

Donegal

Susan McLoughlin

Foróige, Letterkenny

Tel: 086 606 4291

Email: susan.mcloughlin@foroige.ie

Galway (City & County)

Natasha Fahy

University College Hospital

Tel: 091 544 960

Email: natasham.fahy@hse.ie

Limerick (City & County)

Joanne Ryan

Limerick Social Services Council Ltd.

Tel: 061 319094 or 086 6020588

Email: joanne.ryan@lssc.ie

Cork (City & County)

Louise Kelleher

Childhood Matters, Blackrock

Tel: 021 435 7730

Email: lkelleher@childhood-matters.ie

Wexford

Eanna Byrne

Barnardos, Enniscorthy

Tel: 053 923 6342 or 086 060 0582

Email: eanna.byrne@barnardos.ie

Carlow & Kilkenny

Maria Finn

St. Catherine's Community Services Centre, Carlow

Tel: 059 913 8700

Email: mariaf@catherines.ie

Louth

Carol Harkin

Lifestyle Development Group, Drogheda

Tel: 041 984 3209

Email: lifestart@lifedev.ie

Kildare

Denise Loughnane

Foróige, Newbridge

Tel: 086 203 1882

Email: denise.loughnane@foroige.ie

Clare

Ruth Culligan

Barnardos, Ennis

Tel: 021 430 7965 or 086 027 1147

Email: ruth.culligan@barnardos.ie

Sligo, Leitrim & West Cavan

Linda Halstead

Home Youth Liaison Service, Sligo & Leitrim

Tel: 087 791 7000

Email: lindahalstead@homeyouthliaisonservice.ie

Westmeath & Longford

Jean Henson

Barnardos, Athlone & Lir Mullingar

Tel: 044 933 5282 or 086 818 9874

Email: jean.henson@barnardos.ie

National Manager

Samantha Dunne

TREOIR, Anglesea Mill, 9 Anglesea Row, Dublin 7,

Tel: 01 6700 120 or 087 251 8428

Email: sam@ypsp.ie

TREOIR manages the YPSP nationally and provides guidance and support to local projects.



FOLLOW US

SCAN ME



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



Rialtas na hÉireann
Government of Ireland



Arna chomhchleistiú ag
an Aontas Eorpach
Co-funded by the
European Union



TUSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



Young
Parents
Support
Programme

A service for
pregnant and
parenting young
mothers and
fathers



working together

treoir

About the Young Parents Support Programme

Are you under 24 years of age?

Are you expecting a baby?

Do you already have a child?

The Young Parents Support Programme – YPSP for short – is a family support service for young people who are pregnant or parenting. Support is also available for partners and family members who play an important part in your life. This support service is free and confidential.

How can I contact the YPSP?

You can contact the YPSP directly or anyone interested in your well-being, or the well-being of your child, may make contact on your behalf. If there is no YPSP in your area, contact the National Manager.

How does the YPSP work?

A project worker will meet you to discuss your needs and any concerns you may have and they will support you to deal with them as far as possible. You can meet the project worker on your own, as a couple, with a member of your family or with anyone who is supporting you.

Meetings may take place in your own home, at the YPSP office or wherever you feel comfortable. You will be supported in a way that best suits your individual needs and the needs of your child. This may be on a one-to-one basis, through group activities or by putting you in contact with other sources of support.

What kind of support will I get?

The type of support you will get will depend on your own individual needs and the needs of your child.

For example, you may need:

- to talk about how your pregnancy is affecting you and your relationships with those around you - such as the other parent of your child and your own parents
- support to take care of yourself and your baby both before and after the birth
- help to adjust to your new role and responsibilities as a parent
- help to understand how your baby is developing and what you can do to make sure your baby is healthy, happy and safe
- information about your rights and responsibilities as a parent
- information and support about your welfare rights and entitlements, including accommodation
- encouragement and support to return or remain in education if that is what you decide to do
- help to find and access other services and supports in your local area

Your YPSP project worker will know about other supports and services for parents like you in your area and, if you wish, they can put you in touch with them, talk to them on your behalf, or introduce you to them.



How to get in touch with YPSP

Dublin

Dublin 8, 10 and 12 – Ballyfermot, Bluebell & Inchicore

Shaunie Kelly

Familibase, Dublin 10

Tel: 01 654 6800

Email: shaunie.kelly@familibase.ie

Dublin Southwest – Dublin 24, Dublin 12 and parts of Dublin 6

Sharon Fitzmaurice

Barnardos, Clondalkin, Dublin 22

Tel: 01 403 2080 or 086 772 8619

Email: sharon.fitzmaurice@barnardos.ie

Clondalkin – Dublin 22

Orlagh McDonald

Barnardos, Clondalkin, Dublin 22

Tel: 01 403 2080 or 086 382 3789

Email: orlagh.mcdonald@barnardos.ie

Coolock – Dublin 5, 13 & 17, parts of 3 & 9

Lydia Smyth

Doris Buí, Coolock, Dublin 17

Tel: 01 848 4811 or 087 225 4975

Email: lydia.smyth@dorasbui.ie

Dublin 11 and 7 – Finglas & Cabra

Annemarie Kelly

Barnardos, Finglas, Dublin 11

Tel: 01 864 1480

Email: annemarie.kelly@barnardos.ie

Dublin 15 – Blanchardstown

Niamh Rogers

ANEW, Dublin 15

Tel: 083 443 8861

niamh.rogers@anew.ie