

# Profile of the Week



## THE DAM

### What We Do:

The Dam is a Meadowvale based community non-profit that utilizes a unique approach in coming alongside youth-at-risk, pregnant teens and young moms and their families.

**Develop:** *to provide opportunities for youth and young moms to reach their full potential.*

**Assist:** *to be a resource, supporting youth and young moms as they make better choices.*

**Mentor:** *to be a consistent, relational presence in the lives of youth and young moms.*

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### Services Offered:

#### Youth Programs:

Drop-ins Monday – Friday at 3pm and Wed/Fri evenings from 7-9pm

Tuesday – 4:30pm Discussion Forum, 6:30pm MissFit (Fitness Program for females)

Thursday – 5pm Dinner Program, 7pm DFA (Film Program)

#### One to One Personal Mentoring

#### Leadership Program

#### Young Moms Weekly Programs:

Mondays – Baby ‘N’ Me for first time moms and children up to 6 months – covers questions and concerns arising when caring for newborns.

Tuesdays – Food For Life for young moms and children 6 months and up – teaches young moms how to cook nutritious and cost-effective meals and how to prepare and manage a budget.

Wednesdays – Dinner Group for young moms and their children 1 year and older – speakers and discussions on parenting and life skills – networking with other young moms.

**Upcoming Events:**

Annual Fundraising Auction November 20<sup>th</sup> at 6:30pm at World Vision, 1 World Drive, Mississauga

Christmas dinners and events for youth and young moms

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