



### **NINA'S SUCCESS STORY**

When Nina's parents divorced, it was difficult on the entire family. Nina felt she had no solid support system and, as a result, developed anxiety, depression and an eating disorder. She also became pregnant at the age of 14, giving birth to a daughter before her fifteenth birthday. Nina wanted a stable and happy childhood for her daughter and knew she needed help. She reached out to Lake Family Resource Center, and E-Center WIC, and connected with a therapist at Lakeview Health Clinic. At LFRC, she entered the Adolescent Family Life Program (AFLP) which provided her with the support she needed to transition into motherhood and continue with her education. She is now an ambassador for that program, helping other teen parents to overcome challenges for the good of themselves and their children. E-Center WIC provided her with the tools and resources she needed to give her daughter the best nutrition possible and meet her developmental milestones. Her therapist at Lakeview Health Clinic worked with Nina to continue to meet with her despite the challenges of her demanding schedules at work and school. At 17, Nina now cares for her daughter, and works full-time while taking extra classes, including college coursework, to be able to graduate early from high school. She has plans to enter a trade school after graduation to become either an electrician or a carpenter.

### **In Nina's Own Words:**

**What would you tell other people in Lake County about what is most important to your success?**

**How would you encourage them?** I think the most important thing I did was to work hard and keep fighting to get what I needed. No matter where you come from or who your parents are or how you are treated or how people view you, you can't give up. Keep a good head on your shoulders, take your life into your own hands and build something of your own.

**What kept you from giving up when things were hard?** My daughter is the biggest reason I have to fight. Things are hard, but she is my light. I want her to have the life I didn't have.

**What are you most looking forward to, now that your life is on a different path and what makes you feel most equipped to keep moving in a positive direction?** I am looking forward to being successful and watching my daughter grow up, and to having a great relationship with her as she gets older. I'm looking forward to providing for her and I won't let anything detour me from that.