**FREE SUPPORT for parents, carers and families**

**Camborne, Redruth, Pool(Treloweth), Lizard Peninsula, Porthleven, Helston**

**Programme – Spring 2020**

**Bump to Baby – antenatal classes**

**Helston Family Hub** – Mondays **5pm – 7.30pm**

13th Jan – 27th Jan 2020

2nd Mar – 16th Mar

6th, 20th and 27th April

**Camborne Family Hub** – Wednesdays **5pm – 7.30pm**

5th Feb - 19th Feb 2020

6th May – 20th May

**Redruth Family Hub** – Fridays **2pm – 4.30pm**

10th Jan - 24th Jan 2020

13th Mar – 27th Mar

**WILD – Young Parents Project**

**Call Becky for information – 07795 034864**

**Redruth Family Hub –** Wednesdays **1.30pm-3.30pm**

**Camborne Family Hub –** Tuesdays **12.15pm-2:15pm**

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**Passionate about ADHD**

**Porthleven Family Hub** – Tuesdays **9.30am – 12pm**

 7th Jan - 11th Feb

**Troon Family Hub –** Mondays 9.30am – 12pm

15th April – 20th May

**OASIS – Face 2 Face - for families who have children with additional needs (*drop in sessions*)**

Face2Face Support group (drop in)

**Helston Family Hub** – 4th Tuesday of the month

28th Jan, 25th Feb, 24th Mar

**1pm-3pm**

**Camborne Family Hub –** 1st Friday of the month

 7th Feb, 6th Mar

**9.30am – 11.30am**

**Passionate about the Spectrum**

**Redruth Family Hub** – Fridays **9.30am – 12pm**

10th Jan – 14th Feb

**Porthleven Family Hub** – Tuesdays **9.30am – 12pm**

14th Apr – 19th May

**Ready, Steady… Eat! An introduction to solid food**

**To book ring 01209 615600**

**Healthyunder5s@cornwall.gov.uk**

**Helston Family Hub** – Tuesday **1.30pm – 3pm**

14th Jan, 10th Mar

**Redruth Family Hub** – Friday **9.30am- 11am**

16th Jan, 20th Feb, 19th Mar

**Camborne Family Hub –** Friday **9.30am – 11am**

6th Jan, 3rd Feb, 2nd Mar

**Incredible Years 1-3years**

**Troon Family Hub – Wednesdays 9.30am – 11.30am**

**29th Jan – 25th Mar** (excluding half term)

**Incredible Years 3-5 years**

**Redruth Family Hub** – Mondays **9.30am – 11.30am**

6th Jan – 30th Mar (excluding half term)

**Incredible Years 6-11 years**

**Helston Family Hub** – Wednesdays **9.30am – 11.30am**

8th Jan – 1st Apr (excluding half term)

**Take 3**

**Redruth Young People’s Centre** – Fridays **9.30am – 11.30am** 17th Jan – 27th Mar (excluding half term)

**Living with Parents**

**Redruth Young People’s Centre**

Friday 17th April 10am – 3pm

**Understanding Children’s Anger**

**Come along to one of our drop in sessions, practical advice support and a cup of tea.**

**Helston Family Hub 23RD Jan 1.30pm – 2.30pm**

**For more info ring 01326 560417 to register interest**

**Redruth Family Hub 11th Feb 1.30pm – 2.30pm**

**Camborne Family Hub 21st May 1.30pm – 2.30pm**

**Pool Family Hub 21st Apr 1.30pm – 2.30pm**

**For more info at any of the above hubs ring 01209 310000 to register interest**

**Incredible Years 0-5/6-12 months**

**Camborne Family Hub** – Mondays **9.30am – 11.30am**

6th Jan - 10th February

**Behaviours that Challenge Support Group**

**Dolcoath Council Offices** – **10am – 12pm** Tuesdays

18TH Feb, 23rd Apr, 23rd June, 15th Sept, 17TH Nov 2020

**To request a place, visit:** [**www.supportincornwall.org.uk**](http://www.supportincornwall.org.uk)

Click on **’Request for Help’,** then on the Request for Help Form on the right. Complete, save & email to: **earlyhelphub@cornwall.gov.uk**

**Time Out for ASD**

**Hayle Family Hub, TR27 4ND**

Tue 29th Jan – 12th Mar 6-8.30pm (not half term)