



SLEEP HABITS & ROUTINES

The Parenting Hub

@ NEW ERA BURNLEY

3RD NOVEMBER

9.15AM – 10.30AM

@ TAY STREET FAMILY HUB

20TH OCTOBER

9.15AM – 10.30AM



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The Parenting Hub

PARENTING ISN'T ALWAYS EASY

and you don't have to do it alone

Join our friendly monthly meetups — connect, share experiences, and navigate the ups and downs of parenting together in a supportive space.

@New Era Burnley

21st April: Emotionally Based School Avoidance

2nd June: Supporting your child with Emotional Regulation

30th June: Navigating Bereavement & Loss

21st July: Supporting your child with Low Mood

1st September: Understanding and managing your child's Anxiety

6th October: Understanding Childhood Phobias

3rd November: Sleep Habits & Routines

1st December: Protecting your child in the Digital World & Phone addiction

Time: 9:15 AM – 10:30 AM

Venue: New Era, Burnley BB11 1LE

Open To: All Parents & Caregivers

Connect with us
tiktok
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@Tay Street Family Hub

9.15am - 10.30am

15th May: Emotionally Based School Avoidance

26th May: Supporting your child with Emotional Regulation

23rd June: Navigating Bereavement & Loss

14th July: Supporting your child with Low Mood

25th August: Understanding and managing your child's Anxiety

29th September: Understanding Childhood Phobias

20th October: Sleep Habits & Routines

24th November: Protecting your child in the Digital World & Phone addiction



New Era, Chapel Annexe, Chapel Place,
Hammerton Street, Burnley BB11 1LE



Call or text 07877 714693
info@neweraburnley.co.uk





PROTECTING YOUR CHILD IN
THE DIGITAL WORLD &
PHONE ADDICTION

The Parenting Hub

@ NEW ERA BURNLEY
1ST DECEMBER
9.15AM – 10.30AM

@ TAY STREET FAMILY HUB
24TH NOVEMBER
9.15AM – 10.30AM

