

EPEC Being a Parent - For parents/carers of children aged 2-11 years, run by parents, to help you understand your child's behaviour.

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

Walk and Talk group - Support for parents and carers around feeding their baby or child and can take part in a group walk

Infant Feeding Support Group - Support for parents and carers around feeding their baby or child.

DurhamLearn First Aid - For parents and carers to learn the basics to help keep your family safe. To book email durhamlearn@durham.gov.uk

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

Growing Healthy Drop-in - Ask the Health Visiting Team any questions about your child's health and 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 SEND, drop in for impartial information or advice.

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

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.

Antenatal Parent Education - For parents-to-be to learn about what to expect in labour, post-natal period, and infant feeding.

Durham Works Drop-in - support to help 16-24-year-olds into Education, Employment or Training.

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



Willington

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.

Willington Family Hub
Chapel Street, Willington, Crook, DL15 0EQ.
03000 268 445





Willington

Willington Family Hub What's On

EPEC Being a Parent (booking required)	Monday 9.30am-11.30am	Starts 25 September 2023	Runs for 9 weeks
Incredible Years (booking required)	Monday 12.45pm-2.35pm	Starts 18 September 2023	Runs for 10 weeks
Walk and Talk group	Monday 12.15pm-1pm		Every week
Infant Feeding Support Group	Monday 1pm-2.30pm		Every week
DurhamLearn First Aid (booking required)	Tuesday 9am-3.00pm	21 November 2023	1 day
Safer Choices (booking required)	Tuesday 4-5pm	Starting 19 September 2023	Runs for 6 weeks
Growing Heathy (appointment)	Wednesday 9am-12pm		Every week
Growing Healthy Drop-in	Wednesday 1pm-3pm		Every week
Chill Kids	Wednesday 4-5pm	Starts 20 September Starts 8 November	Runs for 6 weeks
SENDIASS Drop-in	Wednesday 1pm-3pm and 4pm-6pm	20 September 2023 18 October 2023 15 November 2023 20 December 2023	Every month
Staying Cool Teen (booking required)	Wednesday 9.30am-2.30pm Friday 9.30am-2.30pm	13 September 2023 17 November 2023	Runs for 1 day Runs for 1 day
Baby and Me	Thursday 10am-11.30am		Every week
Toddler and Me	Thursday 1.30pm-3pm		Every week
Antenatal Parent Education Sessions	Friday 3pm-5pm	8 September 2023 6 October 2023 3 November 2023	Runs for 2 weeks
Durham Works Drop-in	Friday 9am-4pm		Every week

Sensory room available – contact us to book