

**Hampshire  
Healthy  
Families**



*Today's Health, Tomorrow's Future*

**Believe in  
children**  
 **Barnardo's**

**NHS**

**Southern Health**  
NHS Foundation Trust

# **Hampshire Healthy Families**

## **FREE Workshops & Courses for Parents**

**Five to Thrive: New Baby – 6 weeks to 6 months**

**Baby Talk – 9 months+**

**Toddler Talk – 2 yrs+**

**Healthy Eating & Activity Resources for Toddlers (HEART) 2 yrs+**

**School Readiness: Nurturing Young Brains (workshop or course) 3 yrs+**

Hampshire Healthy Families is a partnership between Southern Health & Barnardo's

**Visit our website: [www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)**

for more information, resources and to book your FREE workshop or course



**Find us on Facebook: Hampshire Healthy Families**



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**Twitter: @Hantsfamilies**

**Email: [HHF@barnardos.org.uk](mailto:HHF@barnardos.org.uk)**