

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

**Parenting When Separated** - For parents preparing, going through, or who have separated or divorced. Get positive and practical steps that you can take to help your children thrive as well as cope successfully yourself.

**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.

**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.

**EPEC Being a Parent** - For parents/carers of children aged 2-11

years, run by parents, to help you understand your child's behaviour.

**You + Multiply = 0 SATs Stress** - To help parents/carers of children starting SATS support them with their preparations and homework. To book contact [multiply@durham.gov.uk](mailto:multiply@durham.gov.uk)

**Money Matters** - We can support you to improve your financial wellbeing and understanding of your budgets, calculating discounts, and improving your relationship with money. To book contact [multiply@durham.gov.uk](mailto:multiply@durham.gov.uk)

**You + Multiply = 0 GCSEs Stress** - For parents/carers to teach methods for the topics that consistently show up in their children's GCSE exams. To book contact [multiply@durham.gov.uk](mailto:multiply@durham.gov.uk)

**Feed the Family** - Interactive cooking on a budget session, where you will plan, prepare, and taste a healthy home cooked meal for you and the family. To book contact [multiply@durham.gov.uk](mailto:multiply@durham.gov.uk)

**Staying cool** - For adult's 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.

**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.

**DurhamWorks** - Support for 16-24-year-olds to get into Education, Employment or Training.

**Cheesy Waffles** - Youth group for children and young people with SEND, for more information contact [Cwyproject@gmail.com](mailto:Cwyproject@gmail.com)

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



Horden

**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.**

Horden Family Hub  
Ocean View, Horden, SR8 4EQ.  
03000 264 973





## Horden Family Hub What's On

<b>SENDIASS</b> (drop-in) Monday 12noon – 3pm	18 September 2023 16 October 2023 20 November 2023 18 December 2023	<b>Parenting When Separated</b> Monday 6pm – 8pm	Starts 9 October 2023 Runs for 6 weeks
<b>Baby and Me</b> Tuesday 1pm – 2.30pm	Weekly	<b>EPEC Being a Parent</b> Tuesday 9.30 – 12.30pm	Starts 19 September 2023 Runs for 11 weeks.
<b>You + Multiply = 0 SATs Stress*</b> Tuesday 3pm – 5pm	Starts 12 September 2023 Runs for 2 weeks	<b>Money Matters*</b> Tuesday 10am – 12noon	Starts 3 October 2023 Runs for 6 weeks
<b>You + Multiply = 0 GCSEs Stress*</b> Tuesday 3pm – 5pm	Starts 26 September 2023 Runs for 4 weeks	<b>Feed the Family*</b> Tuesday 10am – 1pm	12 September 2023 26 September 2023 24 October
<b>Toddler and Me</b> Wednesday 1pm – 2.30pm	Weekly	<b>Staying Cool</b> Wednesday 9am – 12noon	15 November 2023 22 November 2023 Runs for 2 weeks.
<b>Teen Zone/Safer Choices</b> Wednesday 4pm – 5pm	27 September 2023 Runs for 6 weeks	<b>Chill Kids</b> Wednesday 4pm – 5pm,	Starts 15 November 2023 Runs for 6 weeks
<b>Cheesy Waffles</b> Thursday 6pm- 8pm	Weekly	<b>DurhamWorks</b> (drop-in) Friday 1pm – 4pm	8 September 2023 13 October 2023 10 November 2023 8 December 2023 Monthly

\*Courses delivered by **Durham Learn & multiply**

Sensory room available every day.  
Contact us to book.