

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

**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.

**Sensory Play** – For parents/carers and their baby to use the sensory room, with lights, sounds and textures to explore.

**Teen Zone** - For young people 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.

**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.

**Growing Heathy Drop-in** - Drop in to ask the Health Visiting Team any questions about your child's health and development.

**Staying Cool Family Learn** - For parents and teenagers looking at anger management and ways to deal with these feelings.

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

Family Hubs are open Monday to Thursday 8.30am - 5.00pm and Friday 8.30am - 4.30pm  
[www.durham.gov.uk/HelpForFamilies](http://www.durham.gov.uk/HelpForFamilies) [www.facebook.com/CountyDurhamFamilyHubs](https://www.facebook.com/CountyDurhamFamilyHubs)

# What's on

September to December 2023



Ferryhill

*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.*

Ferryhill Family Hub, Beaumont Street,  
Dean Bank, Ferryhill, DL17 8PH.  
03000 269 021





## Ferryhill Family Hub What's On

<b>Staying Cool Teen</b> (booking required)	Monday 1pm-3.15pm	Starts 18 September 2023 Starts 20 November 2023	Runs for 2 weeks
<b>Triple P Teen Group</b> (booking required) Children and Young People's Service, Ferryhill, DL17 8AN	Monday 1pm-3pm	Starts 25 September 2023	Runs for 12 weeks
<b>Sensory Play</b> (booking required)	Tuesday 10am-11am		Every week
<b>Teen Zone</b> (booking required)	Tuesday 3.45-4.45pm	Starts 7 November 2023	Runs for 6 weeks
<b>Baby and Me</b>	Thursday 10am-11.30pm		Every week
<b>SENDIASS Drop-in</b>	Thursday 9.30am-11.30	21 September 2023 19 October 2023 16 November 2023 21 December 2023	Every month
<b>Growing Heathy Drop-in</b>	Thursday 9am-10am		Every week
<b>Growing Healthy Clinic</b> (appointments only)	Thursday 10am-11am		Every week
<b>Staying Cool Family Learn</b> (booking required) Children and Young People's Service, Ferryhill, DL17 8AN	Friday 9am-5pm	20 October 2023	Runs for 1 session
<b>Staying Cool Adult</b> (booking required) Children and Young People's Service, Ferryhill, DL17 8AN	Friday 9am-4pm	19 December 2023	Runs for 1 session