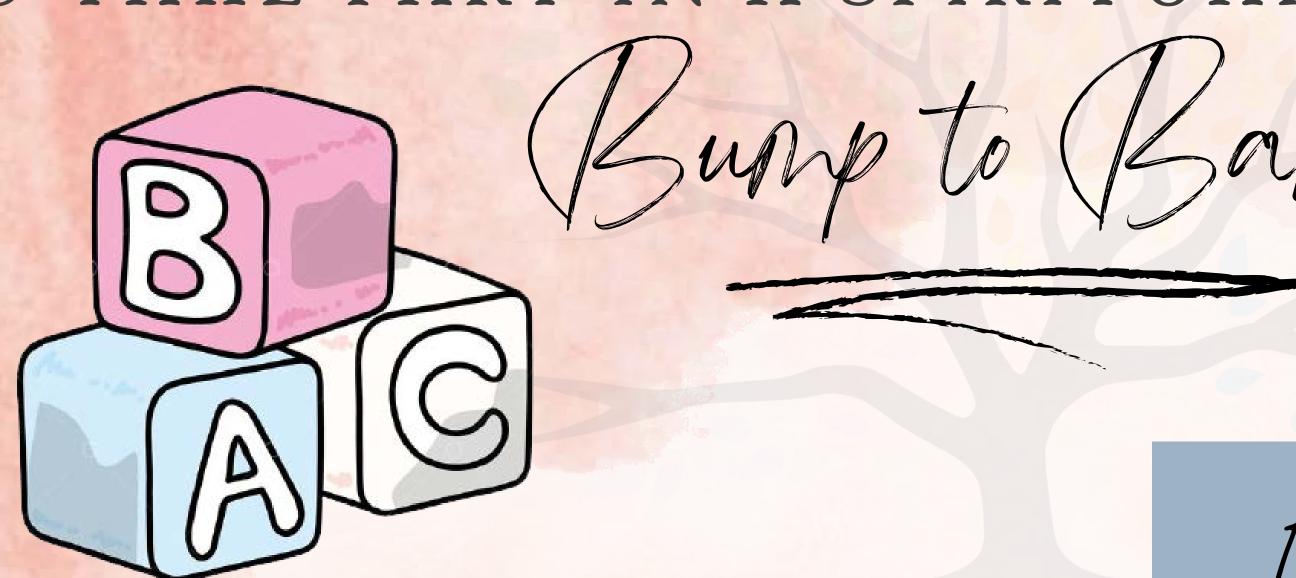


FOR
EXPECTANT
AND NEW
MOTHERS

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



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

Event détails

DATE: SUNDAY 17TH OCTOBER

TIME: 2PM - 5PM

VENUE: HOPE & HELP

SPRINGWELL HOUSE

2 SHEAR BANK ROAD

BLACKBURN BB1 8AP



CRÈCHE FACILITIES WILL BE PROVIDED FOR CHILDREN AGES 0-3

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

VISIT OUR WEBSITE:
WWW.HOPEANDHELP.UK