

## About Youth Horizons

Youth Horizons is a national charitable trust working to improve the lives of children and young people.

We deliver programmes that have been shown to work and meet the needs of children, young people and their families from different backgrounds.

Our programmes focus on therapy in the home, parenting support, bringing families back together, and foster care and group home placements.



## Contact us

If you would like to know more about Te Kainga:

Phone 09 573 0954

Email [tekainga@youthorizons.org.nz](mailto:tekainga@youthorizons.org.nz)

[youthorizons.org.nz](http://youthorizons.org.nz)

  [youthorizons](https://www.facebook.com/youthorizons)

# TE KAINGA TEEN PARENT HOME

Information for current and prospective young mums



YOUTH HORIZONS | KIA PUĀWAI

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## What is Te Kainga?

**Parenting is never an easy job, but it can be so much harder if you and your baby don't have the right home during those crucial early months.**

Te Kainga is a parenting programme for young mums in a family style residential home. The Auckland-based home provides a safe and nurturing environment for you and your baby. On-site house parents work to support committed mums develop their parenting and life skills.

A stay at Te Kainga will usually last between six and twelve months. Staying at Te Kainga is low or no cost depending on your available income. Financial support is also available through Work and Income or Oranga Tamariki.

## What does Te Kainga offer?

- A clean, safe and supportive environment
- 24/7 support focused on helping you develop your parenting skills
- Private bedrooms furnished for you and your baby
- Access to mother and baby health services
- Life skills learning, including basic budgeting and household skills
- Support to maintain whānau contact
- A transition plan for when the time comes to leave the home

You can also begin your stay at Te Kainga in the late stages of your pregnancy.

## Who is Te Kainga for?

Te Kainga is for young mums aged between 13 and 19 and their child or children.

If this is you, you can contact us directly or be referred by your family or an agency.

See the back cover for details on how to find out more about Te Kainga.

