

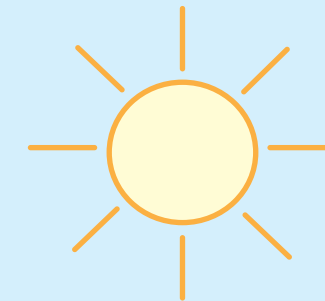
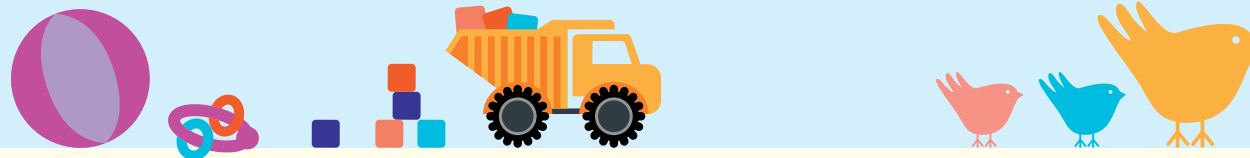
Come and talk to us...

We listen to parents. We can advise you about your child's development, breastfeeding, parenting, housing, employment and benefits advice. There are local free drop-in 'stay and play' sessions and we can help you find an early education and childcare place. In fact everything you need in the early years to bring up your child.

Come along to your local children's centre and get to know other parents.

If you would like to know more — just ask us.

To find out more about services and support in your area, or just to ask a question, please phone or call in to your nearest children's centre. We do not charge for our services.



Pregnant or have a child under five?
We can help, come and talk to us



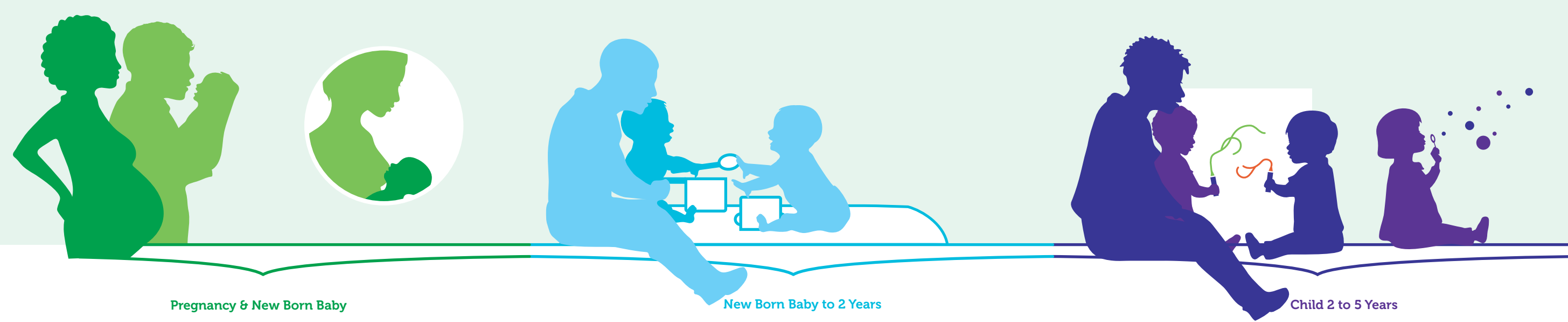
Children's Centres:

- ♥ **1a Children's Centre**
 1a Rosbery Avenue EC1R 4SR
 020 7974 7024
- ♥ **Regents Park Children's Centre**
 Augustus Street NW1 3TJ
 020 7974 8934
- ♥ **Harmood Children's Centre**
 1 Forge Place NW1 8DQ
 020 7974 8961
- ♥ **Agar Children's Centre**
 Lulworth, Wrotham Road NW1 9SU
 020 7974 4789
- ♥ **Kilburn Grange Children's Centre**
 1 Palmerston Road NW6 2JL
 020 7974 5080

Find out more:
camden.gov.uk/camdensurestart

Camden Sure Start
 Your journey. Our support.





Pregnancy & New Born Baby

New Born Baby to 2 Years

Child 2 to 5 Years

Mums, Dads and Carers, come with your children to your local children's centre.

Happy, healthy and looking forward to the future? That's what you and your child deserve. It's why Camden has developed a complete range of services, designed to offer support during the first months and years of your child's life.

We're here for the whole family. From the moment you know you're expecting a baby, our services and support will be available to you and your child, right up until birth and for years into the future.



Advice and play activities to support your child's speech and language

What kind of help?

We want you to feel confident as a parent, to be aware of everything that's available for your child's early development. We can help — come and talk to us.

You may be a first-time dad or mum or you could already have a family. Either way, we want to help you and your child to feel secure, healthy and happy.

Some dads and mums are anxious about caring for their baby and how to look after a growing child. Others need help with practical issues like benefits advice, employment or arranging affordable childcare.

Whatever you need, we want to help you and your child get the best start in life.



One-to-one support if you are feeling low, anxious or stressed by family life

Our support.



Midwifery and health visiting services



Information and support about breastfeeding, baby feeding and healthy eating



Stay and play drop-ins and other activities for you and your child to enjoy together



Family support team — if you need extra help



Early education and childcare and childminders



Help to find training and employment and benefits advice



Local services for children with special educational needs and/or Disabilities, visit localoffer.camden.gov.uk