

Infant feeding support - support for parents and carers around feeding their baby or child.

SENDIASS drop-in - For parents/carers of families with special educational needs and/or disabilities, drop in to ask SENDIASS for impartial information or advice.

Healthy child - support for parents and carers around feeding their baby or child.

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.

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

Triple P Teen - For parents/carers of young people aged 12-16 years, giving simple practical skills and strategies to raise confident, healthy and happy teenagers, and to improve family relationships.

Stepping Stones - For parents/carers of children aged 0-12 years who have special educational needs and/or disabilities, giving strategies to promote their development and potential.

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.

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

EPEC being a parent - For parents/carers of children aged 2-11 years, run by parents, to help you understand your child's behaviour

Sensory Room – For parents and their child to relax and enjoy the lights, sounds and textures

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



Chester-le-Street

We offer support for families from pregnancy up until your child turns 19, or 25 if they have special educational needs and/or disabilities (SEND). 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.

Chester-le-Street Family Hub
Gray Avenue, Chester-le-Street, DH2 2EL.
03000 268 643





Chester-le-Street Family Hub What's On

Infant feeding support	Monday 10.30am – 11.30am		Weekly
SENDIASS drop-in	Monday 9.30am-11.30am Monday 4pm – 6pm	4 September 2023 2 October 2023 6 November 2023 4 December 2023	Monthly
Healthy Child Drop In	Monday 1.30pm – 3pm		Weekly
Toddler and Me	Wednesday 1pm-2.30pm		Weekly
Teen Zone (booking required)	Wednesday 4pm – 5pm	Starts 8 November 2023	6 weeks
Triple P Teen (booking required)	Wednesday 10am – 12pm	Starts 8 November 2023	10 weeks
Stepping Stones (booking required)	Thursday 9.30am – 11.30am	Starts 14 September 2023	9 weeks
Baby and Me	Thursday 1pm – 2.30pm		Weekly
Chill Kids (booking required)	Thursday 4pm – 5pm	Starts 14 September 2023	6 weeks
EPEC Being a parent (booking required)	Friday 9.30am – 11.30am	Starts 29 September 2023	10 weeks
Sensory Room (booking required)	Weekdays		Every day