

Peer Support for Parents and Carers of children under 2

(Expectant parents are also very welcome)

Bolton

Together

The peer support groups below are aimed at parents/carers feeling anxious or and with low mood. This is for parents/carers who would benefit from an opportunity to meet with others experiencing similar feelings and discuss their experiences and concerns and feel supported in a relaxed and safe environment.

Bolton Toy Library – Baby Groups

A chance to meet other families and use interactive play.

Referrals can be made directly by email or phone. Parents/Carers can ring to book an appointment for a visit with or without their child.

Professionals can refer directly arranging an accompanied visit or a doorstep delivery of resources for a family.

Location Term Time

Monday

Baby group 'drop in' 9:30-11am.

Baby group 12:30-2pm
by appointment only.

Wednesday

Baby group 'drop in' 9:30-11am.

Baby group 'drop in' 12:30-2pm.

Harvey Start well centre. Shaw street,
BL3 6HU.

Contact

01204 395079

Boltontoylibrary@yahoo.co.uk



HomestartHOST – With You In Mind

Access support from trained volunteers, other parents, and staff. Aiming to support you and your experiences and feel connected to the community.

Locations

Monday : Alexandra children's centre 10:30-12pm. BL3 4BQ.

Tuesday : Oldham children's centre 12:45-2:45pm. BL1 6RN.

Wednesday : Farnworth children's centre 1:15-2:45. BL4 7AP.

Contact

sharonfletcher@homestarthost.org.uk

<http://home-starthost.org.uk>



MHIST – Small steps for parents

Parent/guardian/carer support group of children 0-2. An opportunity to meet others and share experiences.



Locations

Fridays

Horwich community centre
Beaumont road, BL6 7BG.
10am-11.30am.

The Hub at Westhoughton.
Central drive, BL5 3DS.
12:30-2pm

Contact

01204 527200

jayne.oakley@mhist.co.uk

Alternatively, please contact ithrive@boltontgether.org.uk to enquire about how to access perinatal/family support for expectant carers and parents/carers of under two's.



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