



Baby and Us



A free 9-week programme run by trained local parents for local parents.

Learn how to bond with your baby, understand their needs, look after your wellbeing and meet new friends.

Suitable for parents of babies 0-9 months



Date: 09/05/2024 to 11/07/2024
(No session on 30/05/2024)
Time: 9.30am for a 10am start until 11.30am
Location: Ponders End Youth & Family Hub, 129 South Street, Enfield, EN3 4PX

For more information or to book on please contact:
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EMPOWERING PARENTS
EMPOWERING COMMUNITIES



YOUTH & FAMILY HUB
HELPING CHILDREN, YOUNG PEOPLE AND FAMILIES THRIVE