 **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/)