

SUPPORTING CHILDREN & YOUNG PARENTS TO INCREASE THEIR CONFIDENCE AND SELF-ESTEEM AND HELP TO ENJOY RELATIONSHIPS TOGETHER AND LOOK FORWARD TO A BRIGHTER FUTURE.



Our Young Parents Aim High programme is starting on Tuesday 21st February for a total of 6 weeks/sessions. The programme will be Tuesdays, Wednesdays and Thursday in three different locations to allow families across the city to be able to attend and access the programme.

The programme consists of various different sessions

- Stay and Play
- Oral Health (Bookbug)
- Employability/Further Education for YPs (creche provided)
- Mindfulness, Mental health and wellbeing (creche provided)
- Baby Yoga
- Cookery Sessions (creche provided)
- Your resilience- stress management (creche provided)

The Young Parents and their children will benefit from a raise in confidence, self-esteem, future focus, structured routine, personal development and continuous support in building a bond with their baby but also other young parents. Aim High also covers financial capability and one to one support for childcare provision, housing issues and more.

Free Lunch and **public transport costs** are covered. Further, a **creche** will be provided for the young parents on the day young parents are involved in group work session. An achievement allowance will also be given on completion of the programme.

Starting Date (6 WEEKS)	Location	Time
TUESDAY 21st February (Every Tuesday)	Parkhead – Parkhead School House 135 Westmuir Street, G31 5EY	11:30am-2pm
WEDNESDAY 22nd February (Every Wednesday)	Gorbels – St Francis Community Centre	11:30am-2pm
THURSDAY 23rd February (Every Thursday)	Maryhill – G20 works 33 Latherton Drive, Glasgow G20 8JR	11:30am-2pm

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