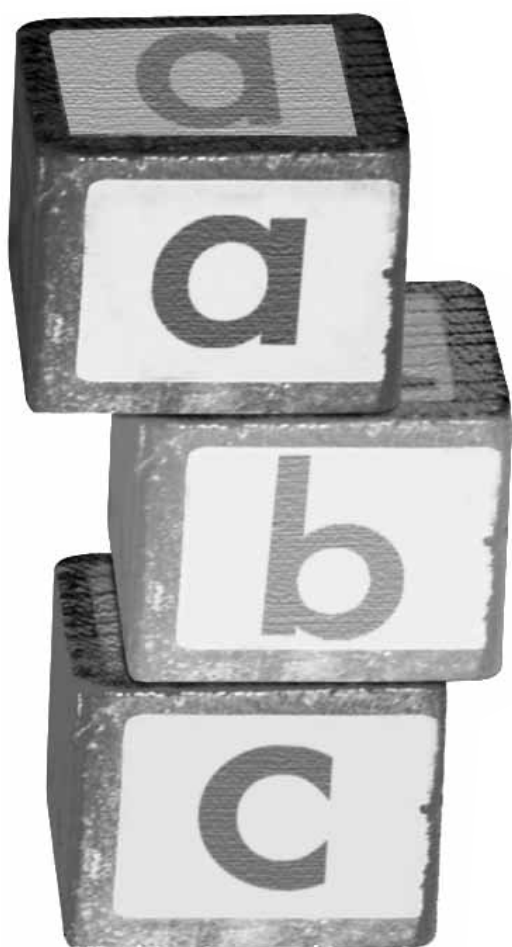


Are you aged 16-18? Have you recently had a child or are you expecting a baby soon?



Even though you are now a parent or about to become one, don't forget about your own future. Learning is still important - even if you aren't working now you may want to get a job in time and qualifications mean you will earn more. So if you or your partner has had a baby or if you are expecting soon, these free courses are ideal.

How can we help?

We have a new range of free courses that are designed to help new parents with skills such as common illnesses, understanding child development or first aid. We also offer courses to help you develop as a person such as independent living skills or managing your finances.

These courses are helpful, fun and relaxed and a great way for you to meet other parents at the same stage as you.

Your baby's future is important, but so is yours. Help your baby and help yourself by enrolling on a Young Parents to Be course.

Financial help

If money is an issue, there may be help available. You may qualify for the Education Maintenance Allowance - ring the EMA Helpline on **080 810 16 2 19** for more details.

There is also Care to Learn which can help with your childcare costs while you learn. For information contact the Care to Learn helpline on **0845 600 2809**.



Course Title

Young Parents Course

Start Date 5th February 2008

End Date 10th April 2008

Duration 10 weeks

No. of hours per week 16 hours

Times 2 days per week
Tuesdays and Thursdays
10.00am to 4.00pm

Where Oaklands College, Welwyn Garden City Campus
YMCA Training, Welwyn Garden City

What Budgeting, careers advice, IT, nutrition (including practical meal preparation), weaning, baby development, contraception, making baby books, photo frames etc., relaxation, midwife visits, hospital tour, baby bottle making, baby care, job search, benefits, labour preparation, antenatal and post-natal care, equipment needed for baby.

Qualifications included? Communication Key Skill Level 1.

Any additional information? Working in partnership with Oaklands College.
Lunch provided at both venues.
Drop in open morning on Tuesday 29th January from 10.30am to 12 noon at YMCA Training, Welwyn Garden City to find out more.

Who to contact for further information? Clare Tyler
Telephone: 01707 351415
Email: c.tyler@ymcatraining.org.uk
Website: www.ymcatraining.org.uk
