GROWING & BONDING TOGETHER WORKSHOP

FOR EXPECTANT PARENTS AND PARENTS & CARERS WITH BABIES 0-6 MONTHS

BY THE HEALTHY MINDS THRIVE TEAM

Small moments make a big difference.

Come along to learn more about your baby, why your relationship matters, and how simple everyday interactions can support strong connections.

Discover evidence-based tips and tricks to strengthen your relationship and support your baby's development from the very start.

Share experiences with other parents in a welcoming and supportive environment.

WHEN & WHERE

Wednesday 9th September 1.30pm-3.30pm at Crawford Children and Family Centre (5 Crawford Rd, London SE5 9NF)

Monday 21st September 10.00am-12.00pm at Peckham Rye Children and Family Centre (Whorlton Rd, London SE15 3PD)

Friday 13th November 2:30pm–4:30pm at 1st Place Children and Family Centre (12 Chumleigh St, London SE5 0RN)

Alternatively to sign up you can email:
healthymindsthrive@southwark.gov.uk
or text/phone: 07592 510201

SCAN HERE TO SIGN UP

BEST START IN LIFE | FAMILY HUBS

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