


★ THE HUG SUPPORT GROUP
INVITES YOU TO

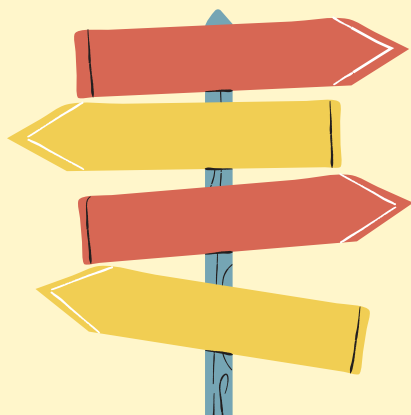
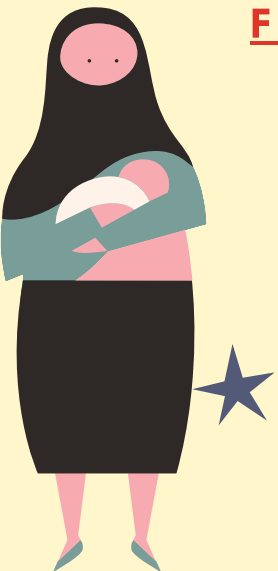
PARENT SUPPORT GROUP



★ Every Monday at 10.30, online or
offline, join our local parent
meetings and our Whatsapp group
by contacting us at

THEHUGBARKING@GMAIL.COM

[FACEBOOK.COM/THEHUGSUPPORTGROUP/](https://www.facebook.com/thehugsupportgroup/)





THE HUG SUPPORT GROUP IS A FRIENDLY SPACE WHERE WE CARE ABOUT PARENTS' WELL-BEING.

WE CAN HELP YOU WITH:



- FINDING NEW PARENTS FRIENDS
- WEANING/INTRODUCING SOLID FOODS
- MAKING THE PARENT JOURNEY A LITTLE MORE FUN!
- BREASTFEEDING
- MENTAL HEALTH
- ISOLATION AND LONELINESS
- PARENTS INFORMATION IN BARKING & DAGENHAM
- RELATIONSHIP ISSUES

& MUCH MORE...



COME JOIN US, WE CAN'T WAIT TO MEET YOU



Thehugbarking@gmail.com
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thehugsupportgroup.com