

# Family Hub

## Infant Massage



**FREE 5-week Infant Massage course, for parents with non-mobile babies.**

Classes facilitated by IAIM Infant Massage Instructor Trained. You will learn how simple strokes may help your baby with wind or constipation and how important your touch is in supporting the bonding process and your baby's emotional development.

### **Blackberry Family Hub**

Date: 11 Sep – 9 Oct  
Time: 12.30 – 2pm

### **Clovelly Family Hub**

Date: 18 Sep – 16 Oct  
Time: 1 – 2.30pm

### **Seashell Family Hub**

Date: 13 Sep – 11 Oct  
Time: 12.30 – 2pm

### **Ashby Centre Family Hub**

Date: 9 Nov – 7 Dec  
Time: 10 – 11.30am

### **Seashell Family Hub**

Date: 3 Nov – 1 Dec  
Time: 10 – 11.30am

### **Cutbush Family Hub**

Date: 2 Nov – 30 Nov  
Time: 12.30 – 2pm

### **Pickles Coppice Family Hub**

Date: 11 Sep – 9 Oct  
Time: 1 – 2.30pm

For more information please contact  
Caroline Hallett— Referral and  
Allocation Officer on [07818588480](tel:07818588480).  
To book please email:  
[Familyhub@southampton.gov.uk](mailto:Familyhub@southampton.gov.uk)



@familyhubsouthampton

[www.soton.cc/familyhub](http://www.soton.cc/familyhub)

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