 **All included in a 10 week programme!**

**What is the Nurturing Programme?**

**Children are rewarding, stimulating and fun but looking after them can be challenging.**

**The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier family life.**

**Coming to…**

|  |  |
| --- | --- |
| **South**  **Bierley Life Centre** – Thursday 12th September 9.30-11.30am  **Sutton Community Centre** – Wednesday 25th September 9.30-11.30am  **Holme Wood Children’s Centre** – Thursday 12th September 6.00-8.00pm  **Farnham Children’s Centre** – Thursday 20th September 9.30-11.30am  **Contact: 01274 432639 familyhubsouth@bradford.gov.uk** | **West**  **Midland Road** – Tuesday 17th September 1.00-3.00pm  **Margaret McMillan Tower** – Wednesday 9.15-11.15am  **Contact:01274 436700 familyhubwest@bradford.gov.uk** |
| **Keighley & Shipley**  **Windhill Community Centre** – Tuesday 29th September 12.30pm-2.30pm  **Rainbow** – Wednesday 25th September 9.30am-11.30am  **Highfield** – Wednesday 9th October 1.00pm-3.00pm  **Contact:01535 618005 familyhubkeighleyshipley@bradford.gov.uk** | **East**  **Gateway** – Wednesday 18th September 9.30-11.30am  **Barkerend** – Wednesday 18th September 1.00-3.00pm  **Contact: 01274 437523 familyhubeast@bradford.gov.uk** |

**Not sure which group to attend? Please use our postcode checker to ensure you are contacting the correct Family Hub – Link:** [**https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/postcode-checker-for-family-hubs/**](https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/postcode-checker-for-family-hubs/)