

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

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

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.

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.

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.

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

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

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.

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



Brandon

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.

Brandon Family Hub
Carr Avenue, Brandon, DH7 8NL.
03000 269 820





Brandon Family Hub What's On

Safer Choices (booking required)	Monday 4.00pm – 5.00pm	Starts 18 September 2023	6 weeks
Chill Kids (booking required)	Monday 4.00pm – 5.00pm	Starts 6 November 2023	6 weeks
Baby and Me	Tuesday 9.30am – 11.00am		Weekly
Incredible Babies (booking required)	Wednesday 9.30am – 11:30am	Starts 13 September 2023	Weekly
Infant feeding support	Wednesday 11.00am – 12.00 noon		Weekly
SENDIASS drop-in	Thursday 12.45pm – 2:45pm	14 September 2023 12 October 2023 9 November 2023 7 December 2023	Monthly
Staying Cool Teen (booking required)	Thursday 11.30am – 3.00pm	24 October 2023 14 November 2023	2 sessions
Teen Zone (booking required)	Wednesday 4.00pm – 5.00pm	Starts 8 November 2023	6 weeks
Toddler and Me	Friday 9.30am – 11.00am		Weekly