

WELCOME TO THE WORLD



Free, eight week course for expectant parents.

The sessions will cover:

- Recognising own emotional health
- Thinking about the future as parents, a couple and a family
- Understanding of the benefits of breastfeeding
- Practical tasks of caring for a baby.



For further information, visit
www.woking.gov.uk/familysupport

Register your interest with us on email
familycentres@woking.gov.uk or call
01483 743 812

