

Toddler and Me - For parents/carers and their child aged 1-2 years old. An informal group, looking at different aspect of your child's development.

Infant feeding support - support for parents and carers around feeding their baby or child.

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

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

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

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

EPEC – Parent Group Leader Training – for parents/carers to train to accreditation level to deliver groups for parents in the local community.

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.

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

Stepping Stones - For parents/carers of children aged 0-12 years who have SEND, giving strategies to promote their development and potential.

Money Matters – Support to improve your financial wellbeing and understand your budgets and improve your relationship with money.

You + Multiply=0 SATs Stress – To help parents/carers of children starting SATS support them with their preparations and homework.

You + Multiply=0 GCSE's Stress - For parents/carers to teach methods for the topics that consistently show up in their children's GCSE exams.

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.

Durham Learn - Autism Awareness Workshop – For parents/carers with autism (or pre-diagnosis) to help you have a better understanding of Autism and how to meet the needs of your child. To book contact: DurhamLearn@durham.gov.uk.

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.

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



Stanley

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.

Stanley Family Hub
 Clifford Road, Stanley, DH9 0AB.
 03000 266 150





Stanley Family Hub What's On

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| Toddler and Me Monday 10.00am – 11.30am | Weekly | Teen Zone (booking required) Thursday 4.00pm – 5.00pm | 7 September 2023 for 6 weeks |
| Infant feeding support Monday 1.30pm – 3.30pm | 1 st and 3 rd Monday of each Month | Stepping Stones (booking required) Thursday 12.30pm – 2.30pm | 9 November 2023 for 9 weeks |
| Incredible Years (booking required) Tuesday 9.30am – 11.30am | Starts 12 September 2023 for 10 weeks | You + Multiply = 0 SATs Stress* (booking required via email multiply@durham.gov.uk) Thursday 9.30am – 11.30am | 7 September for 2 weeks |
| Staying Cool Teen (booking required) Tuesday 12.00 noon – 2.00pm | 12 September 2023 26 September 2023 both sessions to be attended | Money Matters* (booking required via email multiply@durham.gov.uk) Thursday 9.30am – 11.30am | 19 October for 6 weeks |
| SENDIASS Drop-in Wednesday 12.45pm – 2.45pm | 27 September 2023 25 October 2023 22 November 2023 | You + Multiply = 0 GCSE's Stress* (booking required via email multiply@durham.gov.uk) Thursday 4.00pm – 6.00pm | 21 September for 4 weeks |
| Chill Kids (booking required) Wednesday 4.00pm – 5.00pm | 1 November 2023 for 6 weeks | Feed the Family* (booking required via email multiply@durham.gov.uk) Thursday 9.00am – 12.00 noon | 12 October 2023 30 November 2023 |
| EPEC – Parent Group Leader Training (booking required) Wednesday 9.30am – 12.30pm | 20 September for 12 weeks | Durham Learn - Autism Awareness Workshop (booking required) Friday 9.30am – 12.30pm | 22 September for 10 weeks |
| Baby and Me Thursday 10.00am – 11.30am | Weekly | Incredible Babies (booking required) Friday 10.00am – 12.00 noon | 10 November 2023 for 7 weeks |

*courses delivered by **Durham Learn & Multiply**

Sensory Room available every day contact the Family Hub to book