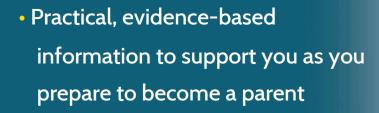
Preparation for Parenthood

Are you pregnant?

AFREE 6-session programme helping you prepare for the arrival of your baby. Partners, friends or family are encouraged to attend

alongside expectant mothers.



- A great opportunity to meet
 other expectant parents and build
 friendships within your community
- Join the thousands of families across the country who have benefitted from a HENRY programme

Session 1

Becoming a parent

Session 2

A healthy pregnancy

Session 3

Bonding

Session 4

Caring

Session 5

Giving birth

Session 6

Life after birth

"Exceeded my expectations!"

Expectant parent



Mondays, 10am - 12pm
First session 3rd November 2025
Family Hub Spoke at
Halesowen Leisure Centre,
Halesowen, B63 3AF



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

