

Are you expecting a baby or have a child under two years?

Are you worried about your pregnancy, birth or your baby?

Do you want to meet other new parents?



Would you like someone to talk to?

Come along to one of our friendly Well-being Groups for a coffee, chat and get support with your mental health from Sally our Peer Supporter.



Updated timetable from Monday 28 April

|           |   |                     |
|-----------|---|---------------------|
| Monday    | <b>Shelton Family Hub</b><br>College Road, ST4 2DQ  | 10:00am - 12:00noon |
| Tuesday   | <b>Potteries Centre Pop Up</b><br>Community Room, Lower Mall,<br>Potteries Shopping Centre, Hanley, ST1 1PP | 10:00am - 12:00noon |
| Wednesday | <b>Tunstall Family Hub</b><br>Tunstall Town Hall, High Street, ST6 5TP                                      | 1:00pm - 3:00pm     |
| Thursday  | <b>Chell Heath Family Hub</b><br>Bishops Road, ST6 6QW  | 10:00am - 12:00noon |
| Friday    | <b>Normacot Family Hub</b><br>Buccleuch Road, ST3 4RF   | 9:30am - 10:30am    |
| Friday    | <b>Bescura Family Hub</b><br>Port Vale FC, Hamil Road, Burslem, ST6 1AW                                     | 1:00pm - 2:30pm     |