

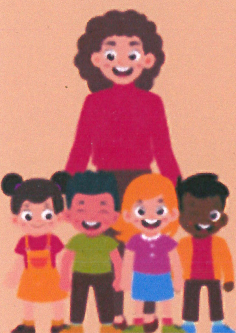


Do you know of/are you a young parent under 20?



Come along to our totally free sessions.

Pop in to see us!



Our sessions are all totally free for young parents under 20 and we have an on-site Ofsted registered creche. Come along and make new friends who are in a similar situation.

Activities include



Crafts, Making gifts, Cook and eat sessions, Health and well being, Trips, Peer support and advice sessions.

We're open to suggestions too, tell us what you'd like to do

Free Beauty treatments



Nails, hair, lashes and more all available completely free in our in house salon, Learn to do treatments yourself too.

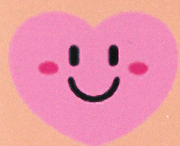
Free Mental health support



Come and see Kate, from Black Dog Therapy for one to one sessions to promote Mental well being, mindfulness and to work through problems.

For children's mental health we also have a lovely sensory room and fab outdoor play area and learning courtyard.

No stress, no worries



We're a relaxed, informal and friendly setting. staff have a long history of living and working in Braunstone, and most of us were teen parents ourselves. We can even offer you £50 per month to help you travel to us!

Pre-loved shop



We have a free shop which all of our young parents and local families can help themselves to offering quality clothes, shoes, toys, homeware, baby equipment and more!

Build your confidence and skills.

We offer A.I.M Accredited courses and workshops, Paediatric and First aid at work, Basic food hygiene and Health and safety training, Careers advice and support, C.V writing and Job search, support with forms and applications.



Contact us!

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