

Sefton Family Hubs

Litherland Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

10am - 11:30am
Little Explorers (0-3 years)
Drop-in

Draw & Talk
1-1 Session
Targeted Session

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

9:30am - 11am
Tea and Toast
Drop-in

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

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

9am - 5pm
IAPT
1-1 Session
Appointment Only

11:30am - 1:30pm
PACE's
Targeted Group

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

9am - 3pm
Midwife Clinic
Appointment Only

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

9:30am - 11:30am
Peep Programme
Targeted Group

Afternoon

1pm - 5pm
C-Card
Drop-in

6pm - 8pm
Caring Dads
Targeted Group through
Brighter Kinder Futures -
brighterkindorfutures@seton.gov.uk

12:30pm - 3pm
ACES (Male)
Targeted Group
Starting in September

1pm - 4pm
Baby Weigh-in Clinic
Appointment Only

5pm - 8pm
Aiming High
Closed Group

12:30pm - 2pm
Trinity Wellness
Drop-in

1pm - 3pm
Baby Massage
Targeted Group

1:30pm - 3pm
Volunteer Programme
Targeted Group

12pm - 2:30pm
ACES (Female)
Targeted Group

5pm - 8pm
Parent Carer Forum
Online Twilight
Session

Virtual Offer
Information, Advice and
Guidance

Breastfeeding support

Parent Carer Panel

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