



THE HEART OF THE COMMUNITY Conversation Cafe



A warm, welcoming space for parents and carers to come together. Come along, have a drink, and take a moment for yourself.

**COME & FIND OUT HOW WE SUPPORT YOUR
EMOTIONAL HEALTH AS A PARENT**



TIME
9:30-10.30 AM

DATE
24TH MARCH, 2026

LOCATION: GREENFORD COMMUNITY CENTER

*Delivered by **ParentingU**, in partnership with Ealing Council - Community Resilience Team*