

WAF Community Weekly Events



Monday 10am-11am *WAF Basic English Class* Forrest House (term time).
11am-1pm *We Are Family (WAF) Group* meets at Memorial Community Church 375 Barking Road, Plaistow, E13 8AL - parenting + life skills for all.

Tuesday 11am-2pm *WAF CAF* - pop up café at Memorial Community Church 375 Barking Road, Plaistow, E13 8AL - come to meet others and buy fresh nutritional food (term time only).

Wednesday 11am-1pm *Free WAF food* available from our offices Forrest House, 63 Rowntree Clifford Close, Plaistow, E13 8AB. (If you attend WAF and are in genuine need of food please see Jenny to be added to the food list to hear when it is available for collection).

11am-12pm *Drama Therapy Group* at our offices – anyone welcome to come and explore any issue they have.

Thursday 11am-2pm *WAF HUB* - drop in to Chat - Create - Learn at the WAF HUB in our Charity Shop 66 Prince Regent Lane, Plaistow, E13 8QQ (term time only).

Friday 10.30-12.00noon *WAF Practical Parenting Help* for hands-on tips and support either at Memorial Community Church 375 Barking Road, Plaistow, E13 8AL or at Forrest House (term time only).

If you would like more information on any of these, or would like counselling, please contact the office, Forrest House, 63 Rowntree Clifford Close, Plaistow, E13 8AB on 0207 476 8215.

We warmly welcome you to all of these.