

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

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

Infant feeding support - 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.

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 special educational needs and/or disabilities, drop in to ask SENDIASS for impartial information or advice.

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

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



Consett

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.

Consett Family Hub, Moorside Primary School,
Chester Road, Moorside, DH8 8EQ.
03000 268 634





Consett Family Hub What's On

Safer Choices (booking required)	Monday 4.00pm – 5.00pm	Starts 6 November 2023	6 weeks
Staying Cool Teen (booking required)	Monday 12.00 noon – 3.00pm	6 November 2023 20 November 2023	2 sessions (both to be attended)
Infant feeding support	Monday 10.30am – 11.30am		2nd and 4th Monday of each month
Baby and Me	Tuesday 1.00pm – 2.30pm		Weekly
Chill Kids (booking required)	Wednesday 4.00pm – 5.00pm	Starts 6 September 2023	6 weeks
SENDIASS drop-in	Thursday 9.30am – 11.30am	7 September 2023 5 October 2023 2 November 2023 7 December 2023	Monthly
Toddler and Me	Thursday 10.00am – 11.30am		Weekly
Fearless (booking required)	Thursday 12.30pm – 2.30pm	Starts 7 September 2023	6 weeks