

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm  
Family Advice &  
Guidance  
Drop-in

11am - 1pm  
Caring Dads  
Targeted Group  
through Brighter  
Kinder Futures -  
brighterkinderfutures  
@seton.gov.uk

9am - 5pm  
Family Advice &  
Guidance  
Drop-in

9am - 12pm  
Well Baby Clinic  
Appointment Only

9am - 12:30pm  
PCN ACE's  
Targeted Group

10:30am - 12pm  
Chatter Time  
Targeted Group

9am - 5pm  
Family Advice &  
Guidance  
Drop-in

12pm-2pm  
Cancer Navigator  
Closed Group

9am - 5pm  
Family Advice &  
Guidance  
Drop-in

10am - 12pm  
Riding the Rapids -  
Primary  
Targeted Group

9am-7pm  
PCN ACE's  
Targeted Group

9am - 5pm  
Family Advice &  
Guidance  
Drop-in

10am-11:30am  
Little Explorers (0-4)  
Drop-in

Afternoon

Caradoc Road, Seaforth L21 4NB | 0151 286 7807 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Morning**

**9am - 5pm  
Family Advice & Guidance  
Drop-in**

**Healing Together 1-1  
Targeted Group**

**9:30am - 11am  
Tea & Toast  
Drop-in**

**9am - 5pm  
Family Advice & Guidance  
Drop-in**

**9am - 5pm  
Venus  
Targeted Group**

**Healing Together 1-1  
Targeted Group**

**9:30am - 11am  
Youth Connect 5 Transition  
Targeted Group**

**9:30am - 12pm  
DWP Advice  
Targeted Group**

**10am - 12pm  
Incredible Years Course  
Targeted Group**

**10am - 12pm  
Riding the Rapids  
Targeted Group**

**9am - 5pm  
Family Advice &  
Guidance  
Drop-in**

**9am - 5pm  
Venus  
Targeted Group**

**Healing Together 1-1  
Targeted Group**

**9am - 5pm  
PCN ACE's  
Targeted Group**

**9am - 5pm  
Family Advice &  
Guidance  
Drop-in**

**9am - 5pm  
Venus  
Targeted Group**

**Healing Together 1-1  
Targeted Group**

**9am - 5pm  
CAHM's PCN  
Targeted Group**

**9:30am - 12pm  
Perinatal Group  
Targeted Group**

**10am - 12pm  
Households into Work  
Appointment Only**

**9am - 5pm  
Family Advice &  
Guidance  
Drop-in**

**9am - 5pm  
Venus  
Targeted Group**

**Healing Together 1-1  
Targeted Group**

**9am - 10am  
Tea & Toast  
Drop-in**

Linacre Lane, Bootle L20 5AQ | 0151 330 5260 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Afternoon

1pm - 4pm  
Career Connect  
Targeted Group

1pm - 2:30pm  
Little Chefs

5pm - 8pm  
Parent Carer Forum  
Virtual Session

1:30pm - 2:30pm  
Baby Rhyme Time  
Drop-in

3pm - 5pm  
Art Attack  
Ages 8 - 11  
Targeted Group

5pm - 8pm  
CGL M Pact Programme  
Targeted Group

1pm - 2pm  
Baby Massage  
Targeted Group

1pm - 3pm  
Volunteer Programme  
Targeted Group

12:30pm - 2pm  
Perinatal Group  
Targeted Group

6pm - 8pm  
Caring Dads  
Targeted Group  
through Brighter  
Kinder Futures -  
[brighterkinderfutures@sefton.gov.uk](mailto:brighterkinderfutures@sefton.gov.uk)

1:30pm - 3pm  
Peep  
Targeted Group

Virtual Offer  
Information, Advice,  
and Guidance

Breastfeeding  
Support

Parent Carer Panel

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# Sefton Family Hubs

## Cambridge Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm  
Family Advice &  
Guidance  
Drop-in

9:30am - 2:30pm  
Sefton Parent Carers  
Forum  
Term time drop-in

10am - 11:30am  
Little Explorers (0-4)  
Drop-in

9am - 5pm  
Family Advice &  
Guidance  
Drop-in

9:30am - 7pm  
PCN ACE's  
Targeted Group

9am - 5pm  
Family Advice &  
Guidance  
Drop-in

9am - 5pm  
Family Advice &  
Guidance  
Drop-in

9am - 5pm  
Family Advice &  
Guidance  
Drop-in

9:30am-2:30pm  
Sefton Parent Carers  
Forum  
Term time drop-in

Afternoon

12:30pm-2:30pm  
ACE's  
Targeted Group

Cambridge Road, Bootle, L20 9LQ | 0151 282 5436 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)