



**Family Hubs offer FREE activities, classes and support to families in County Durham, from pregnancy to the age of 19, or 25 if your child has special educational needs and/or disability (SEND).**

**We have 15 Family Hubs across the county - pop in and see what we have on offer.**

**Our Start for Life offer covers everything parents need during pregnancy, right up until your child turns two. This includes support and groups to help you with:**

- Feeding your baby – breastfeeding support – starting solids – eating healthily as a family
- Your child's development
- Getting your child ready to start school or nursery
- Your physical and mental wellbeing

**We don't stop at the age of two, we offer support as your child grows, through puberty and into adulthood, including:**

- Health
- Behaviour
- Additional needs
- Relationships

