

## Sometimes families need support and together we can help!

We're banding together 7 organisations to build a sustainable network that supports families in Barking and Dagenham to build bright futures whilst navigating the challenges of family life.

Do you have families in need of support? Families who have a child in the first 1001 days? We can help, reach out to us.

- · family support for new parents
- Someone to talk to with parenting advice
- Support to tackle parental and family issues
- Perinatal mental health
- Ensuring inclusion starts at home

Refer to us today: 📞 075 0691 6718

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