

Use your mobile to scan the QR code to access the website



**Scan me**

<https://wiltshiretogether.org.uk/alltogether/family-hubs>

Give us a call on  
**0800 970 4669**  
for more  
information

## Family Support Service

One to one support when you need it most for a range of issues which can affect family life:

- Parenting and behaviour
- Routines and boundaries
- Children's emotional support
- Financial and budgeting support
- Childcare funding
- Parental relationship support
- Back to work
- Introductions to other services

Appointments can be at home, via the phone or in the community

## Navigators

Come along to meet one of our family navigators at community venues across Wiltshire. They can help you access a whole range of local services and support. Give us a call or check out the website to find out when we are in your area.

Family hubs are here to provide greater local community support and guidance for families and young people aged from 0 to 19, extending to 25 for those with special educational needs and disabilities.

Find us on Facebook for regular updates



**Family Hub  
Wiltshire Council**

## New Parent, New Baby

Meet other parents with babies up to 6 months old and share activity ideas. Sessions run for 6 weeks.

**Give us a call on 0800 970 4669  
for more information or to book  
your FREE space**

### **Triple P - Family Transitions**

This 5 week course addresses specific areas around separation and divorce and for parents/carers who need support around managing the transition of separation and divorce.

### **Baby Steps**

A programme covering the weeks just before and after having your baby. (Speak to your health professional to be introduced to this service).

### **STOP**

A 10 week course for families of children aged 10-16 years. This course will help you to understand the influences on your teen and support you to improve communication.

### **Within my Reach**

This 5 week course can help current relationships that are becoming or have become increasingly stressful and communicating with each other often ends in conflict.

### **Ready to Start School**

Is your child starting school this September? Join us to find out how you can support your child during this exciting time.

### **Baby and Us**

A 9 week course for parents with babies aged up to 9 months.

Understand your baby's cues. Cope with challenges around feeding, sleep and crying. Interact positively with your baby. Manage parental stress.

Unable to attend virtual or face to face sessions due to your working pattern/other commitments? Contact our Family Hub to find out about our online parenting offer, for you to complete in your own time.

### **Being a Parent**

This 9 week course helps parents learn communication skills for everyday life to bring up confident, happy and co-operative children. For parents with children 2-11 years.

### **Time out for parents**

A 7 week course to help you support your child's needs. For families with children aged 3- 25 with additional needs. No formal diagnosis is required

**Don't forget to keep an eye on Facebook for other upcoming events!**

