



NEST

Nurturing Education & Support for Teen
Parents

NEST is a safe and welcoming support group created specifically for teen parents. Held monthly on high school campuses, this in-person gathering offers encouragement, practical parenting education, and access to essential baby supplies.

Who It's For:

Teen moms and dads

Ages 14–19

Currently enrolled in high school or alternative education

What Teen Parents Receive:

Free diapers, wipes, and formula

Safe sleep items and baby gear

Friendly, judgment-free support

Parenting tips and life skills

Connection with other teen parents

Program Details:

When: Monthly during the school year

Where:

We currently serve Frenship ISD, but we partner with schools across the region. Your campus can request us to host.

Why It Matters:

Being a young parent is challenging—but no one has to do it alone. NEST helps teen parents feel supported, empowered, and equipped to build safe and nurturing homes for their children.

Learn More:

parenting@lubbockfamily.org

www.lubbockfamily.org