introduction to the program &amp; what to expect</li> <li>• Commitment agreement</li> <li>• Pre-Survey</li> <li>• Individual Needs Assessment</li> <li>• Icebreaker #1</li> <li>• Icebreaker #2</li> <li>• Getting to know you</li> </ul>	<p><b><u>TAB 2</u></b></p> <p>Mentor Program: Program orientation</p>
<p>Week 2</p>	<p><b><u>TAB 3</u></b></p> <ul style="list-style-type: none"> <li>• Check in: High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Pre-Natal Care</b></li> </ul>	<p><b><u>TAB 4</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• Getting to know you: Interview your partner</li> <li>• <b>Topic: 5 roles of a teen mom</b></li> <li>• One on One with Mentee</li> </ul>
<p>Week 3</p>	<p><b><u>TAB 5</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Emotional Health during pregnancy</b></li> </ul>	<p><b><u>TAB 6</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• Getting to know you (wagon wheel)</li> <li>• <b>Topic: Stress Management</b></li> <li>• One on One with Mentee</li> </ul>
<p>Week 4</p>	<p><b><u>TAB 7</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Health problems during pregnancy</b></li> </ul>	<p><b><u>TAB 8</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• <b>Topic: Time Management</b></li> <li>• <b>Topic: Stress Management Part 2 - Meditation</b></li> <li>• One on One with Mentee</li> </ul>
<p>Week 5</p>	<p><b><u>TAB 9</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Fitness/Exercise during &amp; after pregnancy</b></li> </ul>	<p><b><u>TAB 10</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• <b>Topic: Self Esteem Part I - Body Image</b></li> <li>• One on One with Mentee</li> </ul>

Week 6	<p><b><u>TAB 11</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Giving Birth</b></li> </ul>	<p><b><u>TAB 12</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• <b>Topic: Self Esteem Part II</b></li> <li>• One on One with Mentee</li> </ul>
Week 7	<p><b><u>TAB 13</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Post Partum Depression</b></li> </ul>	<p><b><u>TAB 14</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• <b>Topic: Suicide</b></li> <li>• One on One with Mentee</li> </ul>
Week 8	<p><b><u>TAB 15</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Breastfeeding</b></li> </ul>	<p><b><u>TAB 16</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• <b>Topic: Community Resources</b></li> <li>• One on One with Mentee</li> </ul>
Week 9	<p><b><u>TAB 17</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Car Seat Safety</b></li> </ul>	<p><b><u>TAB 18</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• <b>Topic: Job Skills</b></li> <li>• One on One with Mentee</li> </ul>
Week 10	<p><b><u>TAB 19</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Birth Control and STD's</b></li> </ul>	<p><b><u>TAB 20</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• <b>Topic: Domestic Violence</b></li> <li>• One on One with Mentee</li> </ul>
Week 11	<p><b><u>TAB 21</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Stages of Development</b></li> </ul>	<p><b><u>TAB 22</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• <b>Topic: Child Support</b></li> <li>• One on One with Mentee</li> </ul>
Week 12	<p><b><u>TAB 23</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Nutrition and Weight</b></li> </ul>	<p><b><u>TAB 24</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• <b>Topic: Drugs and Alcohol</b></li> <li>• One on One with Mentee</li> </ul>
Week 13	<p><b><u>TAB 25</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Topic: Finding Time for you</b></li> </ul>	<p><b><u>TAB 26</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• <b>Topic: College &amp; Financial Aid</b></li> <li>• One on One with Mentee</li> </ul>

Week 14	<p><b><u>TAB 27</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Icebreaker</li> <li>• <b>Budget / Financial Workshop I</b></li> </ul>	<p><b><u>TAB 28</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• <b>Topic: Budget Workshop II - creating your budget</b></li> <li>• <b>Topic: Banking/Saving</b></li> <li>• One on One with Mentee</li> </ul>
Week 15	<p><b><u>TAB 29</u></b></p> <ul style="list-style-type: none"> <li>• Check in High's and Low's</li> <li>• Culminating Activity &amp; Celebration</li> </ul>	<p><b><u>TAB 30</u></b></p> <p>Mentor Program:</p> <ul style="list-style-type: none"> <li>• Culminating presentation with mentee</li> <li>• Celebration and Awards</li> </ul>