



Click to complete  
a Family Hub  
Referral Form

# Free Healthy Families: Growing Up Programme

A free 6-week HENRY course for families with children aged 5-12 years, designed to help you strengthen family relationships and set family routines.

- Support your child's emotional wellbeing and help them manage big emotions
- Encourage physical activity and limit screen time in a positive way
- Create healthy mealtime habits to reduce stress
- Manage challenging behaviour and set healthy family routines.



Booking required through Family Hub Referral form



Family Hub  
Staffordshire



Search **Family Hubs Staffordshire** to get the support you deserve