

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?

Free HENRY programme starting soon:

Venue: Broom Parish Church

Mearns Road G77 5HN

Dates :11th Sep- 30th Oct

Time: 12:30pm-2:30pm



www.henry.org.uk

Scan the QR code to complete a referral form or call Louise on 07387 414 287, email info@earlyyearsscotland.org

