

Coffee & Chat

A welcoming space for parents/carers to come together as it is not always easy raising children join us and:

- **Take care of yourself**
- **Share your experiences and problem solve together**
- **Build friendships and connection**

To sign up, please follow the link:
<https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

For more information, please contact:
headstart.programmeteam@newham.gov.uk

[headstartnewham.co.uk](https://www.headstartnewham.co.uk)



WEDNESDAYS
10TH NOV @ 10AM
17TH NOV @ 6PM
1ST DEC @ 10AM



@HeadStartNewham