

# HENRY Remote programme

During this time of uncertainty HENRY is still here to support you and your family and keep you on track to a healthy family lifestyle.

In Waltham Forest the HENRY programme is **free to join** for parents or carers of children aged 0 to 5 years old.

You only need access to a smartphone or computer and we will send you a private link for you to join the group at your chosen time !



We cover the **5 following themes across 8 weeks** and provides everything you need to help get your little one off to a great start:

- Parenting confidence
- Physical activities for the little ones
- What children and family eat
- Family lifestyle habits
- Enjoying life as a family

*Sign up now !*



## For 8 weeks you will have access to:

- Weekly 1h live session
- Recorded webinar
- Toolkit with loads of great resources delivered to your home
- Opportunity to share ideas and experiences with other families in a safe environment

*Get in touch !*

Email: [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

Tel: 020 8496 5223

## Morning: 10-11am

- Every **Monday** from the **18th of May** until the **6th of July**
- Every **Wednesday** from the **20th of May** until the **8th of July**

## Afternoon: 2-4pm

- Every **Tuesday** from the **19th of May** until the **7th of July**



*Each group has a maximum capacity of 6 parents*