



Healthy Habits Workshop Programme

Free advice sessions & workshops for parents & carers

1 Child Health Workshop: Managing Minor Childhood Illnesses.
📅 Thursday 22nd January 2026 | 9:00am – 11:00am

2 Navigating Child Health & Support Services 'Drop-in'
📅 Wednesday 4th February 2026 | 9:00am – 11:30am

3 Cost Saving & Cooking Workshop
📅 Thursday 12th March 2026 | 9:00am – 11:30am

4 Navigating Child Health & Support Services 'Drop-in'
📅 Wednesday 25th March 2026 | 9:00am – 11:30am

5 Get Active! Building Healthy Habits for Kids
📅 Thursday 30th April 2026 | 9:00am – 11:00am

6 Big Feelings in Little People: Understanding
Emotions, Behaviour & Everyday Worries
📅 Thursday 11th June 2026 | 9:00am – 11:30am

Part of the Healthy Habits Project from  **Margate**  **Kent Family Hub**
Primary Care



Helping families with children's health, minor illnesses,
eating well, and development.