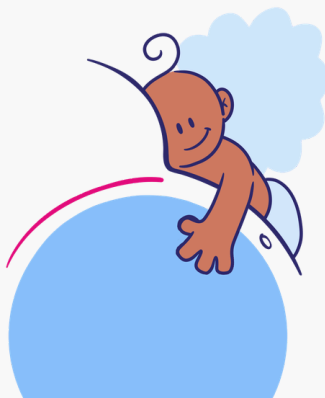


Healthy Little Minds (HLM) Drop In sessions

Come along to our friendly, relaxed drop in sessions; a safe, welcoming space for babies and their parents and caregivers to connect, play and feel supported.



Our sessions offer:

- A safe and welcoming stay and play for you and your baby (0-2)
- Opportunities to meet other parents and carers, share experiences and build connections
- Friendly, knowledgeable Healthy Little Minds staff on hand to offer support, guidance and reassurance

Our drop-ins run weekly across Best Start Family Hubs.

No booking needed – just turn up when it suits you!

Healthy Little Minds Drop-In Sessions

Supporting **mums, dads and carers from pregnancy to 2 years old** build a strong and loving bond with their baby.

Our drop-ins offer support, advice, and friendly guidance

Where?	When?
Bestwood Family Hub	1st Wednesday of the month 9 - 11am
Hyson Green Family Hub	2nd Wednesday of the month 1 - 3pm
Broxtowe Family Hub	3 rd Wednesday of the month 1 - 3pm
Meadows Family Hub	4th Wednesday of the month 1-3PM

www.yournottsdirectory.org.uk/healthylittleminds

Give us a call: 01158761771

Or Email: hlm@nottinghamcity.gov.uk

