



Buggy Walk and Talk

**Mondays 22nd and 29th March
at 10am**

**Meet at Coffee Evolution
in the Quarry**

A chance to meet other parents, babies and toddlers out in the open air, with the support of our specialists in baby and parent well-being.

If you'd like to come, contact Katie:
katie@scpsychotherapy.co.uk or just turn up on the day! We'll be there rain or shine. We'll be wearing our Sea Change Trust lanyards.

We look forward to seeing you.