

## Project Areas and Contact Details

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### Coolock - and surrounding areas

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### Finglas & Cabra

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### Carlow & Kilkenny

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### Clare

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### Cork

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### Donegal

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### Limerick

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### Louth

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### Sligo, Leitrim & West Cavan

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### Westmeath & Longford

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[www.youngparents.ie](http://www.youngparents.ie)

May 2026

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# A service for pregnant and parenting young mothers and fathers



Young  
Parents  
Support  
Programme

Our projects support young parents under the age of 24 right through the first 1,000 days of your child's life.  
**Discover more information here.**

The Young Parent Support Project is co-funded by the Government of Ireland and the European Union, Tusla and the HSE.



Rialtas na hÉireann  
Government of Ireland



An tAontas Eorpach  
Co-Funded by the  
European Union

**TUSLA**

An Chomhairleachas um  
Leanaí agus an Teaghlach  
Child and Family Agency



Infheachtas na Seirbhíse Sláinte  
Health Service Executive



Being a young mother I feel like I'm talked down to, people make me feel like I don't know what I'm doing but I could not thank this service enough for being such amazing understanding people who believed in me when I didn't believe in myself

## About the Young Parents Support Programme

The Young Parents Support Programme (YPSP) is Ireland's only community-based service for young parents, supporting those aged 24 and under through the first 1000 days of their child's life. Some older parents may also receive support based on their circumstances.

There are 17 YPSP projects across 16 counties: Dublin (6 projects), Louth, Kildare, Wexford, Carlow, Kilkenny, Westmeath, Longford, Cork, Galway, Limerick, Sligo, Leitrim, West Cavan, Clare, and Donegal. This leaflet has contact details for each project.

YPSP also supports grandparents and family members involved in the young parent's life.

Services are free and confidential.



## What kind of support will you get?

You'll receive personalised one-to-one support and discuss how pregnancy affects you and your relationships.

Your project worker will assist with caring for yourself and your baby, provide info on rights, welfare, and education, and connect you with local services.

You control how and when to engage with your project worker.

You will also get the opportunity to connect with other young parents and enjoy activities like parent-toddler groups and baby massage.

Support is also available for grandparents, family, or anyone involved with you and your baby.

## How does the Young Parents Support Programme work?

Once you reach out to the project in your area, a friendly YPSP project worker will meet with you to discuss your needs and how YPSP can support you during pregnancy and after your baby arrives.

You can meet with the project worker alone, as a couple, with a family member, or anyone else you'd like to bring.

We can meet wherever you feel most comfortable—at your home, the YPSP office, or another spot.

We're here to provide ongoing support for you, whether one-on-one, through group activities, or by connecting you with resources.

**You'll find contact details for your nearest project in this leaflet and at [www.youngparents.ie](http://www.youngparents.ie)**

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The service was an amazing support for me being a single parent and fearful of parenthood, they supported me with education, parent groups, making friends with other young mums