

Young Parents Project



Services for
Young People



Hertfordshire

What are Young Parents Projects?

Young Parents projects take place across the county, supporting young parents and young parents to be.

The programme will help you to gain life and employability skills, grow in self confidence, connect with other young parents and enable you to cope with new challenges in the next stage of your life as a parent.

The themes covered are:

1. Parenting Skills
2. Emotional Wellbeing
3. Health and Safety in the Home
4. Personal Safety
5. Finances and Budgeting
6. Healthy Living
7. Confidence and Self Esteem
8. Future Aspirations

Who are the project for?

Parents and parents to be who are:

- Young people aged 14-21 years who live in Hertfordshire
- Young people with learning difficulties up to the age of 24 years

How will this help me?

It will:

- Prepare you for becoming a parent
- Help you to make positive, sound decisions
- Help you to become more confident about making life choices
- Help improve your employability skills
- Give you the chance to be part of a supportive group

How will the project benefit me?

You will:

- Learn more about parenting
- Learn budgeting skills and tips on how to make your money go further
- Find out about what's on locally for you and your baby
- Have an opportunity to build a local support network with other parents/parents to be





A Services for Young People Youth Worker will be there to support and encourage you to attend and take part in the project.

To find out more about joining a project in your area contact us here:

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If you have any questions about the programme please contact;

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www.servicesforyoungpeople.org