

Parent Success Story

Community Supports

This story is from Nicole in Toronto, Ontario.

Reaching out

When I found out I was pregnant, I thought, ‘Oh, no. What am I going to do?’ because I was in school. I didn’t know how to care for a baby. I was basically homeless – couch surfing at a friend’s and then living with my sister. But we had a fight and she kicked me out and I had nowhere to go. With some help, I finally got onto social assistance and got a place to live. But, when I was four months pregnant, my son’s father was murdered. There I was alone. I had to keep it together. I reached out. I found that counselling helped me get through that. I had to focus on surviving, feeding myself. It took a lot for me to actually go out and say to someone, ‘I need help!’ But for my son’s sake I needed to know he would be OK and I wouldn’t lose him.

I learned how to use my community agencies – like services for young parents, the YMCA and counselling. My son motivated me. I learned that in order to take care of him, I needed to take care of myself first. And I needed counselling to figure out my goals – my likes and dislikes. Compared to two years ago, I am more focused because I know what I want. I can see my son being strong because I am showing him how to be strong, how to have an open mind, and to stay positive. It’s not too late to correct things if you have made mistakes in your past. You can get help and learn from it – it helps shape you into the person you are to become. Before I was upset with myself and thought ‘How could I let myself get pregnant?’ But now that I have my son, I have him to thank for a lot of changes in me.