



PARENTS THRIVE

Calling all mums and dads! Come and join your new weekly activities for parents and little ones.

- FREE Tasty lunch and snacks
- Creative craft activities
- Games and fun
- Discussions and support
- Parents, babies and children of all ages welcome

No need to book, just drop in and join us!

**Every Friday
Starting 7 June 2019**

1pm to 2.30pm

**Riverside House
30a Roxwell Road
IG11 OPR**



07538 760127



rsmith@mentalhealth.org.uk

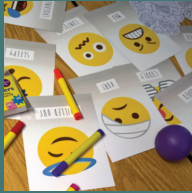


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PARENTS THRIVE

Calling all mums and dads! Come and join your new weekly activities for parents and little ones.

Drop in on your own, with your baby/child or with a friend and enjoy fun activities/discussions on:

- How babies learn
- Cooking and play time
- Goals and the future
- Family wellbeing

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