

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.

- Practical, evidence-based information to support you as you prepare to become a parent
- 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 www.dudleyparents.co.uk
or scan the QR Code and click on
the HENRY tile to book your
place.