

Monday Champions Cafe

AfC Parent Carer Champions Network

Powerstation Youth Centre,
121a Mortlake High St, London SW14 8SN

11am to 1pm: Exclusive for parents of children aged 10 to 18

1.30pm to 3.30pm: Open to the entire community

What we offer:

Supportive environment: Welcoming, engaging and warm space for all

Parenting courses & advice: Referrals for Talking Teens, TripleP Programs and more

Reflexology sessions: Monthly appointments available

Mindfulness and meditation: Relaxation sessions for all

Cognitive behaviour therapy: One-to-one sessions available (referral only)

After school homework clubs via AfC Youth Services: For children and young people

Funded school holiday trips, activities and events via AfC Youth Services:
For children and young people

Refreshments: Chat over coffee, tea, cakes, and pastries

Signposting services: Advice on well being, education, employment and grants

Community support: Access to Richmond Food Bank and City Harvest food donations.

Health checks: Monthly basic health check pop-up surgeries

Richmond Housing Partnership (RHP): Monthly community engagement drop in

Energy saving warm home packs: SWLeap initiative

Housing advice: Appointments with local councillors

Friendship ESOL classes: Wednesdays via Mortlake Community Association

Oodles of patience, sympathetic listening and understanding

For any further enquiries or advice please contact:

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