



# Parent or carer? Need advice or support?

There's lots of services to help in Norfolk and they're joining together in what's called Norfolk family hubs.

Visit [www.norfolk.gov.uk/familyhubs](http://www.norfolk.gov.uk/familyhubs) or [www.justonenorfolk.nhs.uk/family-hubs](http://www.justonenorfolk.nhs.uk/family-hubs) to find out more, including information on:

- Parenting
- Health and wellbeing
- Pregnancy
- Money and work
- Learning
- Days out and activities.

From the minute you know you're having a baby, right up to your child's 19th birthday (25 if your child has special educational needs), Norfolk family hubs are here to help.

Norfolk.gov.uk

Just One Norfolk

