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## **ZOE'S PLACE NEWS RELEASE**

For immediate release  
End date: ongoing

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### **Support Group for Pregnant Teens and Teen Moms: Teens Helping Teens**

The stress and responsibility of being a teen mother can be overwhelming and frustrating. **Zoe's Group for Teen Moms and Pregnant Teens** offers these girls an opportunity to share concerns and challenges while also learning valuable skills and strategies for healthy parenting.

The group is supervised by Zoe's Place staff and is facilitated by a former teen-mom, now in her late twenties, who is successful both personally and professionally. She is a positive role model who understands the challenges these young moms face, offering adult guidance and support. The group addresses topics including: positive parenting; coping with stress; time management; healthy relationships; safe sex and family planning. The format is informal and inviting and topics are based upon areas of interest indicated by the participants.

Zoe's Group meets every other Wednesday and both childcare and a healthy meal are provided to the girls and their children at no cost. Any Bergen County pregnant teen or teen mom is welcome to attend. If needed, arrangements for transportation will be made whenever possible. The next meeting will be held on Wednesday, April 15, 2009 from 6:00-7:30 PM at the First Presbyterian Church, 64 Passaic Street in Hackensack. **Please call Judy Forman at 973-458-1007 for more information or to register for the group.**

The primary mission of Zoe's Place, Inc. is to provide a safe, supervised home and supportive services for homeless pregnant teens, teen mothers and their babies.

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