

Hello GHS parents,

Did you know that the ParentingU organisation is offering a Wellbeing Café one day each month? For more information, please see the description below.

The Wellbeing Café is a social initiative to meet the needs of the Community. Open on the last Friday of each month from 10:30 am – 12:30 pm at Hanwell Community Library, it's a place to meet new people, seek support on emotional health & engage in taster workshops around parenting & family relationships. A chance to try homemade refreshments, teas & coffees from around the world in a safe space. Whatever the reason, come along to the Wellbeing Café just to have a talk!

- **When:** Last Friday of each month from 10:30 am – 12:30 pm [starting from 24th February 2023]
- **Where:** Hanwell Community Library [Address: Cherington Rd, London W7 3HL, United Kingdom]

If you have any questions, please feel free to contact us.

Kind Regards,

Hira Mushtaq

Lead Data Admin | ParentingU LTD

Email: parentdata@parentingu.co.uk



Registered Company No. 884918

Registered Office: 94 Wadham Gardens, Greenford, London, UB6 0BS

We deliver parenting and domestic violence awareness for all communities pan London specialists in working with South Asian, Muslim & BAME. ParentingU is registered and regulated by the UK Information Commissioners Office (ICO) to ensure clients' private information is safeguarded in accordance with EU and UK data protection laws. Please click [here](#) to view all our Parenting Programmes schedule.
