

**YOUTHWORK**

DUMFRIES AND GALLOWAY

# Young Parents Project D&G

ARE YOU A  
YOUNG PARENT  
OR EXPECTING  
MUM AGED  
14-25 YEARS?

LOOKING FOR A  
FRIENDLY  
SPACE TO MEET  
OTHER YOUNG  
PARENTS,  
SHARE A CUPPA  
AND HAVE  
SOME FUN?

COME AND JOIN OUR YOUNG PARENTS PROJECT – A FREE 20-WEEK PROGRAMME DESIGNED JUST FOR YOU (AND YOUR LITTLE ONES TOO!)





**SIGN  
UP**


## What's Included?


- Practical workshops like cooking, self care and crafting
- Parent and child activities
- Helpful information and advice sessions
- Trips and visits
- A relaxed place to socialise with other young parents
- Lunch and refreshments provided every week
- Training, qualifications and awards

Starting from week beginning 27 October:


 Hub 75 West, Stranraer,  
Mondays from 11.00am - 1.00pm

 Victoria Halls, Annan,  
Wednesdays from 12.00 - 2.00pm

 Oasis Youth Centre, Dumfries,  
Fridays from 11.30am - 1.30pm

 Hillview Leisure Centre, Kelloholm,  
Fridays from 12.30 - 2.30pm

Coming soon...

 The Annexe, Castle Douglas,  
Wednesdays from 12.00-2.00  
(Starts 12 November)