

You spoke, we listened

Houghton Regis Children's Centre

Tithe Farm, Houghton Regis LU5 5JB



- Too many forms to complete and phone calls to make?
- Are you in need of someone to talk to that understands?
- Trying to balance maintaining a relationship with your children after separation?
- Are you an overwhelmed Step-Parent looking for advice?
 - Are you in need of lifestyle changes?

Sausage rolls and refreshments will be served

Children welcomed

26th April & 24th May 2023 6pm – 7:30pm

MEN ONLY GROUP

Central
Bedfordshire

Houghton Regis Children's Centres
0300 300 8115 / 0300 300 8129

