

Chill, Chat & Play

Chill, Chat & Play is our perinatal mental health support group offering parents opportunities to support wellbeing, chat & build friendships, support baby's learning & development whilst having fun together in a supportive environment.

For parents to be and parents with babies from 0 to when baby is walking.



**Wednesdays
10am - 11:30am
Community Room
Hadleigh Reform Church
IP7 5DL**

Free of charge

**If you would like to attend or to find out more please contact
Holly on 07565 219274 or email:
holly@famielstogethersuffolk.org.uk**