

Stowmarket

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.



**Tuesdays
10am - 11:30am
Red Gables,
Stowmarket
IP14 1BE
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**

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