



Havering
LONDON BOROUGH



BUTTERFLIES

Collier Row Children's Centre

Every Tuesday

10:00am – 11:30am

ARTS & CRAFTS

REFRESHMENTS

RELAXATION

TIME TO CHAT

Are you feeling low or tearful?

Unmotivated?

Finding it hard to talk about your feelings?

Do you feel you may be suffering with low mood, anxiety, or depression?

If so, come along to Butterflies to learn ways how to keep yourself emotionally well, develop confidence and build social connections whilst your baby plays.

For more information please call

Michelle 01708434747 or Natasha 01708 434578

