

# Project Areas and Contact Details

## Dublin

### Dublin South West - Tallaght and surrounding areas

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## Galway

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## Westmeath & Longford

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## Wexford

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## Louth

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Child and Family Agency  
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## Sligo, Leitrim & West Cavan

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Sligo Home Youth Liaison Service  
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## National Manager

Samantha Dunne  
Treoir  
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# Check out our Socials



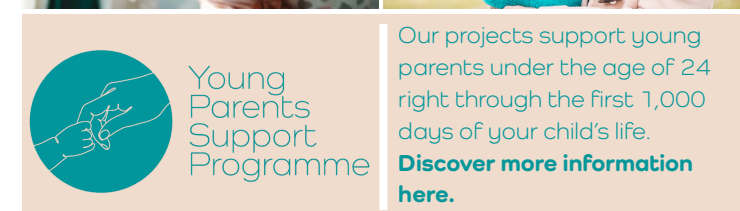
@yppureland

www.youngparents.ie

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treoir

# A service for pregnant and parenting young mothers and fathers



Young Parents Support Programme

Our projects support young parents under the age of 24 right through the first 1,000 days of your child's life.  
**Discover more information here.**

The Young Parent Support Project is co-funded by the Government of Ireland and the European Union, Tusla and the HSE.



Rialtas na hÉireann  
Government of Ireland



An Aontas Eorpach  
Co-Funded by the  
European Union

TUSLA

An Chomhairleacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



Infheachtas na Seirbhíse Sláinte  
Health Service Executive



Being a young mother I feel like I'm talked down to, people make me feel like I don't know what I'm doing but I could not thank this service enough for being such amazing understanding people who believed in me when I didn't believe in myself



## What kind of support will you get?

You'll get one-to-one support shaped around your situation.

You can discuss how pregnancy affects you and those around you which will help you manage those relationships.

Your dedicated project worker will help you care for yourself and your baby during pregnancy and beyond, share info on your rights, welfare entitlements and education options, and connect you with other services in your area.

As a young parent, you will be in control of how and when you engage with your project worker.

There are also plenty of opportunities to connect with other young parents in your area, have access to various fun activities such as parent toddler groups, baby massage and other useful project activities where you will learn about yourself and your baby.

Support is also offered to grandparents and other family members, or anyone involved with you and your baby..

## About the Young Parents Support Programme

The Young Parents Support Programme (YPSP for short) is the only targeted community-based support service for young parents – mothers and fathers – in Ireland.

We work mainly with young people who become parents when they are aged 24 years or under and support them through the first 1000 days of their child's life.

Some parents who are older than this may also be supported depending on their circumstances.

There are 17 YPSP projects covering 16 counties; Dublin (6 separate projects), Louth, Kildare, Wexford, Carlow, Kilkenny, Westmeath, Longford, Cork, Galway, Limerick, Sligo, Leitrim, West Cavan, Clare and Donegal. This leaflet contains contact information to reach project.

As well as supporting young mothers and fathers, YPSP staff actively seeks to provide support to grandparents and other family members who play a role in the life of the young parent.

YPSPs are free and confidential services

## How does the Teen Parents Support Programme work?

Once you reach out to the project in your area, a friendly YPSP project worker will meet with you to chat about your needs and how your YPSP can be there for you during pregnancy and after your baby arrives.

You're welcome to meet with the project worker on your own, as a couple, with a family member, or anyone else you'd like to bring along.

We can meet wherever you feel most at ease—whether that's in your home, at the YPSP office, or another comfortable spot.

We're here to provide ongoing support just for you, whether it's one-on-one, through fun group activities, or by connecting you with other helpful resources.

You will find contact details for your nearest project in this leaflet.

Or feel free to contact the National YPSP Manager - sam@ypsp.ie



The service was an amazing support for me being a single parent and fearful of parenthood, they supported me with education, parent groups, making friends with other young mums