

# Free Courses & Workshops for Parents



**Five to Thrive  
New Baby  
6 weeks—6 months**



**Family Food,  
Fun & Fitness  
1 year+**



**Introduction  
to Solids  
Around 6 months**



**Toddler Talk  
2-3 years**



**Baby Talk  
9-24 months**



**School Readiness  
3 years+**



 Hampshire Healthy Families

 hampshire\_healthy\_families

 @Hantsfamilies

[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)

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Scan here for more information  
and booking details

