

# Surrey Heath Family Centre

Surrey Heath Family Centre is based at Surrey Heath Young People and Family Centre. We share a building with the Targeted Youth Support Service. Family

Support Workers work with families with children aged 0-11 years.

Referrals for 1-1 support are received from Surrey County Council's cSPA.

Referrals for courses can be via health professionals, social workers, schools, nurseries, or parents can contact us direct regarding courses.

## How can we help Schools & Early Years Settings?

Call us to discuss support available to children/families that you have concerns about.

Priority access to your families on our Level 2 courses (listed below)

Parenting courses available to be delivered in your setting.

## Courses Available

### Parenting Puzzle

10 week course

Suitable for parents with children aged 3-12 years

4 week course

Suitable for parents with children aged under 5 years

### Freedom Programme

Domestic Violence Programme



### Playful Parenting Workshop

2 x 2 hour workshop to understand the importance of play and attachment

### Who's in Charge

9 week child to parent violence programme



### Lego Therapy

Encouraging language, communication and social skills for children



### Baby & Me

Social group to combat isolation and promote positive mental health. For parents and children aged 0-2 years.

## Contact us:

Surrey Heath Family Centre: 01276 462897

Alternatively call 07565202060 or 07565202053

surreyheathfamilycentre@barnardos.org.uk