

Healthy Little Minds Drop-In Sessions

Supporting **mums, dads and carers from pregnancy to 2 years old** build a strong and loving bond with their baby. Our drop-ins offer support, advice, and friendly guidance

Where?	When?
Clifton Cornerstone	4th Thursday of the month 11-1PM
Broxtowe Family Hub	3 rd Wednesday of the month 1-3PM
Bestwood Family Hub	1 st Wednesday of the month 9-11AM
Bulwell Riverside	2 nd Thursday of the month 9-11AM
Hyson Green Family Hub	1 st Wednesday of the month 1-3PM
Meadows Family Hub	1 st Tuesday of the month 1-3PM
St Ann's Valley Centre	1 st Wednesday of the month 1-3PM

For more information or to refer please visit
www.asklion.co.uk/healthylittleminds
 scan our QR code
 Call us on: 0115 876 1771
 Email: hlm@nottinghamcity.gov.uk

