

WELCOME

FREE

Bridge the Gap Child and Mental Health C.I.C welcomes all **expectant, new parents, and parents with children 5 and under** to our **drop-in service.**



EVERY TUESDAY (FROM 12TH SEPTEMBER 2023)

Sinfin Children's Centre (family hub) DE24 9SF

11am-12.30pm

Derwent Children's Centre (family hub) DE21 6BD

1:30pm - 3:00pm

EVERY WEDNESDAY (FROM 13TH SEPTEMBER 2023)

Rosehill Children's Centre (family hub) DE23 6WY

9.30 -11.30am

Mackworth Children's Centre (family hub) DE22 4EQ

1.30-3.30pm

CHILDREN WELCOME



BRIDGE THE GAP

NO NEED TO BOOK

These are **friendly** and relaxed sessions, in a safe space, to meet our team and have a drink while we provide opportunities to talk or create. If you have a child they are welcome, we have story time and activities for them too.

An arrival of a new baby into the family is a big change, this is a place where you can seek advice or talk about managing these changes in your family.



Time for **YOU** to feel supported with your own mental health and wellbeing.

Play and storytime for your child and a warm drink for you!



FamilyHubDerby
Stronger families through support & friendship