

They do not need to complete a Request for Support form or contact the CSPA. They can make a referral or signpost directly to a Family Centre for Early Help services. Families can self-refer to Early Help services provided by the Family Centre.

The types of targeted and Early Help support available at Family Centres are:

- 1-1 parenting support
- Support with family routines and setting boundaries
- Support for families experiencing domestic abuse, including delivering the Freedom programme
- Supporting parental relationships, reducing parental conflict
- Advice and support on keeping children safe
- Family Learning sessions to help support children's learning at home
- Groups or one to one support for children with SEND and their parents
- Groups or one to one support for children with speech and language delay and their parents
- Groups or one to one support with healthy lifestyles/improving nutrition/cooking on a budget
- Support to access food banks, baby banks and resources for the home through local charities/organisations

How do I find my local family centre?

There are Family Centres in every borough or district in Surrey.

Details of your local Family Centre can be found at [Family centres - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk/family-centres)

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