



The Family Hubs website has been designed to help families, young people, and communities throughout Leicestershire navigate information and advice. Discover what support is available to you, find local events and news, and explore opportunities to volunteer in your community.



**There's
a new
website
in town**



familyhubsleicestershire.org.uk

All families argue...

but what's the impact on children?

All couples argue whether you live together or are separated. We have some great online resources to help us argue better.



**Relationships
Matter**

[familyhubsleicestershire.org.uk/
parents-and-carers/
relationships](https://familyhubsleicestershire.org.uk/parents-and-carers/relationships)



five to thrive

We've all heard that our body needs 5 portions of fruit or veg a day to grow strong, well our brain needs 5 things too.



It's demonstrated in a tower of building blocks and can support your child's brain development. But this isn't just for children, the whole family can use Five to Thrive to strengthen relationships and build resilience.

**Find out more by visiting
the family hubs website**

