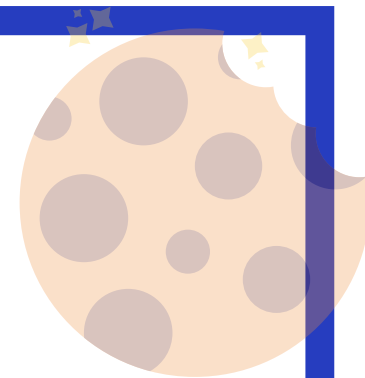
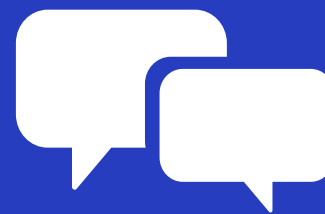


Coffee & Chat



A monthly space for parents to come together and discuss:

- **The challenges of lockdown**
- **Taking care of ourselves**
- **Resilience**
- **Share your experiences**

To sign up, please follow the link:

<https://www.headstartnewham.co.uk>

[/get-involved/sign-up-to-headstart/](#)



WEDNESDAY'S

@ 10AM

18th November 2020

16th December 2020

13th January 2021

