



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wincheap Family Hub CT1 3SD 03000 410014 WincheapFH@kent.gov.uk	Bookstart *Booking only		Young Parents 12:30pm – 2:00pm	Bumps and Babies 10:15am – 11:45am Explorers *Booking only	Let's Get Storytelling 10:00am – 11:30am		
Kingsmead Family Hub CT2 7PH 03000 413999 KingsmeadFH@kent.gov.uk	Parenting and Behaviour Information and Advice Drop In 2:00pm – 4:00pm	Bumps and Babies 1:00pm – 2:30pm	Baby Massage *Booking only	Child Health and Breastfeeding Clinic Drop In 1:30pm – 3:30pm	SEND Information and Advice Drop In Third Friday morning of month		
Herne Bay Family Hub CT6 5RG 03000 422889 HerneBayFH@kent.gov.uk	Little Talkers *Booking only	Let's Get Talking 9:30am – 11:00am Bookstart Herne Bay Library *Booking only Child Health and Breastfeeding Clinic Drop In 1:30pm – 3:30pm	Baby Massage *Booking only Parenting and Behaviour Information and Advice Drop In 6:00pm – 7:00pm	Explorers *Booking only SEND Information and Advice Drop In First Thursday morning of month Young Parents 12:30pm – 2:00pm COMPASS *Booking only	Bumps and Babies 10:00am – 11:30am		
Briary Family Hub CT6 7RS 03000 420897 BriaryFH@kent.gov.uk	Closed	Closed	Bumps and Babies 1:00pm – 2:30pm		Closed		



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Whitstable Family Hub
CT5 2BJ
03000 421554
WhitstableFH@kent.gov.uk

<p>Bumps and Babies 9:30am – 11:00am</p> <p>Compass (11-14 years) *Booking only</p> <p>Compass (15-18 years) *Booking only</p>	<p>Discovery/Zone Out (SNAAP)</p> <p>A safe caring place for young people with disabilities to make friends, chill and have fun</p> <p>5:00pm – 7:00pm</p>	<p>Adolescent Parenting Drop-in 4:00pm – 6:00pm</p>	<p>The Communication Tree *Booking only</p>	<p>Baby Massage *Booking only</p> <p>SEND Information and Advice Drop in Second Friday morning of month</p>			
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Group Information

<p>Bumps and Babies</p> <p>For expectant parents and carers, until your child is walking. A chance to socialise with others, gain information, support and advice</p>	<p>Let's Get...</p> <p>Our themed play sessions with a wide range of activities for parents, carers and their children to enjoy together</p> <p>Age Range: 0-5 years</p>	<p>Young Parents</p> <p>A support group for parents and parents-to-be up to the age of 20 years. Creative and fun sessions with information, advice and an opportunity to make new friends</p>	<p>Child Health Clinic</p> <p>A drop-in clinic for you to come along, have your baby weighed and speak to the Health Visiting Team. Doors shut 15 minutes before the end of the session</p>	<p>Breastfeeding Support Group</p> <p>Breastfeeding information, advice and support. Doors shut 15 minutes before the end of the session</p>	<p>Adolescent Parenting Drop-In</p> <p>A space for parents/carers and young people to cook together, play pool, and get advice and guidance from staff on hand</p>	<p>SEND Information and Advice</p> <p>This is an information, advice and support drop in for parents/carers with children and young people aged 0-19 Years (25 years SEND) diagnosed and undiagnosed</p>
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*Booking Required
Contact your local Family Hub for more information

<p>COMPASS</p> <p>A series of six emotional wellbeing support sessions for young people in secondary education</p>	<p>Bookstart</p> <p>Four interactive sessions that help nurture a love of books and stories from the early years onwards</p>	<p>Baby Massage</p> <p>You will learn relaxing techniques that you can also do at home with your baby. This group is suitable for non-mobile babies</p>	<p>Little Talkers / The Communication Tree</p> <p>Workshops to support speech and language development</p>	<p>Cygnets / Explorers</p> <p>Workshops to support neurodiverse families. Please call your local Family Hub for more details</p>	<p>Triple P</p> <p>A parenting programme that will offer you a toolbox of ideas. You choose the strategies you need and the way you want to work them</p>	
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