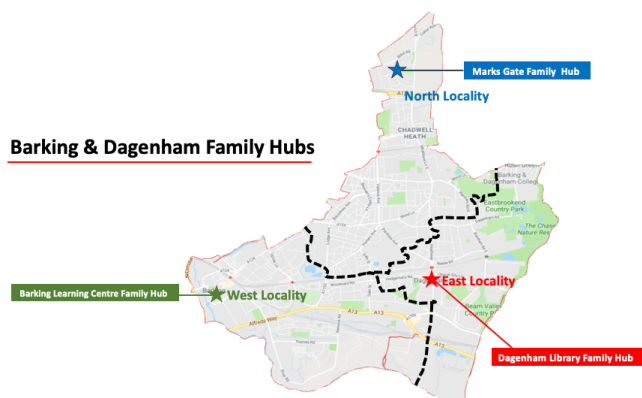




Family Hubs help with:

- Meeting your child's changing needs
- Building positive family routines
- Finding local and specialist support
- A range of parenting programmes
- Specialist support for children and young people with special educational needs and disabilities



Family Navigators work at the hubs and help families find and use the services they need. You may recognise them from events like our James Cambell coffee mornings.

- They can point you towards the support you are looking for
- They can help with childcare, healthcare, housing and more
- They can work with families and help them get what they need

If you need help or information, talk to one of our Family Navigators today. Find them at our Family Hubs in Barking, Dagenham and Marks Gate.

Contact

Telephone **020 8227 3359**

Email **familynavigators@lbdd.gov.uk**