

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.

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.

DurhamLearn first aid - Learn the basics of first aid, such as choking, seizures and burns to help keep your family safe. Email durhamlearn@durham.gov.uk to book.

Supporting the Wellbeing of Children and Young People- Contact durhamlearn@durham.gov.uk to book a place.

DurhamWorks- Support to help 16–24-year-olds into Education, Employment or Training.

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

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

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.

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



Peterlee

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.

Peterlee Family Hub
Ellison Road, Peterlee, SR8 5NJ.
03000 266 391





Peterlee Family Hub What's On

Toddler and Me	Monday 9.30am – 11am		Every week
Teen Zone / Safer Choices	Monday 4pm – 5pm	Starts 16 October 2023	Runs for 7 weeks
DurhamLearn first Aid	Tuesday 9.30am – 4pm	Starts 7 November 2023	One day
DurhamLearn Supporting the wellbeing of children and young people.	Tuesday 9.30am – 12noon	Starts 19 September 2023	One day
DurhamWorks (drop-in)	Tuesday 1pm – 4pm	starts 5 September 2023	Fortnightly
Chill Kids	Wednesday 4pm – 5pm	Starts 27 September 2023	Runs for 6 weeks
SENDIASS (drop-in)	Wednesday 12.45pm – 2.45pm	Starts 27 September 2023 25 October 2023 22 November 2023 27 December 2023	Monthly drop ins
Baby and Me	Thursday 9.30am – 11am		Every week