

One Family is Ireland's leading organisation for one-parent families and their children.

Our other services include:

- askonefamily
National lo-call helpline
1890 662 212
- Information & Support
- Parent Mentoring
- Play Therapy
- On-site Crèche
- Back to Work & Education
- Courses for Parents
- Courses for Professionals



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

crisispregnancyprogramme



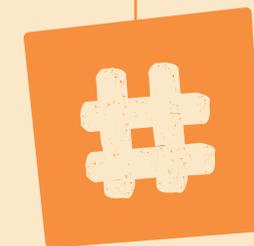
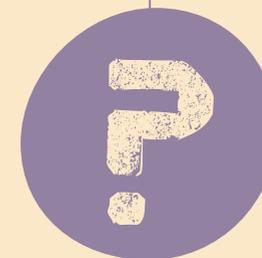
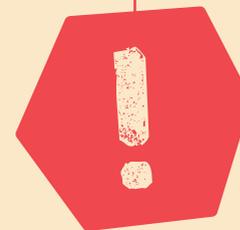
Cherish House, 2 Lower Pembroke St, Dublin 2
askonefamily lo-call helpline: 1890 662 212
t: +353 1 662 9212 e: info@onefamily.ie
www.onefamily.ie



PREGNANCY & PARENTING SUPPORTS

FOR YOUNG PEOPLE IN CARE

At One Family



YOUNG PEOPLE

- Are you expecting a baby or have you recently become a parent?
- Are you in care or have you just moved into your own place?

If the answer is 'yes' to both questions, the Pregnancy & Parenting Support Service at One Family is here to help you.

This service provides ongoing practical support and information as well as a safe and confidential place to talk over the worries and concerns that often come up for a new parent.

CONTACT US

Young People: The service is free and can be contacted directly by you. Call or text us on **086 079 3072** or email us at **youngpeople@onefamily.ie** for more information or to book an appointment.

Professionals: We also take referrals from professionals working with young people in care or in independent living. Call us on **01 662 9212** or email us at **youngpeople@onefamily.ie**

UNPLANNED PREGNANCY

This service is open to women, men, couples and family members coping with an unplanned or crisis pregnancy. It is a non-directive, three option crisis pregnancy counselling service.

Non-directive means that full information is given, as requested by the client, in all three options possible in crisis pregnancy; parenting, abortion, adoption. We also offer confidential post-abortion supports.

FATHERS

All of One Family's pregnancy and parenting supports are open to fathers whether separated, sharing parenting, or in a relationship with the child's mother.

BOOK YOUR APPOINTMENT

To book an appointment for any of these services, call us in confidence on **01 662 9212**.

One Family counsellors are qualified professionals.

This service is free and funded by the HSE Crisis Pregnancy Programme