

workshop dates

The dates for each of our workshops are listed below, and there is a theme for each one. But, first you get to meet your mentor just one-on-one, so that you know them before you go to the workshop.

Monday 4 May 2009

Monday 1 June 2009

Monday 6 July 2009

Monday 3 August 2009

Monday 7 September 2009

Monday 28 September 2009

Monday 26 October 2009

Graduation Party Day

Monday 23 November 2009

The mentoring is held each week and the workshops are held each month on a Monday, except in school holidays.

you don't have to do it alone

**Being involved in the
bump program is free and
for more info or to enrol with us
please call or text now on**

0419 633 881

younglove♥

The Young Love Foundation
PO Box 534
Spit Junction NSW 2088

Contact Vicki Condon
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bump

mentoring and workshops
for pregnant and parenting
young mums

Email condon@bigpond.net.au

what is the bump program?

Could you do with an experienced mum to talk to?

Would it be great if you had someone who is like an older sister who's had a baby and who you could ask questions? Do you want to be able to chat with someone who won't judge you, or tell you what you should do? *Would you like to run things by someone you can trust, and who you know respects you?*

That's what it's like to have your own mentor in the bump program. If you are pregnant, or if you have had a baby in the last year, and you are under 21, we can find you a fun and understanding mentor who is happy to listen and talk about stuff with you. She will have had babies too, and she will be happy to meet with you every week in term time until the end of November. There are also great workshops you can go to together to meet other young girls in your area having babies.

mentoring

how does the mentoring work?

Send us an email or text or give us a ring and let us know you would like to meet a mentor. We will arrange to meet you somewhere easy, like at your prenatal class or your playgroup for the first time, and then you organise with your mentor when you would like to meet from then on. She will see you once a week for an hour on any day and at any time that suits you best, maybe in a café or in a park or at the hospital. Once a month on a Monday from 10am to 12noon, you can also go to the Bump workshop together, and take your baby. We will do fun social things, and share and learn stuff as well. Then we have a big graduation party at the end of the year.

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workshops

what do we do at the workshops?

- get out and meet other young mums
- have lots of laughs
- give and get support
- share your knowledge
- get info and access services
- join your kids in fun activities
- take some time out for yourself
- share hobbies, interests and goals
- go to movies or events together
- have guest speakers visit us
- talk about topics that you choose

who are the mentors?

The mentors are volunteers from the community who are interested in helping young people. They are older but they are fun and they are kind. Your mentor will be keen to share experiences and hear about what it's like for you. They will support you and they will be there for you. Everything you talk about with them is confidential. The only time they might have to break confidence is if you tell them you are at risk of harm. Otherwise, everything is kept between the two of you.