

SYDNEY YOUNG PARENTS PROGRAM

**It's not enough to love them,
they have to know you love them.**

St Mary Euphrasia, Foundress, Good Shepherd Sisters



In January 2015, the Sydney Young Parents Program was launched to assist young parents build on their strengths, opportunities and change outcomes for themselves and their families.

**There can be nothing more inspiring
than seeing a young mum empowered
by learning that the outcomes for her
child depend on building relationships
with them, not on the circumstances
they were born into.**

Sydney Young Parents Program case worker

The program offers case work, parenting support, workshops and links to essential services so young parents can build the skills and confidence they need.

- Young (18-24), single mothers are more likely to experience a range of mental health issues including suicidal thoughts, self-harm and depression than other groups.
- Teenage motherhood decreases the probability of continued schooling after age 16 by 12-24 per cent.

- Teenage mothers are 39 per cent less likely to complete Year 12, 54 per cent are less likely to be employed.

A weekly play group connects parents, children and case workers in a safe, supported environment.

Our case managers also offer young parents the opportunity to participate in parenting workshops:

- "Circle of security" enables young parents who have not had a positive experience of parenting to bond with their child and understand how to appropriately respond to their child's behaviour.
- "My Kids and Me" gives young parents who have had their children removed the opportunity to reflect on their experience and gain support in reconciliation with their children.

All of our workshops are based on sound, evidence-based practice, and our great team of volunteers care for children while parents participate in the sessions.

We also offer advocacy, assistance with household essentials, access to alternative education, education pathways and other support networks.

The Sydney Young Parents Program is offered through partnership with:



Good Shepherd

Australia New Zealand

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