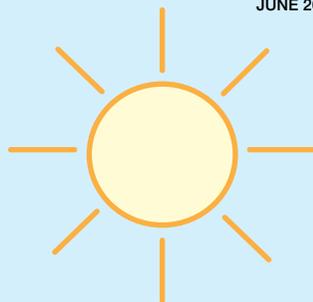




**Camden Sure Start**  
Your journey. Our support.



## Young Parents Team



## What is the Young Parents Team?

Are you aged 24 years old or younger? Do you live in Camden? Are you about to become a dad or mum do you already have a child under five?

If you answered yes to all of these questions then the Young Parents Team (YPT) could support you.

The YPT offers emotional support and help to young dads and mums through individual, couple or family therapy, before and after the birth of their child. Some of the things that we support people with include:

Anxiety, worries, fears, low mood, post-natal depression; frustrations; excitement.

Difficulties in the parents' relationship;

Child development, understanding your baby, managing challenging behaviours;

Working with any other professionals that may be supporting you;

Linking families to other services that can help, including employment and benefits support and family support services.



## Who we are

The team is made up of experienced workers who are trained in psychological therapies and have expertise in child development and individual, couple and family relationships.

## Where do we meet?

We offer appointments where you feel most comfortable, like at your home, in a Children's Centre or clinic, you can decide.

## We can help

We won't make any assumptions about you, parenting can be difficult for everyone. We will listen to you and are here to support you in any way during your pregnancy, following the birth and until your child reaches five. Receiving help from the YPT means you can talk about your experiences and get emotional support for you and your family.

## What others have said about the service

"When you need someone to **guide you** when you are lost."

"People that can **get to know you and understand you**, and can advocate this at meetings."

"Better to get involved whilst pregnant, because **trust is already established** once baby arrives."

"Help with getting back on the **right path**."

"Informing about what **young parents are entitled to**, rights and what else is available to them."



If you would like support from the YPT,  
phone us on 020 7974 8961 or email us  
camdensurestart@camden.gov.uk



Camden Sure Start is for all types of families. To find out more come  
and visit your local centre.



Advice and play activities to support  
your child's speech and language



Midwifery and health visiting services



Information and support about  
breastfeeding, baby feeding  
and healthy eating



Stay and play drop-ins and other  
activities for you and your child  
to enjoy together



Family support team — if you  
need extra help



One-to-one support if you are feeling  
low, anxious or stressed by family life



Early education and childcare  
and childminders



Help to find training and employment  
and benefits advice



Local services for children with special  
educational needs and/or disabilities,  
visit [localoffer.camden.gov.uk](http://localoffer.camden.gov.uk)

### Children's Centres:



**1a Children's Centre**  
1a Rosebery Avenue EC1R 4SR  
020 7974 7024



**Regents Park Children's Centre**  
Augustus Street NW1 3TJ  
020 7974 8934



**Harmood Children's Centre**  
1 Forge Place NW1 8DQ  
020 7974 8961



**Agar Children's Centre**  
Lulworth, Wrotham Road NW1 9SU  
020 7974 4789



**Kilburn Grange Children's Centre**  
1 Palmerston Road NW6 2JL  
020 7974 5080



To find out more about Camden Sure Start:

[camden.gov.uk/camdensurestart](http://camden.gov.uk/camdensurestart)