

# HENRY Online Healthy Families Programme

During this uncertain time, HENRY is here to help you give your child a great start in life



- The HENRY Healthy Families programme is FREE for parents or carers of children aged 0 to 5 in Waltham Forest
- You will need a smartphone or computer with the camera enabled to participate in the sessions via Google Hangouts
- If you do not have internet access, we can provide support via telephone

The programme provides everything you need to help your child get off to a great start

We cover the following themes across 8 weeks:

- Feeling more confident as a parent
- Physical activities for the little ones
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Each week there is a 1 hour live session and some short pre-recorded videos you can watch.

You'll also receive a free toolkit with lots of fantastic resources, delivered to your home.

This programme is an opportunity to share ideas and experiences with other local families in a safe environment!

## Programme Details

Every Tuesday starting the 19th January  
from 1-2pm

Every Wednesday starting the 27th January  
from 10-11am


One weekday evening programme starting  
the week of 1st February

\*Each group has a max capacity of 6 families\*



Get in  
touch to  
sign up!

## Contact Us

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www.henry.org.uk/walthamforest