

**Barking &
Dagenham
Family
Hub**

Giggles & Wiggles (0-12m)

Chadwell Heath Community Centre

Starting April 22nd - Tuesdays 10:30am



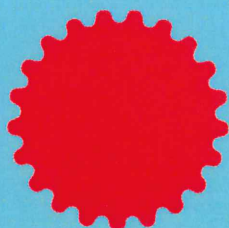
New beginnings, shared journeys!

Welcome to Giggles and Wiggles, a group dedicated to empowering new parents by providing a safe, nurturing space where you can share your experiences, seek advice, and build lasting friendships. We are here for you.

Join us for regular meet-ups, informative workshops, and a warm, welcoming environment where every parent and baby can thrive.

No need to register, just walk in!

Please contact familyhubs@lbdd.gov.uk if you have any questions!



Chadwell Heath
Community Centre,
High Rd,
RM6 6AS

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