

How can Parent Zone Local help you?

- > Feel confident, safer and in control online
- > Join parent workshops
- > Try family games and activities
- > Explore a library of information
- > Media literacy made simple



Your local guide in **Middlesbrough** can connect you to the information and support you need.

Got a question about digital? Need help with a problem?
Get in touch any time.

pzlocal@parentzone.org.uk

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