

# ME TIME

If you're a Mom aged 19 or under, why not join us at our weekly drop-in group. We offer support, advice and a place to take some "me time" Sessions include crafts, well-being sessions, pampering and peer support.

**CRECHE INCLUDED!**

Meeting Point House, Southwater, TF3 4HS  
Thursday's 10am - 11.30am (term time only)

Please contact us on 01952 872280 or  
[info@homestarttandw.org.uk](mailto:info@homestarttandw.org.uk) for more info!

