

A top-down photograph of four hands holding coffee cups in a circle over a wooden table. The cups contain different types of coffee, including lattes and a black coffee. In the background, a tablet shows a person's face.

JOIN US!

HEST Mindful Mums

HEST invites you to our monthly meet-ups that are available for all Mums/Mother figures in Havering.

Our sessions support Mums to learn more about children's emotional wellbeing as well as providing a space for fellow Mums to connect and share experiences.

Hornchurch Fire Station RM11 1SH

Monthly, 6-7pm

Refreshments provided

Scan the QR code to register for future meet-ups!

