LONDON BOROUGH OF MERTON

MERTON

PROGRAMMES FOR PARENTHOOD

Parenting looks different for everyone.

Our programmes for parenthood offer all parents across Merton a welcoming space to talk, learn and connect.

Everyone needs a little support sometimes.

Being a parent can make you feel...

- **Proud**
- **Happy**
- **Excited**
- **Worried**
- **Lonely**
- **Exhausted**

Sometimes, all at the same time! **It's OK to feel like this.**

We're here for you, whatever stage you're in.

- ✓ **Early years**
- ✓ **Teenage years**
- ✓ **Co-parenting**
- ✓ **Whole family & SEND support**
- ✓ **Future parents**

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Find out more and get involved