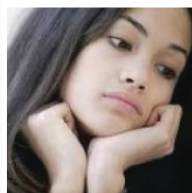


# Young Mum

Living & Learning  
Family Centre,  
Henderson



Support Program for  
Young/Teen Mums



Living &  
Learning

FAMILY CENTRES

## **Parenting**

Parenting Toolbox  
Child safety  
Settling and sleep  
Starting solids  
Feeding your toddler  
Nursing a sick child  
Behaviour management  
Attachment

## **Wellbeing**

Mental health  
Family & relationships  
Body safe  
Fitness & aquanatal  
Anger management  
Assertiveness  
Self image  
Building support networks

## **Health**

Immunisation  
Contraception & sexual health  
Post natal depression  
Women's health matters

## **Life Skills**

Cooking  
Budgeting  
Creating a vegetable garden  
CVs and job applications

## **Let's not forget fun!**

Mainly Music  
Craft and arts  
Creating special occasions  
Hair, make up & photoshoot

**These are just some of the things we will cover while you are with us.**

## **Our Program**

Young Mum is a support Program for young or teen mums and mums to be, focussing on wellbeing, motherhood, parentcraft, life skills and personal growth.

Based on the premise that we all need support in our lives from time to time, and that parenting can be a challenge in its own right our Young Mums will engage in a variety of carefully constructed creative activities, personal reflections and social opportunities which will equip them in not only caring for their child, but also for themselves.

Issues covered will include care for babies and children, positive relationships, finding support networks, money management, creating special occasions and making healthy choices as well as individual matters which naturally arise.

Following graduation from the course the Young Mums will receive ongoing support via a facilitated play group.

There is no cost for this program.



The support Program is run by our highly experienced program coordinator.

Please contact Sue or Kristina on 09 837 7992 or email [youngmum@livingandlearning.org.nz](mailto:youngmum@livingandlearning.org.nz)

Self referrals are accepted as are referrals from other agencies.

“I used to just be at home all day, but we have good friendships now because we can support each other”.

“Since we had that budgeting guy I’ve started to... you know... calculate. I work out how much I have. It’s better”.



**Our specially designed  
Young Mum room**

“I learned what to do when my baby is sick and how I know if she is sick”.

“We learnt to cook and good ways with leftovers so we’re saving money”.



**If you are interested in our Young Mum Program or know someone who might be interested please contact:**

**Sue or Tash**

**phone:**

**09 837 7992**

**or email:**

**[youngmum@livingandlearning.org.nz](mailto:youngmum@livingandlearning.org.nz)**

**or text:**

**029 7730 631**



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**Tel: 09 837 7992**

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**[youngmum@livingandlearning.org.nz](mailto:youngmum@livingandlearning.org.nz)**