

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.

Infant Feeding Support Group - Support for parents and carers around feeding their baby or child.

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

Safer Choices- For young people secondary school age to understand risky behaviours, peer pressure, consequences and how to make safer choices.

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

Antenatal Infant Feeding Workshop – Support for parents-to-be to learn about feeding and caring for your baby.

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.

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

Incredible Babies- For parents/carers and their baby. You will learn about how your baby grows and ways to support their development. Recommended to start before baby is 6 months old.

Incredible Years- For parents/carers of children aged 3-10 years, giving you the knowledge and skills to understand your child's behaviour.

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



Newton Aycliffe

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.

Newton Aycliffe Family Hub
Stephenson Way, Newton Aycliffe, DL5 7DD.
03000 263 666





Newton Aycliffe Family Hub

Toddler and Me	Monday 9.30am-11am		Every week
Infant Feeding Support Group	Monday 1-2.30pm	14 and 28 September 2023 9 and 23 October 2023 6 and 20 November 2023 4 and 18 December 2023	Every 2 weeks
Staying Cool Teen (booking required)	Tuesday 9.30am-3pm	3 October 2023 5 December 2023	1 day
Safer Choices (booking required)	Tuesday 4pm-5pm	Starts 19 September 2023	Runs for 6 weeks
Teen Zone (booking required)	Tuesday 4pm-5pm	Starts 7 November 2023	Runs for 6 weeks
Antenatal Infant Feeding Workshop (booking required)	Tuesday 1-2pm Wednesday 1-2pm	5 or 6 September 2023 3 or 4 October 2023 1 or 7 November 2023 5 or 6 December 2023	Runs for 1 session
Baby and Me	Wednesday 9.30am -11am		Every week
Chill Kids (booking required)	Wednesday 4pm-5pm	Starts 20 September 2023 Starts 8 November 2023	Runs for 6 weeks
SENDIASS Drop-in	Wednesday 12.45pm-2.45pm	13 September 2023 11 October 2023 8 November 2023 13 December 2023	Every month
Incredible Babies (booking required)	Thursday 12.45pm-2.45pm	Starts 7 September 2023	Runs for 10 weeks
Incredible Years (booking required)	Friday 9.30am-11.30am	Starts 15 September 2023	Runs for 10 weeks