

With funding from The Greater Manchester Health & Social Care Partnership, five voluntary organisations have come together to run two weekly drop ins

'1001 Group'

For local parents from pregnancy up until their child's 2nd birthday

Do you know a family that may benefit from support around wellbeing, coping with family life, relationships and feeding?

No need to book please just turn up enjoy a friendly chat, a cuppa and some free yoga!



Every **Tuesday**, 1pm at Complete Kindness, 249 Elliot Street, Tyldesley, M29 8DG

Every **Thursday** 10am at St Thomas Church Hall, 18 Warrington Road, Ashton-in-Makerfield WN4 9PL

Please hurry as the groups will be stopping at Christmas 2021

