

**United Parents  
UP**

# **ARE YOU PARENTING ALONE?**

United Parents (UP) is a fun and encouraging group for single parents to find support and friendship.

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**WE ARE CURRENTLY  
MEETING VIRTUALLY  
VIA THE ZOOM APP  
AND WOULD LOVE YOU  
TO JOIN US**

Just send us an email or a Facebook message and we will add you to the group.

Fun,  
support &  
friendship  
for single  
parents

**FRIDAY MORNINGS  
9.30-11.00**

[www.facebook.com/  
united.parents.southampton](https://www.facebook.com/united.parents.southampton)  
[unitedparents@hotmail.com](mailto:unitedparents@hotmail.com)

