



EMPOWERING TAMIL FAMILIES



HEALTH AND WELL-BEING

- ✚ Online support and advise for parents and vulnerable people
- ✚ Online yoga exercise for 35-85 ages
- ✚ Online healthy cooking recipes
- ✚ Online IT support through Zoom
- ✚ 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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