

Other Services of interest at the Salvos Ingle Farm

- **First Steps Playtime –Monday to Wednesday**
9am-1pm
- **Mainly Music Kids Program –Monday**
9:30am & 10:30am. Wednesday
10:00am
- **Lapsit Reading –Monday, Tuesday, Wednesday.**
- **Emergency Relief for people with low income.**
- **Youth Supported Accommodation Service.**

Please contact The Salvation Army Ingle Farm for further information.



The Salvation Army

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The Salvation Army Ingle Farm

Young Mums Mentoring



Salisbury Communities for Children
The Communities for Children initiative is supported by
the Australian Government

Not so long ago your biggest issue could have been 'What am I going to wear on the weekend?' You could ring your closest friends to help with this decision. Your world was all about you, and now a few months later your world revolves around your baby. What a complete shift in your way of thinking, and perhaps now you're not sure what your future looks like.

Would you like to chat to someone who you can trust, and won't judge you. Someone who accepts you where you're at and is focused on developing your strengths, abilities and dreams.

If you are pregnant or have a child, and if you are under the age of 20 years old this program is for you.



We have the ability to offer you a mentor who will listen to you. She will give you the opportunities and techniques to improve your parenting skills as well as grow new friendships.

How does mentoring work?

Contact us on 8397 9333 and a mentor would be happy to come out to speak to you one-on-one. She can meet you at a café, park, school, your home, wherever is convenient for you. She will catch up with you on a regular basis for a one hour session. Within this time the mentor will grow an understanding of what your needs are and support you in your goals to achieve these needs.

Workshops!!!

We offer Workshops throughout the year, which will give you the opportunity to develop new skills and find new friends. They will give you the chance to share both the highs and the lows with other teen mums, as well as gain professional information to help with being a young mum.