

## What is the Ujima Project?

“Ujima” (pronounced oo-JEE-mah) is a Swahili word that means “collective work and responsibility”.

The goal of the Ujima Project is working together with young parents (29 and under) and their children (0-6) to help them thrive and create the lives they want.

We have nine Ujima Project Hubs across Ontario that provide free services for young parents and their children.

To find the Hub closest to you, please visit:  
[www.oaypa.ca/ujima-project](http://www.oaypa.ca/ujima-project)

**Listen, we know it's not easy to be a young parent. Figuring out how to help your child can be difficult.**

## Remember, you're already doing a great job.

You may not have all the answers, but we can help you find some solutions. Get started now—learn more about infant and early childhood mental health and build a stronger relationship with your child.

If you're having any challenges or want to find out more about Ujima Project, talk to us.

“I always wanted help but did not know how to find it. This changed and I now feel more in control of my life. Now I can work on myself so I can focus on being a better parent”.

LUKE (19 YEARS OLD), UJIMA PROJECT CLIENT

Good Shepherd Centres,  
Regina's Place, Jeanne Scott  
Parent & Resource Centre

### Contacts:

Family Navigator  
Alicia at 289-659-3857

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# Ujima Project

**Building strong young families**

For more info visit:  
[oaypa.ca/ujima-project](http://oaypa.ca/ujima-project)



Ontario Association of Young Parent Agencies  
serving infants, children and young parents - together  
l'Association Ontarienne des Agences pour Jeunes Parents  
servir nourrissons, enfants et jeunes parents - ensemble



## Infant and Early Mental Health is Critical to Lifelong Health and Well-being

You can tell a lot about how your child is doing by how they are behaving, sleeping and eating, if they are meeting their developmental milestones...and how they are responding to you.

You are your child's first teacher and their biggest cheerleader. You are the person who can make the largest impact in their life.

## Give them the best start with support from the Ujima Project.



### Why is good infant and early childhood mental health important?

Builds strong self-confidence

Strengthens early learning

Supports emotional, physical and mental wellbeing

Increases good social skills and positive relationships

### What we do?

- **Age-Based Screening and Assessment:** We can help you identify and respond to your child's development challenges such as communications skills, and connect you to free Speech and Language services.
- **Baby Love** – Baby Love is a program for children 2 to 15 months and their parents/caregivers. In this group you will:
  - learn how to read and calm your baby
  - learn how to help your baby feel secure
  - be able to ask development and parenting questions
  - practice exercises with your baby
  - meet new friends!
- **Family Navigation** – Our Family Navigators use a family-centred approach and work to:
  - Address barriers you may be experiencing
  - Connect you to services including housing, tax help and health providers
  - Create an individualized plan and pathway to access services
  - Communicate effectively with care service providers
  - Support your advocacy efforts
- **Early Literacy Supports** – Our Early Literacy Specialists work individually or in a group setting with young parents and their child to offer:
  - Fun, hands-on early learning activities
  - Early childhood resources to help your child reach their full potential

### Who are we?

The Ujima Project is an Ontario Association of Young Parents Agencies (OAYPA) initiative, supported by Abiona Centre (formerly Massey Centre), and funded through the generous funding of an anonymous donor.

“I have no words to explain how much I have been helped. I would be homeless with my two children... I was given help and resources. Things were looking dark and I thought I would have to drop out of school but pushed through with all the help I received. My experiences here has reminded me that people do care.”

AALIYAH (25 YEARS OLD), UJIMA PROJECT CLIENT

### Who are we working with?

The Ujima Project is supported by the Young Families Program and Dr. Jean Wittenberg at SickKids Hospital and Queen's University. If your child needs additional help, the team at the Hub will connect you with SickKids services including tele-health and tele-psychiatry.

The folks at the Ujima Project are here to help you. Participating won't negatively affect your child in the future.

