



Young Mums to Be helping young mums get the right start

Who it's for

YMTB is a course designed to help young pregnant women, aged 14-18, get ready for parenthood and learn essential skills for life.

What you'll gain

Over a 12-16 week period the course aims to give individuals the opportunity to learn all they need to know about their pregnancy and being a parent, from biological awareness to baby care. Life skills such as money management and communication are also covered, plus access to information on available support.

Why you should join

For many young women pregnancy can signal the end of any form of education and training, often leaving young mums with little choice in their future direction. In view of this YMTB offers essential training in employability skills, often leading to a recognised qualification, plus discussion on options available in employment and further education

Where:

Campsbourne Children's Centre
Nightingale Lane N8 7AF

When:

Wednesdays & Fridays
10am – 4pm for 12 weeks

For more information:

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