

Family Hub

Project You



6 week course

Project You is a self-discovery journey, enabling parents to find themselves, take time for some self-care and learn coping strategies for when life gets a bit too much.

Clovelly Family Hub

Date: 13 Sep – 18 Oct
Time: 12.30 – 2.30pm
Creche Available

Cutbush Family Hub

Date: 31 Oct – 5 Dec
Time: 9.30 – 11.30am
Creche Available

To book your place please email:

Familyhub@southampton.gov.uk

For more information please contact:

Caroline Hallett—Referral and Allocation Officer
on 07818588480

 @familyhubsouthampton

www.soton.cc/familyhub

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