



EMPOWERING TAMIL FAMILIES



- Online support and advise for parents and vulnerable people
- Online Yoga and Band exercise for 30-85 ages
- Walking in the park
- Online healthy cooking recipes
- Online IT support
- Food bank support for young children and over sixties
- Talking therapy over the phone
- Positive motivation and parenting plan
- Stress and Anger management for all

**For more details, please contact:**

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