

Mentoring for independence Tuesday evenings 5pm-7pm



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

chyps@darlingtondisability.org

Charity number 1125848

