



**Families  
Together**

SUFFOLK

# Bungay

## Moving On Group

Moving on group offers parents moving on from our Chill, Chat & Play perinatal mental health group the space to continue building confidence before heading to larger community groups. Chat & build friendships, support baby's learning & development through fun engaging activities.

**For parents with babies 12 - 24 months**



**Wednesdays  
10am - 11:30am  
Bungay  
Community Centre  
NR35 1PU**

**Free of charge**

**If you would like to attend or to find out more  
please contact Aimee on 07925 138384 or email:  
[Aimee@famielstogethersuffolk.org.uk](mailto:Aimee@famielstogethersuffolk.org.uk)**