NORTH & CENTRAL PARENTING GROUPS

SEPTEMBER 2024

Monday

Postnatal
9:30am - 11:30am
Tunstall Family Hub
Starts 23 September

Enjoy Your Baby
9:30am - 11:30am
Tunstall Family Hub
Starts 18 November

Antenatal
1:00pm - 2:30pm
Stoke North Children's Centre
Starts 23 September

Tuesday

Antenatal
9:30am – 11:30am
Thomas Boughey Children's Centre
Starts 24 September

Family Links Nurturing Programme
12:30pm – 2:30pm
Stoke North Children's Centre
Starts 24 September

Postnatal
12:30pm – 2:30pm
Thomas Boughey Children's Centre
Starts 24 September

Wednesday

Family Links Nurturing Programme
9:30am - 11:30am
Tunstall Family Hub
Starts 25 September

Talking Teens
12:30pm - 2:30pm
Tunstall Family Hub
Starts 25 September

Thursday

Family Links Nurturing Programme
9:30am - 11:30am
Thomas Boughey Children's Centre
Starts 26 September

Talking Teens
12:30pm - 2:30pm
Thomas Boughey Children's Centre
Starts 26 September

Friday

Keeping Your Child In Mind
9:30am - 11:30am
Tunstall Family Hub
Starts 27 September

Virtual Family Hub

How do I sign up to a group?

Email familygroups@stoke.gov.uk with your name and the name of the group you would like to attend.

Westfield Family Hub
01782 237500
Buccleuch Road, Normacot, ST3 4RF

Stoke Family Hub,
01782 231815
Stoke Library, South Wolfe Street, Stoke, ST4 4SZ

Stoke North Family Hub,
01782 232977
Bishop Road, Chell Heath, ST6 6QW

Thomas Boughey Family Hub,
01782 237100
College Road, Shelton, ST4 2DQ

Bentilee Family Hub,
01782 233670
Dawlish Drive, Bentilee, ST2 0HW

Tunstall Family Hub,
01782 236655
High Street, Tunstall, ST6 6AN

City of Stoke-on-Trent

Antenatal Pre-birth Preparation	**A FREE course for those who are pregnant.** This course is for pregnant mums, Dads, partners, grandparents and anyone else involved with the baby who would like to understand the latest information available and how this can support them to enjoy a healthy pregnancy, prepare for the birth process and understand the emotional changes that happen for them and their family.
Postnatal Understanding your Baby	**A FREE group for parents and carers of babies from birth to 1 year old.** This course gives parents information about their baby's brain development and their baby's physical and emotional development. It shows how important their relationship with their baby is for the baby's development. It looks at the baby's sleeping, feeding, crying, playing and childcare options.
Enjoy Your Baby	**A FREE group for: Babies from Birth to 9 months** Having a baby is an exciting time! It is also a time of change and learning about your new baby and you. This course is to help parents and carers to understand new thoughts and feelings, help to plan time for your own wellbeing and build closeness with your baby to help settle you into parent life.
My Child & Me Licensed Family Links Programme	**A FREE groups for parents and carers of children aged between 5 and 11 years old.** The Family Links Nurturing Programme helps deal with challenges so that you can have a calmer, happier life. A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.
Keeping Your Child In Mind Healthy Relationships and Communication	**A FREE group for parents and carers** The Keeping the Child in Mind programme helps parents/carers to work together in ways which support growing children and a calmer family life. This programme helps us think about what we do, why we do it and how it makes us all feel in the family.
My Teen & Me Licensed Teen Family Links Programme	**A FREE groups for parents and carers of teens aged 12yearsold plus.** The Talking Teens Parent Group helps deal with challenges so you can have a calmer, happier family life. A tried and tested Programme, it helps us think about what we do, why we do it and how it makes us feel and looks at questions that many parents have.

STOKE-ON-TRENT FAMILY HUB

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