

CAP - Chat About Parenting

Run by parents, for parents.



You are welcome to a free fun space for me-time, to chill & chat and for wellbeing support & activities. Drop in for peer support from others in the group and find out what's available for you and your family.

Key Information:

Dates: Last Friday of every month

Time: 10.00am - 12pm

Location: Shipman Youth Zone,
340 Prince Regent Lane, E16 3JH

Transport: Close to Prince Regent DLR Station,
Buses: 147, 241, 325, 473, 474

✉ parenting@newham.gov.uk

☎ 02033732555

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Parenting can be tough, but you are not alone.



Calling all parents/carers for a child from 0-19 (up to 25 of Neurodiverse & SEND).

This space is for you!

Whether you are coming for the first time or may have met each other in a parenting group before, this is the space for you to reconnect, have some fun and get support from others.

Light refreshments are provided.

All dates below:

25th September 2026 | 30th October 2026 | 27th November 2026 | 29th January 2027 |
26th February 2027 | 26th March 2027 | 30th April 2027 | 28th May 2027 | 25th June 2027 |
30th July 2027 | 27th August 2027