



**Families
Together**

SUFFOLK

Stowmarket 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.



**Tuesdays
10:30 am - 12 pm
Stowmarket
Community Centre
IP14 2BD
Free of charge**

**If you would like to attend or to find out more
please contact Aimee on 07925 138384 or email:
Aimee@famielstogethersuffolk.org.uk**

01379 678552

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Suffolk
County Council