

Wokingham Children's Centres

All about

Family Workers

Our Family Workers work with and provide support to local families with in the centre or in the home. This individual and tailored support can be accessed by families who:

- May like to know what's going on in the local area but are unsure or do not feel confident to find out what is happening.
- May like to meet other parents and join in with the activities and services but feel shy or unable to go alone.
- Feel lonely and isolated in the community or have little or no family support.
- Are having difficulties with everyday activities such as budgeting or healthy eating.
- Need a pre-school or childcare place but lack information or feel unsure about how to get a place.
- Are struggling with the physical and emotional demands of their child or children.
- Would like help with parenting skills such as setting boundaries or difficulties with behaviour etc.
- Have an illness or bereavement in the family which they are struggling to cope with.
- Have a child with additional needs.
- Or just need someone to talk to.

Family Workers can help with...

Debt Management
Volunteering
Local Support Groups
Childcare
Housing
Two Year Funding
Parenting
Jobs / Careers / Training
Returning to work

Breast Feeding
Counselling
Postnatal depression and other
mental health issues
Access to food banks
Referrals to other professionals
Completing Forms
Attending appointments