




Family Voices


Mindfulness Session

Thursday 15th of May 2025

1:00 p.m. until 2:30 p.m.

 Join us for some relaxing & mindfulness time. Come have a chat, a cuppa where you can connect with others in a welcoming & friendly setting.

 At Hodge Hill Family Hub
Dyson Garden Children's Centre,
Highfield Rd, B8 3QF

 Child friendly environment.
Creche will be available for children
aged 0-5years old

**Limited Creche
Spaces,
book your space
today on:**



**Dyson Gardens
Children's Centre
0121 752 1950**

