



house of light

Open to all parents, carers and parents to be

Groups

A time to make new friends and meet new people.

Tea, coffee and juice provided.

The groups are facilitated by House of Light volunteers and therapists who can offer help, support and signposting to other services should this be required. You can engage as much or as little as you like, just come along and see some friendly faces.



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Groups

A time to make new friends and meet new people.

Tea, coffee and juice provided.

Free Groups, no booking required, just drop in.

Tea and Toast at Acorn's Family Hub

Location: Nestor Grove, Hull, HU9 4DB

Time: Every Monday 10:00am until 11:30am



Crumbs Café

Location: Anlaby Studios, 18-22 Wilson Street, Anlaby, HU10 7AN

Time: Every Wednesday 10:00am until 11:30am



Tea and Toast at Little Stars

Location: 95 Preston Road, Hull, HU9 3QB

Time: Every Tuesday 10:00am until 11:30am



www.houseoflight.org.uk
01482 580499

Scan to visit website

For further information please go to www.houseoflight.org.uk
or contact us.

