



BRENT DADS ADVENTURES

Quality Time, Big Smiles, and New Connections

Looking for exciting activities to enjoy with your little ones? Brent Family Wellbeing Centres invite you to join Brent Dads Adventures, a vibrant programme designed exclusively for dads and their children. Whether you're into sports, crafts, or simply creating memories, there's something for everyone!

- Saturday Play Sessions: Unleash your inner child! From soft play to creative arts, enjoy hands-on activities with kids up to age 8.
- Friday Night Fun: Bouncy castles, and pizza – kickstart your weekend with energy and laughter!
- Trips & Explorations: Discover local gems with your children – library visits, trips, and more await.
- Sports Nights: Bond over volleyball and football while staying active together.
- Workshops for Dads: Curious about new ways to connect with your kids? Our interactive sessions will spark ideas and fun.

WHEN & WHERE

Saturday 8th March 10-11:30

- Church Lane Family Wellbeing Centre

Saturday 5th April 10- 11:30

- St Raphael's Family Wellbeing Centre

Saturday 26th April 10-11:30

- Alperton Family Wellbeing Centre

Saturday 10th May 10:00-11:30

- Three Trees Family Wellbeing Centre

Saturday 14th June 10:00-11:30

- St Raphael's Family Wellbeing Centre

Saturday 12th July 10:00-11:30

- Church Lane Family Wellbeing Centre

For bookings and information scan the QR code:



start for **L i f e** in Brent



NHS

Brent