

# WELCOME

Bridge the Gap invites all parent and infants to our creative **drop-in sessions**.

*Creative sessions for parents and children. Chat to the team about any concerns you have around emotions or behaviour too!*

You matter, you are loved, you are not alone...



SCAN ME



# 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.

Young children have so many emotions and behaviours that can feel overwhelming for us as parents and we feel pulled in so many different directions. Bridge the Gap are specialist in this area and can give you a non judgmental space to ask questions or just be creative.

We have story time and activities for the children that support them with their own emotional regulation and development too.

If you are a **parent or expectant parent** that would value some support for your own wellbeing then you are also very welcome.



## EVERY TUESDAY AND WEDNESDAY

visit the community page on the website or scan the QR code for details of which family hubs the sessions are at.

[www.jwbridgethegap.com](http://www.jwbridgethegap.com)

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