



Bury St Edmunds Chill, Chat & Play

Chill, Chat & Play is our perinatal mental health support group offering parents opportunities to support wellbeing, chat & build friendships, support baby's learning & development whilst having fun together in a supportive environment.

For parents to be and parents with babies from
0 to when baby is walking.



**Wednesday's
10am - 11:30am
Bridge Church
Community Centre
Bury St Edmunds**

Free of charge

**If you would like to attend or to find out more
please contact Holly on 07565 219274 or email:
Holly@famielstogethersuffolk.org.uk**