

Conwy Family Centres

Being a family is wonderful

- It's rewarding
- It's fun
- But it can also be challenging
- Even hard work.

Everyone needs help sometimes – even me!

Conwy County Borough Council wants to support families as much as possible

So, we're developing family centres across the county

They're open to:

- Babies
- Toddlers
- Children
- Tweens
- Teens
- Couples
- Mums
- Dads
- Carers
- Grandparents

Family Centres are there for – everyone.

(Dad from a family centre) I LOVE My daughter. She has autism and I wouldn't change her one bit. But as a family it feels like you're always fighting forward. Without this place I'd have found the last two years impossible. We come here and there's information, we met other families and we don't feel so alone, there were people to talk too, It felt like we have a team around us. It all helps.

(Young person) *It's just great to have somewhere to drop in and talk things through. I've found it really helpful!*

(Mum from a family centre) *Without the Family Centre I'd probably never leave the house. I get a bit depressed... I just struggle to explain things and get anxious about everything. I'll walk in here because there's always someone on this side of the door who will have a coffee with me and that makes a difference.*

Family Centres offer:

- help and advice
- support groups
- language development
- play sessions
- crèche facilities so parents can take part in things
- parenting advice and classes
- developing skills
- health visitor support
- access to other services you might need
- Dad groups
- Sessions in the surrounding communities
- Anything that will benefit the families in the community where you are

- and a place to hang out, have a coffee and meet new people.

They say 'it takes a village to raise a child' – family centres bring that community together.

For more about your local family centre:

www.conwy.gov.uk/familycentres

FamilyCentres@conwy.gov.uk