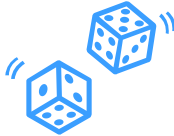


Where?	Red Lodge Family Hub Elm Road, Stonehouse, GL10 2NP	
When?	Morning	Afternoon
Monday	Healthy Beginnings – Smoking Cessation 9:00am–12noon (Invite only) Contact LPhillips@ablhealth.co.uk 	Play Gloucestershire 4:00pm–6:00pm Various locations around the Stroud see website for days and locations
Tuesday	Stay and Play Drop in 9:00am–11:00am Mothers in Mind – Home Start Invite only – email: groups@homestartsd.org	
Wednesday	Speech and Language Therapy Sessions Invite only – email: SLTchild@ghc.nhs.uk	
Thursday		Community Cafe 2:00pm–4:00pm
Friday		
Upcoming events	Therapeutic (NVR) Parenting Group Coming soon!	Invest in Play Parenting Group Coming soon!

Sessions are free*! Please contact us for more details or to book your place: 01453 545904 or 01453 821012



What's what @ Red Lodge Family Hub, Stonehouse

- **Stay and Play Drop in**

Spend quality time playing, creating and exploring with your child in a nurturing and child-friendly environment. Healthy snack provided.

- **Healthy Beginnings – Smoking Cessation**

The Healthy Beginnings program is a specialized, invite-only initiative often tailored to pregnant individuals or those with a baby under two years old living in the household. It is designed to be an evidence-based, judgment-free support program to help participants become completely smoke-free, while also offering support for vaping reduction and general wellbeing

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

- **Speech and Language Therapy Sessions**

Invite only – email: SLTchild@ghc.nhs.uk

- **Community cafe**

Looking for a friendly, relaxed space to connect with other parents and carers of children? Come along, make new friends, and enjoy a welcoming, safe and supportive environment, everyone is welcome! (Children up to the age of 11 are also welcome).

- **Mothers in Mind – Home Start**

A free perinatal mental health support program run by Home-Start for pregnant women and mothers with children up to two years old. It provides safe, non-judgmental peer support groups where mums dealing with anxiety, depression, or loneliness can share experiences and receive practical and emotional



Sessions are free*! Please contact us for more details or to book your place: 01453 545904 or 01453 821012

