

YWCA Darwin's Parenting Program understands that pregnancy, birthing and growing strong children can give young mothers the power to activate and realise their full potential.

YWCA Darwin's Parenting Program recognises and values the contributions young parents and their children make to our communities.


Young mums have unique strengths. Young mums are resilient. Young mums are courageous.

GPO Box 2586  
Darwin NT 0801

T: 08 8920 6777  
M: 0438 855 357

E: [parenting@ywcaofdarwin.org.au](mailto:parenting@ywcaofdarwin.org.au)  
[www.ywcaofdarwin.com.au](http://www.ywcaofdarwin.com.au)



 YWCA of Darwin Parenting Programs acknowledges the Larrakia People of Australia as the Traditional Owners of this land on which we live and work. We pay our respects to them, their culture, and to their Elders both past and present.



Parenting Support  
Program

## PARENTING SUPPORT PROGRAM

YWCA Darwin's Parenting Support Program works alongside young parents and their children to provide access to and/or opportunities for:

- Peer support groups and other peer activities
- Young parent learning groups and education support
- Individual parenting support
- Pathways and referrals to education and training opportunities

## INDIVIDUAL SUPPORT

YWCA Darwin's Parenting Support Program can journey alongside young parents aged up to 25 to help ensure they get the support they need.

We can assist you with young parent specific advocacy, support, information and referrals to services and agencies. We can assist you to make and/or attend appointments for your family well-being, including:

- Pregnancy and childbirth education and support
- Maternal and Children's health and development appointments and referrals
- Centrelink, Family Assistance Office and other income support
- Mental health and well-being
- Education, training and employment
- Housing
- Personal and family safety
- Organisations that provide family and children's support services

## GROUP ACTIVITIES

YWCA Darwin's Parenting Support Program provides group activities for young parents to strengthen their community and peer connections; to learn and share parenting skills; to develop learning and knowledge pathways; to share play and learning experiences with their children. These include:

### BLOOM

A bi-weekly group for young parents and their babies/children to get together in the **Palmerston** area.

When: 10 am - 12.30 pm every second Thursday (excluding school/public holidays)

Where: Palmerston Child & Family Centre, 2 Brennan Court, Farrar, NT

### SHEIRA LEARNING GROUPS

A bi-weekly group for young parents and their babies/children to get together in the **Darwin** area.

When: 10 am - 12.30 pm every second Thursday (excluding school/public holidays)

Where: PlayGroup NT, McMillans Road & Marrara Drive

### PARENTING, WELL-BEING & DEVELOPMENT WORKSHOPS

The Parenting Support Program responds to the needs of the young families we work with. The provision of workshops tailored to meet these needs is another way that the PSP can work with service users. These include:

- Healthy Relationships
- Children's Development
- Emotion Coaching Courses
- First Aid
- Water Safety Awareness
- The Importance of Play

*Please contact us for current day/time/location of these programs.*

