

FREE · MUMS AND FEMALE CARERS · CHILDREN WELCOME

Parent *Wellbeing* Group

Time for you, so you can be there for them.

WHEN
Tuesdays
9.30 to 11.30am · 24 Nov to 22 Dec 2026

WHERE
Centrale, Croydon
Active Communities Hub, Upper Mall

COST
Free
Come to one session or all five

FIVE TUESDAYS TOGETHER

24 NOV	Understanding stress
1 DEC	Self-care and wellbeing
8 DEC	Healthy relationships
15 DEC	Boundaries
22 DEC	Confidence, connecting with your children, and a festive celebration ✦

On 22 December we look briefly at confidence and connecting with your children, then celebrate with festive treats and a little gift-giving.

Is this for me?

- ✓ You feel stressed, low, anxious or overwhelmed
- ✓ You have been through a hard time, including domestic abuse
- ✓ You would like to meet other mums who get it
- ✓ No diagnosis needed

You get your own wellbeing toolkit, tea, a friendly welcome and help finding local support.

Bring your little ones

Children are welcome. It is not a crèche, so you stay with them and look after them.

FINDING US

1. **Centrale Shopping Centre**, Croydon town centre
2. Go up to the **Upper Mall** (first floor)
3. **Active Communities Hub**, opposite H&M
4. Come through to the **back room**. We will be there to welcome you

HOW TO JOIN

Scan to self-refer

Fill in the short form and we will call you for a quick, friendly chat to make sure the group is right for you. A professional can also refer you.

Or call or text **07985 785886** · email **info@riseandthrivefamilies.com**

SCAN TO SELF-REFER