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# Community Wellbeing Café



The Wellbeing Café is a social initiative to meet the needs of the Community, supported and run by ParentingU. Open on the last Friday of each month, our aim is to create a sense of community awareness and support, while also offering opportunities to meet new people and services.

## Where?

Hanwell Community Library  
(Address: Cherington Rd, London W7 3HL, United Kingdom)

## What Time?

Between 10:30 am to 12:30 pm

## What Happens?

- You will have an opportunity to find out what we offer 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?

24th February	14th July
31st March	29th September
28th April	20th October
26th May	24th November
30th June	8th December

## Positive impacts a Community Wellbeing Café can bring!

Reduces social isolation, promotes inclusivity, creates awareness and a sense of belonging.



For more details, please contact to [parentdata@parentingu.co.uk](mailto:parentdata@parentingu.co.uk)