

A great start in life Do you have a child under 5?

Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

*"I will be recommending this course to everyone.
Thank you for this life changing opportunity."*

Free HENRY programme starting soon:

Thursdays, 12:30pm - 2:30pm (9 week course)

First session 16th October 2025

Brierley Hill Family Hub, DY5 3DY

Visit www.dudleyparents.co.uk or scan the
QR Code and click on the HENRY tile to book
your place.

