

## How we help

### Young Parents Program

**Red Cross is working with pregnant and parenting young women and parenting men to develop effective parenting skills, manage daily challenges and achieve long-term emotional wellbeing.**

Young Parents Program works to improve the capacity of young parents to live and parent independently through its Residential, Outreach and Aftercare programs.

#### Residential program

The **Residential program**, located in Sydney, provides 24-hour support, accommodation and intensive case management to young women aged 13-19 and their children, with a view to developing safe and healthy relationships, self awareness and independence. Case management is also available for partners where appropriate.

#### Outreach program

The **Outreach program** assists parents under 25 in semisupported independent living to manage parenting challenges and access opportunities. The program offers regular support and encourages participants to take responsibility for their family's health and wellbeing.

Housing is located in Sydney's Eastern Suburbs, Inner City, Inner West and Parramatta, as well as Gosford and Nowra. The Outreach program is also available to young parents with their own accommodation arrangements in these areas.

#### Aftercare

The **Aftercare program** provides ongoing assistance for clients up to the age of 25, who have transitioned from the Residential or Outreach programs. Aftercare maintains contact with families, providing referrals and support to mainstream services as required.

**Supporting  
young parents  
and their children**



Photo: Australian Red Cross



Photo: Australian Red Cross

## Education, Playgroup, Tot Spot and Parenting Groups

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All clients participate in education and are supported through regular study sessions with volunteer tutors.

**Playgroup** is held weekly, and is an opportunity for young parents to come together and support their child's development through play.

**Parenting Groups** are held weekly on a variety of topics relevant to parenting, gaining life skills and maintaining healthy relationships.

**Tot Spot** is a post-natal group which meets monthly for young parents with babies under one. Participants benefit from advice and support from early childhood nurses.

Best practice childcare and respite is provided to families by volunteers who are closely supported by a qualified Early Childhood Teacher. Allied Health professionals ensure children receive early intervention to stimulate growth and learning and ensure they reach their full potential in all developmental areas.

Volunteers from the community support families in a variety of roles including childminders, tutors, mentors and driving buddies.

## Case management provides young parents with:

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- appropriate housing and accommodation
- ante-natal and post-natal medical support
- parenting education
- education and training opportunities
- support with general health and well-being
- social activities and annual camp
- support with legal matters

- assistance accessing government departments
- relevant referrals
- transition to independent living
- long-term follow up through the Aftercare program

## Referrals

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Referrals to Young Parents Program can be made by young people, families, social workers, youth workers, counsellors, health professionals, government agencies and other service providers.

Initial telephone referrals help determine whether a client is eligible, following which an information and application pack will be sent out. An interview will be held prior to admission to assess the suitability of the service for a family. Please contact Red Cross Young Parents Program with any enquiries.

## Contact information

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<b>Randwick</b>	PO Box 627 Randwick NSW 2031 Tel: 02 8383 7501
<b>Parramatta</b>	Level 1, 30 Cowper Street Parramatta NSW 2150 Tel: 02 9290 8909
<b>Gosford</b>	Chapman House, Henry Wheeler Place Gosford NSW 2250 Tel: 02 4324 3411
<b>Nowra</b>	Level 1 57 Graham St Nowra NSW 2540 Tel: 0417 563 191