# You want to be the best parent. We want to help make it happen!

Pregnancy can be exciting, scary, overwhelming, joyful, or all of these things at once! We are here to help you create the best possible future for you and your baby.

We can help you if you are:

- 19 years or younger at the time you became pregnant.
- Pregnant or parenting a child who is younger than 6 months old.
- Living in Boulder County.

We understand that your situation is unique. When you participate in the GENESIS program, we help you get what you need until your child is three years old. There is no cost to participate.

#### **Get Personalized Support**

When you join GENESIS, we pair you with a mentor (called a parent educator) who was a teen parent themselves. They use their own experiences and training to support you and help you become the parent you want to be!

#### Learn about Parenting

We will help you prepare for childbirth and beyond, including things like breastfeeding, birth control, child nutrition, and healthy relationships.

She's seen me upset and at a low, but she was always the one to help me keep my head up high. We could talk forever about everything!

> ~ GENESIS mom talking about her parent educator

#### **Get Connected to Resources**

We can help you find a doctor and insurance, if you need it, and even go with you to your appointments. We can also help you get WIC, food assistance, and items you need for your baby.

### **Have Some Fun**

Every couple months we host group outings for you and your baby, like a day at the pool, visits to children's museums, or holiday parties. It's a chance to get out and meet other young moms too!

#### **Create the Future You Want**

Becoming a parent may not have been in your plans, but that doesn't mean you have to give up on your dreams. We can help you get into/back into school or a GED program, get job training, and find child care.







**GENESIS** Opening doors and supporting you and your new family.

She has always been there for me and always listened with heart and not judgment. She made me feel safe. I appreciate all the opportunities she has offered me.

> ~ GENESIS mom talking about her parent educator

## Apply online at: BoulderCountyGENESIS.org Or call us at: Boulder: 303.413.7513 Longmont: 303.678.6155 Lafayette: 720.564.2707





