



Support and friendship  
for families

## Best-Start Group Support

### FREE, friendly and welcoming postnatal sessions

Best-Start is a 6 week programme supporting parents and their newborns (up to 6 months old) to make friends and get up-to-date parenting information and support. We discuss different topics each week, such as teething, First Aid, baby massage and guest speakers come along to some sessions. The group is a great opportunity to meet other parents, share experiences and get advice and reassurance. You will receive information on local activities and services to access with your family. Both parents are welcome to come along to the sessions but, unfortunately, we are unable to accommodate older children.

Your Best-Start co-ordinator is **Rhiannon Byron**

Your group session details are:

**The Methodist Church, Dursley GL11 4BS**

**11am-12.30pm 10th January—21st February 2018**

**St Luke's Therapy Centre, 53 Cainscross Road, Stroud GL5 4EX**

**11am-12.30pm Thursday 25th January—8th March 2018**

**QClub, 15-17 School Lane, Quedgeley GL2 4PJ**

**11am-12.30pm Tuesday 20th February-27th March 2018**

Best Start helped with my knowledge and what to expect in the coming months. I really enjoyed the group!



To attend the group please telephone 01453 821085 or email: [groupshomestartsd@gmail.com](mailto:groupshomestartsd@gmail.com)

For general information about Home-Start and the groups we run, please visit our website at [www.homestartsd.org](http://www.homestartsd.org)

