

# ROOTS & WINGS



**WEDNESDAYS**



**10.30AM - 12.30PM: SESSION 1**  
**1PM - 3PM: SESSION 2**



**ST STEPHEN'S CHILDREN'S**  
**CENTRE SW8 1XZ**

- **Group for young Lambeth aged & under.**
- A supportive group for parents to talk, learn and grow together. Focusing on building healthy relationships, confidence and communication.
- Session 1: Mediation Male/Female Conflict Resolutions.
- Session 2: Combined Co-Ed Group Sessions.
- FREE creche.



**DROP IN & SAY HELLO**

**020 8835 9570**

# LITTLE PLATES BIG FLAVOURS



FRIDAYS



10.30AM - 12.30PM



LOUGHBOROUGH  
CHILDREN'S CENTRE  
SW9 7UA

- **Group for young Lambeth parents 25 & under.**
- A friendly cooking space to celebrate culture, creativity & community through food, by building confidence in the kitchen.
- We provide the ingredients for families to learn how to cook fresh, healthy meals.
- FREE creche.



**DROP IN & SAY HELLO**

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# REAL LIFE FRIDAYS



FRIDAYS



1PM - 2.30PM



LOUGHBOROUGH  
CHILDREN'S CENTRE  
SW9 7UA

- **Group for young Lambeth parents 25 & under.**
- A relaxed space for young families to connect & access support through a range of workshops, guest speakers and creative activities.
- Opportunities for young parents to explore learning through play with their child/children.
- FREE creche.



DROP IN & SAY HELLO

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