

A great start in life Do you have a child under 5?

Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

"I will be recommending this course to everyone. Thank you for this life changing opportunity."

Free Healthy Families Right from the Start programmes

Programme 1: Day/time: Tuesdays, 12:30pm - 3.00pm

Start date: 12th May 2026, End date: 7th July 2026

Length: 8 sessions, optional introduction session on 5th May

Venue: Hurst Hill Primary School, Paul Street, Coseley, WV14 9AJ

Programme 2: Day/time: Thursdays, 12:30 - 3:00pm

Start date: 14th May 2026, End date: 9th July 2026

Length: 8 sessions, optional introduction session on 30th April.

Venue: Thorns Primary, Thorns Road, Brierley Hill, DY5 2JY



Visit

www.dudleyparents.co.uk

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book your place.

