

# CITY WIDE SUMMER HOLIDAYS PARENTING GROUPS



## Monday

**Postnatal**  
9:30am - 11:30am  
Westfield Family Hub  
**Starts 15 July**

**Antenatal**  
12:30pm - 2:30pm  
Westfield Family Hub  
**Starts 15 July**

## Tuesday

**My Teen and Me**  
9:30am – 11:30am  
Stoke North Family Hub  
**Starts 16 July**

**My Child and Me**  
12:30pm - 2:30pm  
Stoke North Family Hub  
**Starts 16 July**

## Wednesday

**Keeping Your Child in Mind**  
9:30am - 11:30am  
Stoke Library  
**Starts 17 July**

## Thursday

**My Child and Me**  
9:30am - 11:30am  
Bentilee Family Hub  
**Starts 18 July**

**My Teen and Me**  
12:30pm - 2:30pm  
Bentilee Family Hub  
**Starts 18 July**

## Friday

**Postnatal**  
9:30am - 11:30am  
Thomas Boughey  
**Starts 19 July**

**Antenatal**  
12:15pm - 1:45pm  
Thomas Boughey  
**Starts 19 July**

**Enjoy Your Baby**  
1:00pm - 2:30pm  
Stoke Library  
**Starts 19 July**



### How do I sign up to a group?

Email [familygroups@stoke.gov.uk](mailto:familygroups@stoke.gov.uk) with your name and the name of the group you would like to attend.



**Westfield Family Hub**  
01782 237500  
Buccleuch Road,  
Normacot, ST3 4RF

**Stoke Family Hub,**  
01782 231815  
Stoke Library, South Wolfe  
Street, Stoke, ST4 4SZ

**Stoke North Family Hub,**  
01782 232977  
Bishop Road, Chell Heath,  
ST6 6QW

**Thomas Boughey Family Hub,**  
01782 237100  
College Road, Shelton, ST4  
2DQ

**Bentilee Family Hub,**  
01782 233670  
Dawlish Drive,  
Bentilee, ST2 0HW

**Tunstall Family Hub,**  
01782 236655  
High Street, Tunstall,  
ST6 6AN





<p><b>Antenatal</b> Pre-birth Preparation</p>	<p><b>A FREE course for those who are pregnant.</b> This course is for pregnant mums, Dads, partners, grandparents and anyone else involved with the baby who would like to understand the latest information available and how this can support them to enjoy a healthy pregnancy, prepare for the birth process and understand the emotional changes that happen for them and their family.</p>
<p><b>Postnatal</b> Understanding your Baby</p>	<p><b>A FREE group for parents and carers of babies from birth to 1 year old.</b> This course gives parents information about their baby's brain development and their baby's physical and emotional development. It shows how important their relationship with their baby is for the baby's development. It looks at the baby's sleeping, feeding, crying, playing and childcare options.</p>
<p><b>Enjoy Your Baby</b></p>	<p><b>A FREE group for: Babies from Birth to 9 months</b> Having a baby is an exciting time! It is also a time of change and learning about your new baby and you. This course is to help parents and carers to understand new thoughts and feelings, help to plan time for your own wellbeing and build closeness with your baby to help settle you into parent life.</p>
<p><b>My Toddler &amp; Me</b> Playful Parenting and Five to Thrive</p>	<p><b>A FREE group for you and your toddler aged between 1 and 3 years old to attended together.</b> The sessions are a great way for parents and carers to learn more about how they can support their child through play and create the best home learning environment to provide a strong foundation for all future learning.</p>
<p><b>My Child &amp; Me</b> Licensed Family Links Programme</p>	<p><b>A FREE groups for parents and carers of children aged between 5 and 11 years old.</b> The Family Links Nurturing Programme helps deal with challenges so that you can have a calmer, happier life. A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.</p>
<p><b>Keeping Your Child In Mind</b> Healthy Relationships and Communication</p>	<p><b>A FREE group for parents and carers</b> The Keeping the Child in Mind programme helps parents/carers to work together in ways which support growing children and a calmer family life. This programme helps us think about what we do, why we do it and how it makes us all feel in the family.</p>
<p><b>My Teen &amp; Me</b> Licensed Teen Family Links Programme</p>	<p><b>A FREE groups for parents and carers of teens aged 12yearsold plus.</b> The Talking Teens Parent Group helps deal with challenges so you can have a calmer, happier family life. A tried and tested Programme, it helps us think about what we do, why we do it and how it makes us feel and looks at questions that many parents have.</p>

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