



Free Courses & 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

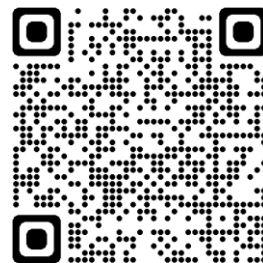
Toddler Talk 1 ½ hour Workshop

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



[hampshire_healthy_families](https://www.instagram.com/hampshire_healthy_families)



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**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



We are a social **buggy walking group** for parents and carers (including dads!) meeting once a week at a designated starting point in your area.

Our walks are free to join and last approximately 1 hour.

Fancy a stroll? Find out about your nearest walks using the QR code opposite or visit our website for more information:

www.hampshirehealthyfamilies.org.uk



Hampshire Healthy Families



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