

Family Hubs, are inclusive and welcoming spaces designed to support families at every stage of life.

Whether you are expecting a baby, raising young children, or guiding teenagers through adolescence, Family Hubs bring together a wide range of services under one roof—making it easier for families to access the help they need, when they need it. These hubs are more than just service centres; they are community anchors where parents, carers, and young people can connect, learn, and grow.

From health and wellbeing to education, play, and emotional support, Family Hubs offer tailored guidance to help families thrive. Whether you are looking for parenting advice, mental health support, feeding guidance, or simply a place to talk and share experiences, Coventry's Family Hubs are here for you.

Each hub is built on the belief that strong families build strong communities—and every parent deserves to feel supported, empowered, and heard.

Below are links to short films to introduce what is available.

Discover how Family Hubs bring together services to support families across Coventry.

👉 <https://vimeo.com/925682513/8cd470f1c1?share=copy>

Start for Life

Support from pregnancy through the early years, including baby development, bonding, and health advice.

👉 <https://vimeo.com/1063217556/7d6071c1eb>

Fathers Matter

Celebrating the role of dads and male carers, with resources to help them connect, support, and thrive.

👉 <https://vimeo.com/1061328754/b204fa65e9>

Caring for Parents (Perinatal Mental Health)

Mental health support for parents during and after pregnancy, helping families feel safe, supported, and understood.

👉 <https://vimeo.com/1068275633/6aa3c6f9bd>

Fuelling Growth (Feeding)

Guidance on feeding babies and young children—from breastfeeding and weaning to healthy eating habits.

👉 <https://vimeo.com/1068275830/382e538b00>

Parenting

Workshops, advice, and peer support to help parents build confidence, manage behaviour, and strengthen family relationships.

👉 <https://vimeo.com/1063201103/7852a0de43>

Play, Learn, Talk

Activities and resources that encourage play, communication, and learning in the early years.

 <https://vimeo.com/1068276056/6f39880871>

Coventry's Youth

Support for older children and teenagers, including youth services, mentoring, and opportunities for personal growth.

 <https://vimeo.com/1064107405/69d62310e2>

Need Support or Want to Get Involved?

Visit your local Family Hub or contact us to learn more about the services available. We're here to support every family, every step of the way.