



# Parent or carer? Need advice or support?

**Help is at hand at**

[www.norfolk.gov.uk/familyhubs](http://www.norfolk.gov.uk/familyhubs) and

[www.justonenorfolk.rhs.uk/family-hubs](http://www.justonenorfolk.rhs.uk/family-hubs)



**There's lots of services working to support families across Norfolk. We're bringing them together in what we're calling Norfolk Family Hubs.**

This means that if you're a parent or carer you can get all the information, advice and support you need, when you need it.

**You can find info on:**

- Parenting
- Learning
- Pregnancy
- Days out and activities and loads more
- Money and work

From the minute you know you're having a baby, right up to your child's 19th birthday (25 if your child has special educational needs), Norfolk Family Hubs are here to help.

[www.norfolk.gov.uk/familyhubs](http://www.norfolk.gov.uk/familyhubs)

[www.justonenorfolk.nhs.uk/family-hubs](http://www.justonenorfolk.nhs.uk/family-hubs)

