Family Hubs
Here for everyone

BEST START IN LIFE

OWN YOUR FUTURE

CALLING ALL YOUNG PEOPLE.... 11 - 19 YEARS (25 SEND)

We are here to help you with what you've said is important to you. We'd love to see you at all the workshops, but you're welcome to attend any of your choosing

Your Health



Understanding what it means to have a healthy lifestyle

Emotional wellbeing



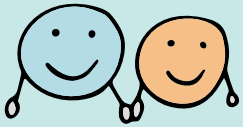
Understanding emotions and coping strategies that can help with your wellbeing

Being safe



Staying safe and making positive choices

Healthy Relationships



What is a boundary and how to set them

Substances and vaping



Advice and guidance around drugs, alcohol and other substances, smoking and vaping

Preparing for Adulthood



An understanding on becoming an adult and what that means

Receive a certificate of attendance!

To book on to sessions, you can self-refer or ask your parents or other adults who support you.
To refer, please scan the QR code

Available at your Local Family Hub



Snacks and drinks will be provided at each session!



Northumberland County Council