

## What sort of help do I get?

It depends on what you need and what you're already getting. We will work with you and make sure it all joins up. Here are some examples:



### Family and young people support

- Family support
- Free sessions for the whole family
- Youth support and groups
- Parenting groups
- Drop in sessions
- Domestic violence support
- Behaviour/relationships
- Free coffee mornings



### Education, Employment and Training

- School readiness
- School attendance
- Rhyme time
- Volunteering



### Advice and Welfare

- Job clubs and debt advice
- Housing, benefits
- Universal credit
- Food bank vouchers
- Victim support
- Early Years funding eligibility



### Health

- Postnatal clinics
- Baby weigh-in clinics
- School nurses and GPs
- Healthy lifestyle sessions
- Helping families stay healthy and safe

## Contact your local hub

### Pathways Family Hub

Lawrence Saunders Road, Coventry,  
CV6 1HD Tel: 024 7697 8130

[www.facebook.com/pathwaysfamilyhub](http://www.facebook.com/pathwaysfamilyhub)

### Mosaic Family Hub

Jardine Crescent, Coventry, CV4 9PL  
Tel: 024 7697 8160

[www.facebook.com/mosaicfamilyhub](http://www.facebook.com/mosaicfamilyhub)

### Aspire Family Hub

Humber Avenue, Coventry, CV1 2SF  
Tel: 024 7697 8100

[www.facebook.com/aspirefamilyhub](http://www.facebook.com/aspirefamilyhub)

### Wood Side Family Hub

Upper Ride, Coventry, CV3 3GL  
Tel: 024 7697 8090

[www.facebook.com/woodsidefamilyhub](http://www.facebook.com/woodsidefamilyhub)

### The Moat Family Hub

Deedmore Road, Coventry, CV2 1EQ  
Tel: 024 7697 8036

[www.facebook.com/themoatfamilyhub](http://www.facebook.com/themoatfamilyhub)

### Park Edge Family Hub

Roseberry Avenue, Coventry, CV2 1NE  
Tel: 024 7697 7880

[www.facebook.com/parkedge](http://www.facebook.com/parkedge)

### Families for All Hub

454 Foleshill Road, Coventry, CV6 5LB  
Tel: 024 7697 7991

[www.facebook.com/familiesforallhub](http://www.facebook.com/familiesforallhub)

### Harmony Hub

Clifton Street, Coventry, CV1 5GR  
Tel: 024 7697 8030

[www.facebook.com/harmonyfamilyhub](http://www.facebook.com/harmonyfamilyhub)

Early Help services for families in Coventry

Get the right support for your family



## What is early help?

Early help is a way of getting extra support when your family needs it, and getting it as soon as difficulties start rather than waiting until things get worse. It's for families with children and young people aged 0-19 years and young people with disabilities up to 24 years.



## Does my family need early help?

- Struggling with family life?
- Challenging behaviour?
- Child's health?
- Preparing your child for school?
- Domestic abuse?
- Drugs or alcohol?
- Caring for a disabled child?
- Your child is a carer for other people?

## Who do I ask?

Have a chat with a teacher, health professional or support worker – they can help you look at what types of support are available and who might be able to help.

Your local Family Hub also has lots of services and free support sessions for families with children, some especially for children and young people with extra needs.



Contact your local Family Hub for advice and support today

or download our activity timetable at [www.coventry.gov.uk/familyhubs](http://www.coventry.gov.uk/familyhubs)

Access a range of free sessions at [www.coventry.gov.uk/fis](http://www.coventry.gov.uk/fis)

We are here to help

To request early help support follow the link to referral form on

[www.coventry.gov.uk/applyearlyhelp](http://www.coventry.gov.uk/applyearlyhelp)

