

# YOU MATTER TOO

**PARENT AND CARER WELLBEING WORKSHOPS  
FOR PARENTS AND CARERS OF  
BABIES AGED NOUGHT TO ONE**

Take care  
of yourself  
first



**FEELING TIRED AND DRAINED?  
JOIN THIS FREE SELF-CARE  
WORKSHOP FOR YOU AND YOUR  
BABY SO YOU CAN FEEL RECHARGED  
AND RELAXED.**

**LEARN TIPS FROM THE TEAM IN  
FINDING YOUR NEW RHYTHM.  
YOUR BABY NEEDS YOU TO LOOK  
AFTER YOU.**

**BABIES WELCOME!**

**FUNDED BY  
WALTHAM FOREST COUNCIL.**

**SPACES ARE LIMITED SO BOOK YOUR PLACE  
TODAY!**

**THURSDAY 23 OCTOBER  
AT QUEENS ROAD FAMILY HUB, E17 8PJ.**

**EMAIL:  
EARLYHELPPARENTING@WALTHAMFOREST.  
GOV.UK**

**CALL/TEXT: 07799913026**

