

## Want to know more?

To discuss the program or to refer please contact:

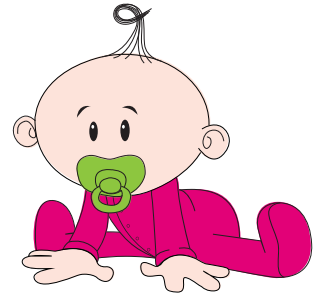
Karinya Young Mums 'n' Bubs

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[www.kyws.org.au/young-mums-program](http://www.kyws.org.au/young-mums-program)



# KARINYA

young mums 'n' bubs

'Support and accommodation  
for young parents and parents to be'

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Funded by the Tasmanian  
Community Fund and  
The Ian Potter Foundation

**KARINYA**  
YOUNG WOMEN'S SERVICE

  
TASMANIAN  
COMMUNITY FUND  
MAKING A DIFFERENCE

  
The Ian Potter  
Foundation

## What is Karinya Young Mum'n'Bubs?

Young Mums 'n' Bubs is a program providing accommodation and support to pregnant young women and young parents in the Launceston area.

The program aims to establish a safe, stable environment for young parents and children while providing emotional and practical support.

The accommodation is provided through Community Tenancies managed by Karinya Young Women's Service.

## You are eligible for young mums 'n' bubs if you are:

- 16-19 years of age\*
- Pregnant (over 20 weeks) and/or have a child younger than 2 years old
- Able to live independently
- Motivated to work towards your goals with the help of a support worker

\*entry age is negotiable on a case by case basis

## What kind of support will be provided?

A Young Mums 'n' Bubs worker will support participants of the program to reach their goals and potential. The program aims to assist young parents with practical skills such as:

- Parenting health and information
- Improving independent living skills
- Connecting young parents and their children to community services they may require

Emotional support is also an important aspect of the program and will involve:

- Regular visits from the support worker
- Invitations to workshops and courses as they become available
- Opportunity to talk to someone about issues such as parenting or family/ relationship concerns in a respectful way

## Who can refer?

We accept referrals from the young person needing support, or from any service.

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