



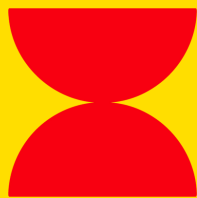
Barking & Dagenham

Strengthening Families Strengthening Communities



**Promoting a free inclusive course
to help parents and carers
to raise healthy and happy babies
and young children.**

**Creche
available
upon request**



 **SCAN ME**



- **Location:** Thames View Community Hub, Bastable Avenue, IG11 0LG
- **Starting:** Tuesday 6th January 2026
- **Time:** 10m - 1pm
- **Contact:** Jade Briant 07841903289
jade@racefound.org.uk