



# 'Support for parents of children aged 0-5'

If you are soon to be a parent or have a child up to the age of 5 and need advice, you can call or walk-in to your local Camden Children's Centre & Family Hub between 8am – 4pm and ask to speak to a duty worker. A duty worker will listen and can offer advice and support in a range of areas. They can signpost you to services that you may need i.e. housing, welfare rights, employability, foodbanks, or applying for school or nursery. They can also provide parenting advice or advice on co-parenting with your partner, if separated.

Additionally, if you need support with your children aged over 5 to 19 they can link you to the appropriate services.

**Our local Children's Centre & Family Hub is:  
Regents Park Children Centre & Family Hub  
Augustus Street  
London  
NW1 3TJ  
Tel: 0207 974 8934**