

**Barking &  
Dagenham**



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# Parent Talk

**Free online support for parents and carers  
in Barking and Dagenham.**

Talk to a local parenting  
coach online about  
anything that's  
worrying you.

No topic is too big,  
small, or embarrassing.



From breastfeeding to mental health, we're  
here to help you and your family.

**[parent-talk.org.uk/lbbd](https://parent-talk.org.uk/lbbd)**



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