



**Families  
Together**

SUFFOLK

# Hadleigh

## 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.



**Wednesdays  
10am - 11:30am  
Community Room  
Hadleigh Reform Church  
IP7 5DL**

**Free of charge**

**If you would like to attend or to find out more please  
contact Kate on 07565 219288 or email:  
[Kate@famieliestogethersuffolk.org.uk](mailto:Kate@famieliestogethersuffolk.org.uk)**