

Supporting Pregnant and Parenting Youth

By Leslie Muto, Life Resources Coordinator
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Having a baby is an exciting time for most women. However, when you're young, homeless, and unsupported, it's extremely challenging. There's fear, uncertainty, isolation, and hopelessness. Unexpected pregnancies among the youth we serve are not a new phenomenon; youth on the streets use sex as a means to get food or shelter, or as a way to feel loved. Thoughts about long-term consequences from having unprotected sex are buried in their immediate needs to survive on the streets. The past year we've felt a pressing need to creatively support the pregnant youth we serve as the number of youth pregnancies jumped from 7 to a total of 13. As far as we know, this is an unprecedented number of pregnant youth we have served at any given time in our history.

In March, we hosted an "Are You Pregnant Party?", the first in a series of events that would focus on teen pregnancy and parenting. POCAAN (People of Color Against Aids Network) was invited to present some of their educational information on healthy pregnancies. We transformed our staff training room into a cozy living room for the event, pulling together our blue comfy couches from the staff lounge and decorating the food table with candles and fresh flowers. The turnout was pretty incredible! Six expecting moms came to the event. (Their partners also came and participated in a young dad's discussion in another room.) The girls listened to information on prenatal care and making good choices during pregnancy. They received baby gifts (diapers, bottles, onesies, washcloths, pacifiers) compliments of POCAAN. It was a fun and eye-opening time for these young moms. One youth, who had come to the "party" and admitted that she hadn't pursued any prenatal services yet, went to the clinic to get a check-up the following week as a result of participating in this event.

In May, we brought in a social worker and a nurse from the Teen Parent Program to answer the girls' questions and fears about pregnancy and the birth process. The amount of vulnerability and support among the girls in the group was humbling. In June, we hosted a gathering for both the young moms and dads together. A panel of parenting NHM staff and former NHM clients shared highlights, misconceptions, and good advice on being a parent from their own experiences. We plan on hosting a couple more group activities in the summer focusing on adoption options, doula services during labor, and other pregnancy-related topics. So far, 15 youth (male and female) have participated in at least one of these events.

We feel blessed to be able to share in these significant life experiences with the youth we serve. While it's still a tough road ahead, we hope that these youth will find the support and strength necessary to make the next step in their journey. And we want them to know that we'll still be there standing with them and celebrating - not necessarily all their choices, but celebrating the process, the small steps and the new life that will be born.

Leslie Muto

The Walk

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Food, Fun & Prizes

The Walk was a tremendous success.
We had a record breaking year.

Last year we had 101 people participate
and raised \$19,000.

*This year we had
163 participants and
raised over \$25,000.*

P r a i s e G o d ! !



My favorite part of the Walk is the community aspect. We get to see the faces of the people who support us. We also get to meet people who are new to New Horizons. This year 63 people participated who were new to the Walk. It's always fun to see people bring their friends and families to participate in this event.

Kudos to Gary Cross, Vice President of Pacific NW Bank, who rallied his coworkers to raise money for the Walk. Gary served on the board of directors at New Horizons for 7 years, 4 as Board President. Pacific NW Bank has sponsored the Walk in the past. We were honored to have 9 employees from Pacific NW Bank that together raised over \$8,000.

Special thanks to the Haight family. The Haights have a longstanding relationship with New Horizons. Mark Haight served on our board of directors and founded the choral group, *The Pilgrims* (all proceeds from their concerts and CDs go directly to New Horizons).

The Haight family has participated in the Walk for many years. ***This year Kristina Haight was our top money raiser, raising \$3,308.*** The family together raised over \$4,200.



*Gary Cross at a Walk in 1996,
sponsored by Pacific NW Bank*

Thank you to everyone who helped procure prizes,
raise money and shared the day with us.

It was an awesome event!

Thank you to our prize donors and procurers: Greyline of Seattle, Wild Waves, Ballard Market, The Children's Museum, Seattle Storm, Seattle Children's Theatre, Snappy Dragon, Spa Bellissima, Taproot Theatre, Target of Bellevue, Wing Point Golf & Country Club, Benaroya Hall, Gameworks, Jackie & Bob Benoit (Anthony's Homeport certificate), Molly Moore (Beanie Babies), Patti Wong (Advanced Gameboy and Mario game), Doug & Janet Moore for use of their cabin, Pro Golf Discount, anonymous donor for Microsoft Computer Games, Jen & Ben Ross (X-Box), Roger Winter (Mariner tickets), Bob Wyman (Mariner tickets).



Zip, Zap, Zop

By Angie Lai, Self-Care Volunteer
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Zip, Zap, Zop sounds like a child's game, but is surprisingly challenging, especially with a group of 20 people. It is an ensemble exercise that my husband Sam and I did nearly every day for nine months while we were actors in Taproot Theatre's Road Company together. Sam and I have been self-care volunteers for 10 months and recently we lead theatre games for two evenings of Life Discovery activities. We had no idea what to expect, but we knew that we wanted to play Zip, Zap, Zop because it is such a good vehicle for teaching basic acting techniques. A successful Zip, Zap, Zop player must practice eye contact, good breathing, quick reflexes, a strong voice and *gusto*. Asking the youth to concentrate and be willing to fail in front of their peers was a tall order. Amazingly, after a very tense dinner hour in the drop-in center, the sixteen youth that stayed accepted the challenge and played very well. We taught some other theatre games that reinforce timing, eye contact, movement and primary objective for an actor. The most glorious thing about the evening was hearing the youth laugh at something funny that was happening in the moment as opposed to laughing at someone else's expense or at the tragedy in their lives.

Six youth attended the second evening of theatre games. After a dinner hour of another kind of drama in the drop-in center, we retired to the second floor and did Contentless Dialogue scenes. The youth and staff split up into pairs and were given some basic dialogue ("Hi." "How are you?" "Are you going tonight?" Etc.). They had to take that dialogue and create characters and a situation. They were asked to decide what their character wanted and how they were going to get it. Then, they performed their scenes for each other and we discussed what worked well. The finished scenes varied from a Kung Fu movie to a man indicating to his fiancée that he wasn't planning on making it to their wedding. Sam and I were very impressed with the bravery of the youth. We have been performing steadily for 10 years and it can still be scary, especially in an intimate setting of 12 people. The youth did good work and we were so glad to have the opportunity to enjoy their creativity. We believe joy was present both of those nights and it was a reminder to us that our Lord uses all things for His glory.

It's Softball Time

Recreation is a great way to work with the youth. It gives the youth an opportunity to participate in something that other kids their age are doing, it's something fun to do away from the streets, it helps them work on social and teamwork skills and helps build self-esteem. We have a softball season each year, as well as a bowling, open gym, river rafting, and hiking season. But softball seems to be the favorite -- for the kids and the staff. Some years we end the season with a staff vs. youth game. Last year we ended the season with New Horizons vs. the Salvation Army Men's Rehab team. Even though the Salvation Army won, we had a blast. We're looking forward to a great season this year.

We need 4 new right-handed gloves and 2 new left-handed gloves.

Contact Yancey at yanceymk@nhmin.org or 374-0866 ext. 132



FROM THE
EDITOR

I've never formally introduced myself. My name is Susie Steinke and I'm the Development Events Manager. I've been editing the newsletter for the past two years.

I'm famous for my proofing errors.

Despite my infamous proofing skills, I edit the newsletter because I love New Horizons and I love our supporters. I want everyone to hear about the wonderful things God is doing here -- with the kids, staff and all the people that make NHM possible.

Please contact me with ideas. In fact, I'd love to have stories from you -- how you became involved in New Horizons and how you've been able to partner with us.

Feel free to contact me at
susies@nhmin.org
or
206-374-0866
ext. 108.

Thanks,

Susie



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NEW HORIZONS MINISTRIES

four

Building Tours

Come see our
incredible drop-in center.

Contact Mick
to schedule a tour.

206-374-0866 ext. 108
mickp@nhmin.org

Dates To Remember

Volunteer Training
September 21, 25, 28

Dessert Extravaganza
November 1st

WISH LIST

Call 374-0866
or e-mail to help.

New & used snowboarding clothes & equipment.

Contact Richard (ext. 131 or riche@nhmin.org).

Paint Job for the NHM Van -

Contact Calvin (ext. 125 or calvinc@nhmin.org).

Skilled worker to soundproof the chapel.

Contact Calvin (ext. 125 or calvinc@nhmin.org).

Portable CD/Radio - Contact Leslie (ext. 116 or lesliem@nhmin.org).

New infant car seats -

Contact Leslie (ext. 116 or lesliem@nhmin.org).

Backpacks, battery operated alarm clocks, batteries and dayplanners - Contact Abra (ext. 130 or abrag@nhmin.org).