APPROACHING ADULTHOOD

Talking Teens

Duration: 8 weeks
For parents and carers of teenagers from 11 to 16 years

This group is for parents of teenagers who would like to learn more about how the teenage brain develops, strategies for maintaining boundaries, motivating and supporting young people and learning how to keep young people safe.

FAMILY RELATIONSHIPS

Keeping your child in mind

Duration: 4 weeks
For parents and carers of children of any age

This group helps parents and carers work together to create a calmer family life for children. It helps adults think about what they do, why they do it and how it makes everyone feel in the family. It focuses on identifying difficult emotions and communicating these clearly.



What do I need to do to join a group?

STEP 1

Email familygroups@stoke.gov.uk with your name, telephone number and the group you are interested in.

STEP 2

Your Group worker will contact you to arrange a home visit. This is a great opportunity for them to get to know you a little better and to give you more details about the group. It also gives you a chance to ask any questions or raise any specific concerns about your child.

STEP 3

Attend our friendly interactive group sessions.

STEP 4

Keep in touch - Unlike other family groups we do not stop support when you complete the sessions. If you would like us to, we can remain on hand to help you with any needs you have around.

stoke.gov.uk

City of Stoke-on-Trent

STOKE-ON-TRENT FAMILY HUB

FAMILY GROUPS



Free, practical and informative sessions, tailored to suit every stage of your family's journey

Who can book onto a group?

Any parents or carers living in the Stoke-on-Trent area with a child can register for one of our groups

When do the groups start?

The groups are ran on a rolling basis throughout the year. When you register on a group you will be given information of the start date and time.

Where are the groups?

The groups take place all over the city, you will get to choose the location that is the most convenient for you.

How are the groups run?

All of our sessions are led by trained professionals, in small, friendly groups - there is no classroom style learning and everything presented is practical and easy to understand.

Is there a charge for the group?

The groups are all free of charge to residents who pay council tax to Stoke-on-Trent Council.



PREGNANCY Antenatal

Duration: 6 weeks
For expectant parents and carers

This group covers the latest information on enjoying a healthy pregnancy, preparing for the birth process and understanding the changes that happen when a new baby arrives.

NEW BABY Postnatal

Duration: 8 weeks
For parents and carers of babies from birth to 9 months

Bring your baby along to make some friends! This group covers babies brain development and how good relationships can help babies develop physically and emotionally.

ENJOY YOUR BABY

Duration: 5 weeks
For parents and carers of babies from birth to 9 months

Bring your baby along to make some friends! Having a baby is an exciting time! It is also a time of change. This group helps you to understand your new thoughts and feelings, helps you to plan time for your own wellbeing and builds closeness with your baby to help settle you into parent life.

THE EARLY YEARS

Family links playful parenting

Duration: 10 weeks
For parents and carers of toddlers from 1 to 3 years

Bring your Toddler along for some fun play! Learn about how you can support your child through play, create the best home learning environment and provide a strong base for future learning.

FAMILY LINKS NURTURING PROGRAMME

Duration: 10 weeks
For parents and carers of children from 4 to 10 years

This group provides parents with new skills for listening to and communicating with their children as well as developing an understanding of behaviour in the context of relationships.

ONE FOR YOU Just Me

Duration: 6 weeks
For parents and carers with children of any age

To help parents and carers focus on personal wellbeing, increase confidence and maintain healthy family relationships.