

Living Well Sessions



Starting from **16th Feb 10am-12pm**, CfED will be running Living Well workshops at **DY1 Community Centre, Stafford Street, DY1 1SA**. These will cover a wide range of issues to support you in living a happy and healthy lifestyle!

Home Safety-Fire Service



Parental Skills, Discipline and Children Hygiene



Time for 2's/Discipline



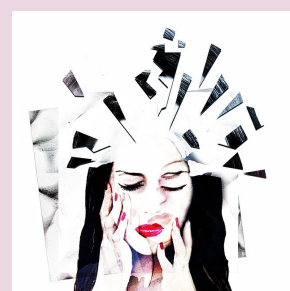
Healthy Diet and Nutrition



FGM (Female Genital Mutilation)



Maternal Mental Health



Are you a migrant or from an ethnic minority community?

Are you looking to improve your parental skills?

Do you want to voice your concerns to health professionals?

If Yes, This **Living Well Project** is designed to support you to understand/participate in health and well-being activities, gain skills in parenting and developing the confidence to engage with health professionals.

This project will enable you to;

- Increase parenting skills leading to better family cohesion
- Reduce number of accidents/ incidents in your home
- Take up opportunities to engage with health professionals
- Have a better understanding of the health care system
- Improve your long term health and well-being

Workshops are FREE to attend and free refreshments will be provided

Interested? Why not come and join us!

Please contact Shugofa Nezam for more information



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