

PODS

For young parents aged 23 years & below

Young Parent
Group

Education
Support

Individualized support



PODS

Ballarat Community Health
710 Sturt Street Ballarat 3350
Ph: 5338 4500



*Supported by funding from the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA).

PODS

Young parents
program

What is PODS?

PODS is a program for young parents. It offers individual support - a young parents group and educational support.



Why become a member of PODS

There are many benefits of becoming a member of PODS

These include:

- ★ Friendship and social contact
- ★ Learning new skills
- ★ Support for educational opportunities
- ★ Access to info, support and assistance
- ★ time out for yourself

All in a safe and non-judgmental environment

PODS INDIVIDUALIZED SUPPORT

- ★ **Offers extra support for you and your family to achieve your goals of health and wellbeing.**



PODS Educational Support

This is for young parents who are studying or who are considering returning to study in the next six months.

HOW CAN PODS EDUCATION SUPPORT HELP ME?

It can be difficult to manage the demands of study and pregnancy or parenting. But PODS can help you by providing you with an Education Support Worker who can help you with:

- ★ planning your study and training goals
- ★ links to career guidance
- ★ assistance to select and apply for courses
- ★ assistance finding appropriate childcare
- ★ financial assistance to help with related education and training costs including course fees, textbooks, school uniform
- ★ ongoing support during your study/ training to help you keep on track
- ★ links to housing, financial counselling and other services

Your Education Support Worker can provide you with up to 2 years of support

For more information please contact
Melanie Hardy
PODS education support worker
0459 816 727 ph or text

PODS Young Parents Group

Are you aged 23 years or below?
Have you had your baby or expecting your baby. Then why not come along to the PODS group for young mums and dads!

WHAT THE PODS YOUNG PARENTS GROUP PROVIDES:

- ★ a safe and welcoming place for young parents to meet, support each other and enjoy a range of activities
- ★ activities including: first aid; cooking; music and movement sessions; indoor play center's: parenting sessions; swimming; baby gym; lunches
- ★ free child care are provided most weeks
- ★ assistance with transport
- ★ links to other services if required

For more information please contact
Karma Rumbelow
PODS young parent support worker

