

Expecting a baby or have a child under 5?

Free support for your family



Free support for every family

From the moment you know you're expecting a baby, up until birth, and throughout your child's early years – we're here to help.

We offer a complete range of services to help your family feel happy, healthy, and looking forward to the future.

Come and talk to us

Visit your local Children's Centre & Family Hub to chat to us about any support you need.

We run parent and carer groups and offer one to one advice on breastfeeding, parenting, and helping your child's development.

You can also join our drop-in play sessions, and dad and male carer activities for free!










The best start in life

Whether it's your first child, or if you already have children, we want you to feel confident as a parent.

We offer emotional support to help you navigate the early stages of parenthood, and practical support such as benefits advice, or arranging affordable childcare.






Our support

-  Midwifery and health visiting
-  Drop-in sessions for mums, dads, carers, and children to enjoy together
-  Breastfeeding, baby feeding, and healthy eating support
-  Tips to support your child's communication
-  Family support team – if you need extra help
-  Parent and carer mental health and wellbeing support
-  Nursery places and childcare
-  Benefits advice, training, employment, and volunteering opportunities
-  Support for children with special educational needs and disabilities



Find out more

-  0800 389 5789
-  familyhubs@camden.gov.uk
-  families.camden.gov.uk



Where to find us

**1a Children's Centre,
Family Hub & Nursery**
1a Rosebery Avenue,
EC1R 4SR

**Agar Children's Centre,
Family Hub & Nursery**
Wrotham Road, NW1 9SU

**Harmood Children's Centre,
Family Hub & Nursery**
1 Forge Place, Ferdinand
Street, NW1 8DQ

**Kilburn Grange Children's
Centre & Family Hub**
1 Palmerston Road, NW6 2JL

**Regent's Park Children's
Centre, Family Hub & Nursery**
Augustus Street, NW1 3TJ