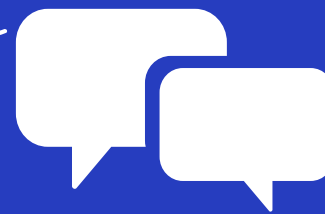


Coffee & Chat



A monthly space for parents to come together and discuss:

- **The challenges of lockdown**
- **Taking care of ourselves**
- **Resilience**
- **Share your experiences**

To sign up, please follow the link:
<https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

For more information, please contact:
headstart.programmeteam@newham.gov.uk



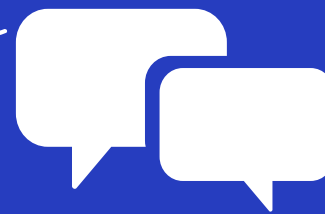
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WEDNESDAYS
@ 10AM

10th February 2021
10th March 2021
9th June 2021
14th April 2021
12th May 2021

Coffee & Chat



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WEDNESDAYS
@ 6PM

17th March 2021
21st April 2021
19th May 2021
16th June 2021