

**Hampshire
Healthy
Families**



Today's Health, Tomorrow's Future

**Believe in
children**
 **Barnardo's**

NHS
Southern Health
NHS Foundation Trust

Delivered in partnership by Barnardo's and Southern Health NHS Foundation Trust.

Free Courses and Workshops for Parents

Five to Thrive New Baby
4-week Course

Suitability: 6 weeks – 6 months

Introduction to Solids
45-minute Workshop

Suitability: Around 6 months

Family Food, Fun & Fitness
1 ½ hour Workshop

Suitability: 1 Year+

Baby Talk
1 ½ hour Workshop

Suitability: 9-24 months

Toddler Talk
1 ½ hour Workshop

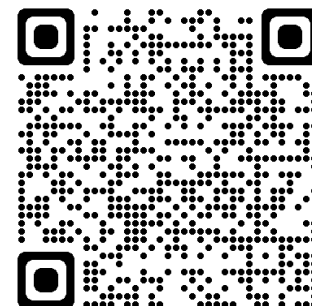
Suitability: 2-3 Years

School Readiness
1 ½ hour Workshop / 4-Week Course

Suitability: 3 Years+

For more information or booking details, visit our website (scan the QR code opposite) or email us at hfh@barnardos.org.uk

www.hampshirehealthyfamilies.org.uk



Hampshire Healthy Families



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