

Healthy Families: Right from the Start Programme



This 8-week programme is designed to support parents and carers of children aged 0-5, helping you build healthier lifestyles and more confident parenting habits in a solution focused way.

Families also receive a free **Handbook and HENRY toolkit** full of resources and practical tips to help you along the way.



lewishamfamilyhubs.org.uk

When?

Mondays
13th October -
1st December
10.00am - 12.30pm

Where?

Evelyn Family Hub
231 Grove Street
SE8 3PZ

To book go to

lewishamfamilyhubs.org.uk/events/parenting-course
scan the QR code,
email family.hub.bookings@lewisham.gov.uk
or call 07720 152902

