

Extended Hands for Adolescent Mothers (E.H.A.M.) Program Guide



Cause for Action:

- In Central New York and in Syracuse specifically, women are more likely than men to live in poverty, with adolescent and young adult women most at-risk.
- Research has shown that empowering pregnant/parenting adolescents with parenting skills improves the cognitive development of their children, especially when these educational sessions include parent-child interaction.
- By supporting at-risk young mothers with wraparound services during their journey to financial stability, quality of life and long-term outcomes are improved for parents as well as children.

Where is the program?

The Extended Hands for Adolescent Mothers program is held at [the Salvation Army's Transitional Apartments and Parenting Center \(T.A.P.C.\)](#), 667 S. Salina St, Syracuse, NY 13208.

What does Extended Hands for Adolescent Mothers do?

Extended Hands for Adolescent Mothers (EHAM) partners with the Transitional Apartments and Parenting Center (TAPC), which provides long-term transitional housing for pregnant and parenting adolescent girls and their children.

Who does Extended Hands for Adolescent Mothers serve?

This program, and its host site (Transitional Apartments and Parenting Center), provide comprehensive support for young mothers (ages 16-21) and their children.

How does the program provide for this population?

Every month, Extended Hands for Adolescent Mothers hosts a creative and/or educational session for the mothers to learn helpful life skills, parenting skills, or to reinforce a mentality of positivity through various creative outlets. Each EHAM session is an opportunity for the young women to cultivate a foundation for long-term goal setting, and to feel supported through their housing transition.

What would I do as a student volunteer?

Students may participate in monthly sessions by leading workshops, participating in crafts, providing childcare, and providing emotional support to program participants in an informal setting. Students may also be involved in developing content for the sessions.

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How often would I serve?

Extended Hands for Adolescent Mothers meets on a monthly basis. If you would like to help plan the monthly sessions, more time may be required.

What are the community impacts?

Extended Hands for Adolescent Mothers aligns with the goals of the Salvation Army by providing support to pregnant/parenting adolescents during their housing transition experience.