

Healthy Families: Growing Up



Join our
parent
group

Healthy, thriving children and families

HENRY's free **Healthy Families Growing Up** programme is for parents and carers of primary-school age children – it will help you develop a healthier, happier lifestyle that the whole family can enjoy.



The programme covers these 5 themes across 8 sessions and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Get
in touch
to sign up
now!

"This was the best thing I could possibly have done to help me be a better mum"



Programme details

For parents or carers with children aged 5 - 12 years

Day/time: Wednesday, 09.30 - 11.30

First session: 28 January 2026

Last session: 25 March 2026

Length: 8 sessions

Optional session on 14 January to learn more about the course and meet the facilitators.

Venue: Brierley Hill Family Hub, 18 Parkes Street, DY5 3DY

How to book a place

Visit www.dudleyparents.co.uk or scan the QR Code and click on the HENRY tile to book your place

