


Parent Carer Support

Raising children doesn't come with a handbook, and sometimes knowing who to reach out to for support or advice is tricky.

Brilliant Parents and the Stronger Families Key Working team are offering a friendly and informal drop-in for parents/carers of 0-18 year olds and 0-25 year olds for those with SEND.

We'll be there for a chat, to share advice, support and a range of information in relation to parenting, and mental and emotional wellbeing for all the family.

2024	Harefield Children's Centre High Street, Harefield UB9 6BT	Uxbridge Family Hub Civic Centre, High Street, Uxbridge UB8 1UW	Hayes Family Hub College Way, Hayes UB3 3BB
	Wednesdays 1-3pm	Fridays 5-7pm	Fridays 10am - 12pm
March	6th	8th	15th
April	3rd	12th	19th
May	1st	10th	17th
June	5th	14th	21st
July	3rd	12th	19th
August	7th	16th	23rd
September	4th	13th	20th

For more information contact Sarah on:

07495 024 449 or

sarah.rust@brilliantparents.org

Our goal is to empower parents to feel safe, strong and healthy, whilst building resilience and confidence in your parenting decisions, with the support of a community network.