



## Free sessions in your local area February and March 2026

### Five to Thrive – New Baby

4-week Course

(Each session will be 1.5 hours)

For families with babies aged 6 weeks  
to 6 months old

**Tuesday 3<sup>rd</sup> March at 2pm at  
Lymington Library**

Digital courses also available

### Baby and Toddler Talk

1.5-hour session

For families with children aged 9 months and over

**Tuesday 10<sup>th</sup> February at 1.30pm at Ashley  
Youth Hub**

**Thursday 12<sup>th</sup> February at 11am at Ringwood  
Library**

**Wednesday 4<sup>th</sup> March at 10am at Fordingbridge  
Library**

### Two and Beyond

1.5-hour session

For families with children over 2 years old

**Thursday 12<sup>th</sup> February at 11am at  
Ringwood Library**

**Tuesday 17<sup>th</sup> February at 1.30pm at  
Ashely Youth Hub**

**Thursday 12<sup>th</sup> March at 11am at New  
Milton Library**

**Friday 13<sup>th</sup> March at 11am at  
Fordingbridge Library**

#### Online Videos

Watch in your own time on the Ready  
Steady School page on Hampshire  
Healthy Families website.

### Family Food and Fun

1.5-hour session

For families with children aged 1 to 5 years

**Tuesday 3<sup>rd</sup> March at 10.30am at Ashley youth  
Hub**



### Your Local Walks

**Day: Wednesday at  
10am**

**Meet at: Beachcomber  
café, BH25 7DZ**

All courses and sessions are available free of charge and can be booked through Eventbrite. More information about each session and booking links can be found on Eventbrite.

