



Are you a mum or do you have experience working with families?

Would you like to train to become a Community Parent volunteer and make a difference in Poplar, Limehouse and the Isle of Dogs?

Can you commit a few hours each week to supporting someone in pregnancy and early parenthood?

Do you want to gain new skills and maybe even a City & Guilds Qualification?

If you have answered **“yes”** then why not join our training course to become a Community Parent? We are based on the Isle of Dogs and our training is **free**.

Community Parents are trained to be Peer Supporters for first-time mums. Our volunteers are matched with families in pregnancy and offer a listening ear, time, attention and respect, role modelling and signposting. We support and empower expectant and new parents to navigate their way through pregnancy and the child's first 12 months.

Would you like to become a Community Parent?

We have two information coffee mornings in May 2018. Give us a call and find out more. Why not make 2018 the year that you change someone's life for the better?

Enquiries to:

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