



شبابي

OUR YOUTH OUR FUTURE
CEO MOULANA SUHAIL MANYA

FOR
EXPECTANT
AND NEW
MOTHERS

HOPE AND HELP INVITES YOU
TO TAKE PART IN A SPIRITUAL JOURNEY FROM..



Bump to Baby

JOIN US FOR INSPIRATIONAL WORKSHOPS ON:

- CONCEPTION AND BIRTH
- BREASTFEEDING AND NUTRITION
- COPING MECHANISMS
- LIVING WITH EXTENDED FAMILY

A PRACTISING NHS MIDWIFE WILL
BE ON BOARD TO ANSWER YOUR
QUESTIONS

REFRESHMENTS WILL BE SERVED AFTER
THE WORKSHOPS

TO HELP US CATER FOR YOU,
CLICK THE LINK BELOW TO REGISTER YOUR ATTENDANCE:
SISTERS@HOPE&HELP

VISIT OUR WEBSITE:
WWW.HOPEANDHELP.UK

Event details

DATE:	SUNDAY 17TH OCTOBER
TIME:	2PM - 5PM
VENUE:	HOPE & HELP SPRINGWELL HOUSE 2 SHEAR BANK ROAD BLACKBURN BBI 8AP

CRÈCHE FACILITIES WILL BE
PROVIDED FOR CHILDREN
AGES 0-3