
CHANGING THE CONVERSATION ABOUT YOUNG PARENTHOOD

Becoming a parent is a life-changing experience at any age. For young parents, that transition is often shaped not only by new responsibilities, but also by stigma, judgment, and barriers that can limit opportunity.

Even before their baby arrives, many young parents experience fear and uncertainty about the future. They may feel isolated from peers, overwhelmed by new responsibilities, and unsure where to turn for support. These pressures can make an already significant life change feel even more challenging.



STIGMA AND MARGINALIZATION CREATE REAL BARRIERS

Young parents frequently face harmful stereotypes that they are irresponsible, unmotivated, or incapable of raising healthy, thriving children. These assumptions are rooted in a narrow image of what “ideal” parenthood looks like: older, financially established, and well-resourced. As a result, young parents are often excluded from systems of support and subjected to judgment that can negatively affect confidence, mental health, education, and long-term stability. These barriers are not a reflection of ability, they are the result of stigma and systemic inequities.

HOW TERRA CENTRE SUPPORTS YOUNG PARENTS

At Terra Centre, we believe young parents are capable, resilient, and deserving of opportunity. We work alongside pregnant and parenting youth to support healthy families and stronger futures through wraparound, individualized programs that address real-life needs, including:

- Education and school engagement
- Housing stability and basic needs
- Life skills and financial literacy
- Parenting confidence and child development
- Access to community and health resources



Beyond direct support, Terra Centre works to shift the narrative around young parenthood through advocacy, community education, and strengths-based storytelling that challenges harmful stereotypes. When young parents are supported rather than judged, families are stronger and communities thrive.