

Guiding hand for mums

MONIQUE COWPER

ONCE a upon time being a young mum was common but these days it can be a scary, isolating and lonely endeavour.

A new Berowra-based mentoring program is hoping to change all that. Young Love was started by a young mother, Vicki Condon, who wanted to support young people going through profound challenges in life.

One of programs she runs is Bump, for mothers under 23.

"I'm passionate about mentoring and the idea that it takes a village to raise a child," Ms Condon said.

"We know there are a lot of young mums in the Hornsby area who need this support."

These mothers may feel uncomfortable meeting at their local community centre or playgroup where mothers in their 30s are becoming more commonplace.

"They talk about being negatively judged by older mums but it was only a generation or two ago that everyone had their babies at a young age," she said.

Young mums and their mentors get together weekly to chat. Once a month mums and mentors meet as a way of providing a broader social connection.

"We want to focus on the positives of being a young mum," Ms Condon said.

"We should encourage them for being courageous and brave. We want to support them to finish their education and to pursue a career."



Young mother Jess Potts (right) with baby Abbygail and mentor Fiona Ross.

Picture: PETER KELLY

Lessons in figures come with massage

BUMP, the support group for young mothers run by not-for-profit organisation Young Love, will run a workshop on financial management later this month and offer a massage.

"We've got masseuses coming in to give them a massage, to let them know they're valued, and

we'll teach them about the value of budgeting," said Young Love founder Vicki Condon.

"Bump is all about pulling together and supporting an individual's choices. Whether you decide to be a stay-at-home mum or go back to work we should all help each other."

● The next Bump workshop run by Young Love will be at Berowra Community Centre, The Gully Rd, Berowra from 10am – noon next Thursday, June 24. Free childcare and lunch is provided. Details: Vicki Condon, 0419 633 881, or younglove.com.au