



Heartland Health Region

Healthy People, Healthy Communities, and Service Excellence in an Enduring Health System



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Provincial Parenting Program Celebrates Anniversary

20 Years of Caring, Supportive Relationships with the Parent Mentoring Program

The Parent Mentoring Program of Saskatchewan (PMPS), a home-visiting and early childhood outreach program that provides assistance and support to expectant parents or those parenting newborns to 5 year olds, is celebrating its 20th anniversary this month.

“The Parent Mentoring Program has helped thousands of Saskatchewan participants since its inception. PMPS is a valuable program that provides parents and young children with a warm, caring relationship that is supportive and encouraging,” commented Jenise Tisdale, provincial coordinator of the PMPS.

The program was introduced to 10 provincial sites in September 1996 under the Successful Mothers Support Program title. It was expanded to 16 sites in 1999 before being re-named the Parent Mentoring Program of Saskatchewan in 2006.

PMPS looks at overall family health including physical, social, intellectual, and emotional strengths and risks. The program’s 72 active mentors work with local coordinators to help participants identify areas of strength and any potential risks. Mentors assist with parenting skills, healthy lifestyle practices, safe environments, and needed supports to offset or reduce risks posed to children.

“Through home visits and group opportunities we connect program participants with a mentor or coordinator who visits the family regularly to providing guidance and support,” added Tisdale.

In 2015 the program had over 200 parent participants in Saskatchewan, both male and female, ranging from 17 years of age to over 40. One participant recently shared what the program has meant to her.

“PMPS has been a rock in my life for the past few years,” she noted. “As a struggling single parent facing so many limited options and challenges they have helped me with my parenting skills, housing, organization, and budgeting. Words cannot express my appreciation for the support and my own personal growth. I am definitely a better parent now than I was before I participated in the parent mentoring program.”

A number of anniversary events are scheduled throughout the province to commemorate the milestone. In the Heartland Health Region anniversary celebrations will be held on Tuesday, September 27th in Unity at the Unity Legion Hall and Wednesday, September 28, 2016 at the Biggar Parent Mentor Office (104- 6th Ave East). All families are welcome to come and go at both events from 10:00-3:00 p.m. In attendance will be the West Central Play-Mobile, Inc. The play-mobile is

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for families with children 0-5 years of age, and is free of charge. It has fun interactive activities such as crafts, games, imaginative play, puzzles, etc. Come join in the celebrations. There will be cake and refreshments at both events and you can engage in some fun time with your child and neighbors.

Information on the Parent Mentoring Program of Saskatchewan, including how to become involved as a mentor or participant, can be found at www.pmps.ca or by calling the coordinator in Biggar at 306-948-5623 or in Unity at 306-228-2666 ext 2946.

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