

# Adur and Worthing Hub

# Enabling Families

"With a little direction I can find a solution."

"I need some guidance to help me solve the problem."

**Are you a parent facing challenges?  
Are you worried about a family situation or problem?  
Would it help to talk it through?**

Appointments can be booked through your local Children and Family Centre  
Please speak to a Hub Support Assistant for more detail  
Or email

**[WorthingCFC@westsussex.gov.uk](mailto:WorthingCFC@westsussex.gov.uk) to book.**

**Appointments are available between 9.30am and 2pm. Each appointment slot will last 45 minutes.**

Date and Time	Centre & location
Mondays – 9.30am – 2pm	The Wave, Dominion Road, Worthing
Tuesdays (every other week) 9.30am – 2pm	Kingston Buci, Middle Road, Shoreham
Tuesdays (every other week) 9.30am – 2pm	Boundstone, Upper Boundstone Lane, Lancing

