

Chill Kids - For children aged 7-11 years old, helping them to understand their big feelings and find positive ways to manage them.

FEARless - For parents/carers of children aged 6-14 years, to help you understand your child's anxious feelings.

Infant Feeding Support Group - Support around feeding your baby or child.

Growing Healthy Drop-in - Ask about your child's health and development.

Antenatal Breastfeeding Workshop - For parents-to-be and their support to learn about breastfeeding their baby.

Parent Preparation for Labour - For parent-to-be and their support to learn about what to expect when in labour.

DurhamWorks Drop-in - Support to help 16–24-year-olds into Education, Employment or Training.

Feel Good Families - For parents, helping you to handle the challenges of family life - and by the end of the course - you will 'Feel Good'.

Staying Cool Teen - For teenagers looking at anger management and ways to deal with these feelings.

SENDIASS Drop-in - For parents/carers of families with SEND, drop in for impartial information or advice.

Teen Zone - For secondary school age who are struggling with confidence and self-esteem.

Baby and Me - For parents/carers and their child aged 0-12 months. An informal group that includes baby massage, song and rhyme and activities to help your child's development.

Toddler and Me For parents/carers and their child aged 1-2 years old. An informal group, each week focuses on a different aspect of your child's development.

Staying Cool Adult – For adults looking at anger management and ways to deal with these feelings.

DurhamLearn Multiply – For further information please contact Multiply@durham.gov.uk

Family Hubs are open Monday to Thursday 8.30am – 5.00pm
and Friday 8.30am – 4.30pm.

www.durham.gov.uk/HelpForFamilies

www.facebook.com/CountyDurhamFamilyHubs



What's on

September to December 2023



Bishop Auckland

We offer support for families from pregnancy up until your child turns 19, or 25 if they have special educational needs and/or disabilities. This includes help with all aspects of being a parent or carer, helping your child learn and develop and support for mental and physical health concerns.

Why not take part in one of our free, friendly groups, or drop in and ask us a question. There's no such thing as a daft question, so please feel free to ask.

Bishop Auckland Family Hub
Walker Drive, Bishop Auckland, DL14 6QL.
03000 266 390





Bishop Auckland

Bishop Auckland Family Hub What's On

Chill Kids (booking required) Monday 4pm-5pm	Runs for 6 weeks, starts 18 September 2023 and 6 November 2023	SENDIASS Drop-in Thursday 9.30am-11.30am	14 September 2023 12 October 2023 9 November 2023 14 December 2023
Infant Feeding Support Group No42, Market Place, DL14 7PB Monday 1.30pm-3.30pm	Every week	Teen Zone (booking required) Thursday 4pm-5pm	Runs for 6 weeks starts 9 November 2023
FEARless (booking required) Tuesday 9.45am-11.45am	Runs for 7 weeks starts 12 September	Baby and Me Friday 10am-11.30am	Every week
Antenatal Breastfeeding Workshop (booking required) Tuesday 1pm-2.30pm	5 September 2023 3 October 2023 7 November 2023 5 December 2023	Toddler and Me Friday 1.30pm-3pm	Every week
Growing Heathy Drop-in Tuesday 9.15am-11.15am	Every week	Staying Cool Adult (booking required) Friday 9am-4pm	27 October 2023
Parent Preparation for Labour (booking required) Tuesday 5pm-7pm	5 September 2023 3 October 2023 7 November 2023 5 December 2023	Feed the Family* (booking required) Friday 12pm-3pm	8 September 2023 (11.30am- 2.30pm) 6 October 2023 27 October 2023
Staying Cool Teen (booking required) Tuesday 9.30am-2.30pm	24 October 2023 12 December 2023	You + Multiply = 0 GCSEs Stress* Friday 2pm-4pm	Runs for 4 weeks, starts 29 September 2023
DurhamWorks Drop-in Tuesday 2pm – 4pm	Every week	You + Multiply = 0 SATs Stress* Friday 10am-12pm	Runs for 2 weeks, starts 15 September 2023
Feel Good Families (booking required) Wednesday 9.30am-12pm	Runs for 6 weeks, starts 20 September 2023	Money Matters* Friday 9.30am-11.30am	Runs for 6 weeks, starts 29 September 2023

*Courses delivered by [Durham Learn & Multiply](#)

Sensory room available,
contact us to book