

A CENTRE FOR YOUNG FAMILIES

It is our aim to provide advice, guidance and counselling to enhance parents' self-esteem and skills. And to enable children to achieve and maintain appropriate development in all areas.

This is an inclusive Centre, which welcomes ALL families, with children under 5 years! We offer a wide range of choices and opportunities, in a safe and supportive environment, to enable families to develop their potential.

SUPPORT & INFORMATION

Staff are qualified professionals who will respect families confidentiality.

There is always someone to listen and work through a particular concern/problem. We can offer practical help and support. A wide range of information is available and, through our links with agencies, we are able to provide a wide network of support for families.

We will make a home visit before you attend if you would like some information and perhaps to be brought to the group. There is a map of where to find us on the back of this leaflet.

ADVOCACY

We will support you to appointments with other organisations (health, legal, housing, schools, etc.) to enable effective meetings.

DROP-IN (Mon & Wed 9.15 - 11.30)

Family Work Manager: Mandy Conlon

Pop in and have a cuppa, meet a friend, relax while your children have play provided. All sessions have planned activities for young children. We are part of the Healthy Eating for Under 5's Project.



Enjoying the Breakfast Club!

FRIDAY WORKSHOPS

Workshops providing information/support on a specific issue (e.g. parenting, relationships, health) take place throughout the year.

COURSES

Throughout the year various training courses and workshops providing information and training on a variety of subjects (e.g. returning to work, IT, photography) are available.