



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

