

Sefton Family Hubs



Our Timetable
January – March 2026
Support. Grow. Thrive.

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

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

Mental Health Support
All day
Venus 1-1 Therapeutic
Sessions
Appointment Only

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

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

Domestic Abuse Support
9am - 5pm
PCN ACES
Targeted Group
Booking required

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

Activities for Children
0-5 Years
10am-11:30am
Little Explorers/PEEP
Drop-in

Afternoon

Mental Health Support
12pm-2pm
Cancer Navigator
Closed Group

Parenting Support
1pm - 2:30pm
Bee Kind Parenting

Caradoc Road, Seaforth L21 4NB | 0151 286 7807 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

SEN Support
10am - 12pm
Riding the Rapids
Booking Required

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

Activities for Children 0-5 Years
10am - 11am
Sensory Baby

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

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

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

9:15am - 10:15am
Tea & Toast
Drop-in

Afternoon

Targeted Family Support 0-5 Years
11:30am - 12:30pm
Baby Massage
Booking Required

Early Language Support
1:30pm-2:30pm
Baby Rhyme Time
Drop-in

Youth Offer
3:45pm - 5pm
Hub Club (After School)

Nutrition and Weight Management
3:30pm-4:30pm
Little Chefs

Domestic Abuse Support
5:30pm - 8pm
Caring Dads
Targeted Group through Brighter Kinder Futures
-
brighterkinderfutures@sefton.gov.uk
Booking Required

Virtual Offer

- Information, Advice & Guidance
- Breastfeeding Support
- Parent Carer Panel

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Sefton Family Hubs

Cambridge Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

9:30am - 2:30pm
Sefton Parent Carers
Forum
Term time drop-in

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

9:15am - 10:15am
Tea & Toast
Drop-in

Youth Support
10am - 12pm
Teen ACEs
Hillside

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

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

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

Afternoon

Domestic Abuse Support
6pm - 8pm
Caring Dads
Targeted Group through
Brighter Kinder Futures
-
[brighterkinderfutures@
sefton.gov.uk](mailto:brighterkinderfutures@sefton.gov.uk)
Booking Required

Targeted Family Support
12:30pm-4pm
Adult ACEs
Targeted Group
Booking required

Cambridge Road, Bootle, L20 9LQ | 0151 282 5436 | Seftonfamilyhubdeliveryteam@sefton.gov.uk