FOR ALL PARENTS & CARERS WITH BABIES 0-6 MONTHS

PLAY WORKSHOP

BY THE HEALTHY MINDS THRIVE TEAM

Play doesn't have to be complicated. Simple, everyday moments of play can help strengthen your relationship with your child and support their development. Play can sometimes feel difficult, overwhelming, or it can be hard to know where to start.

In this session we will:

- Explore why play is important
- Talk about common worries and barriers to play
- Share practical ideas for different age groups, including low-cost and no-cost options
- Help build confidence and enjoyment in playing together

WHEN & WHERE

Monday 12th October 2026
10.00am-12.00pm
Peckham Rye Children and Family Centre
(Whorlton Rd, London SE15 3PD)

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

SCAN HERE TO SIGN UP

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