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| **Mentoring for Independence**  Tuesday night 5pm-7pm Term time only | Web Logo- high res |
| Darlington Association on Disability’s (DAD) Mentoring for independence project supports young people aged between 13-25 years old, to learn independent skills, through transition of being a child, to becoming a young adult.  Young people will gain confidence, self- esteem, build friendships, practical and emotional support, in a safe, flexible, friendly and fun environment.  This will be achieved through sessions key focuses on building skills such as:   * Travel training * Cooking * Budgeting * Personal care * Social awareness | |
| **Contact details:**  Children and Young People’s service  01325489999 Ext 3  [www.darlingtondisability.org](http://www.darlingtondisability.org)  [chyps@darlingtondisability.org](mailto:chyps@darlingtondisability.org)  **Charity number 1125848** | |
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