

ADULTS!

LIMBERDOODLE

WHAT IF STAY N PLAY WAS FOR YOU?!



GUIDED RELAXATION

& CREATIVE FUN



DO WHAT YOU NEED

'ME TIME' WITH OTHER ADULTS

LEARN TO MAKE A 'ZINE'

(DIY SELF CARE
MINI BOOK)



TO BE A

'FRIEND IN YOUR
POCKET'



FREE
REFRESHMENTS



WARMLY HOSTED BY
ZOE @LIMBERDOODLE



CREATOR OF
THE MAMA
BRAIN BOOK



THURSDAYS
4/11/18/25 JUNE 2026

10-11.30AM

(DOORS OPEN 9.30)

THE PARENT HOUSE

55 CALSHOT ST NI 9AS

FOR ALL
ISLINGTON
PARENTS

FREE
BUT PLACES LIMITED!

TO BOOK OR
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