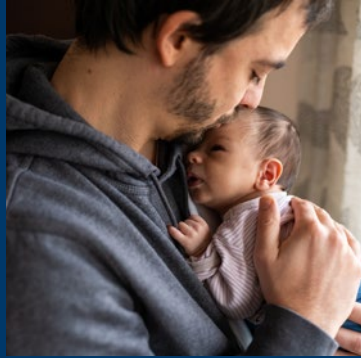




Supporting emotional health and wellbeing from 0-19+



South Tyneside Family Hubs are offering all parents, grandparents, carers and teens who live in South Tyneside access to free online courses.

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Discover more



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