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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
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| **Contact details:**Children and Young People’s service01325489999 Ext 3[www.darlingtondisability.org](http://www.darlingtondisability.org)chyps@darlingtondisability.org**Charity number 1125848** |
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