

All activities will start - Week Commencing 17th September 2018 unless otherwise stated

<p>MONDAY</p>	<p>SEND COFFEE MORNING - for parents of children with additional needs 9.00am – 11.00am @ Litherland Family Wellbeing Centre DROP IN Come along for a coffee and chat, get peer support and advice.</p>	<p>STAY AND PLAY 9.30am – 11.00 am @ St Paul’s Church Hall A session for children 0 – 3 yrs. To encourage your child’s physical, social, emotional and communication skills. DROP IN</p>
<p>TUESDAY</p>	<p>TRIPLE P (The Positive Parenting Programme) 9.30am-11.30am <i>Starting in the New Year</i> @ Litherland Family Wellbeing Centre (6 sessions) Aims to make parenting easier and more enjoyable. The one thing you will realise on the course is that all parents face the same issues and worries. It is not an easy job and there is no instruction booklet but Triple P can help. Crèche available BOOKING ESSENTIAL</p>	<p>LITTLE BUTTERFLIES AND WELL BABY CLINIC 12.45pm – 2.15pm ongoing @ Litherland Family Wellbeing Centre A session for babies 0 – 12 months. Health Visitor available for baby weigh in, support and advice. Baby toys and resources set up to stay and play in our activity room. DROP IN</p>
<p>WEDNESDAY</p>	<p>CHATTERTIME – (Programme 2) 9.30am-10.30am @ Litherland Family Wellbeing Centre 6 week course starting 14th November 2018 BOOKING ESSENTIAL</p>	
<p>THURSDAY</p>	<p>ENGLISH COURSE (HUGH BAIRD COLLEGE) 9.30AM-12.00PM <i>Starting in the New Year</i> @ Litherland Family Wellbeing Centre A session for parents/carers to help children with homework or to brush up on their own skills in a friendly relaxed atmosphere. BOOKING ESSENTIAL Crèche available</p>	<p>RELATE – RELATIONSHIP COUNSELLING 9.00am – 12.30am – 1 hour appointments @ Litherland Family Wellbeing Centre Services include relationship counselling for individuals and couples, family counselling, mediation, children and young people’s counselling. BOOKING ESSENTIAL Crèche available</p>
<p>FRIDAY</p>	<p>EMPLOYABILITY 12.30 pm – 2.30 pm <i>Starting in the New Year</i> @ Litherland Family Wellbeing Centre A programme designed for parents/carers to gain confidence and get “work ready” BOOKING ESSENTIAL Crèche available</p>	<p>PLAYTIME 9.30am – 11.00am @ Litherland Family Wellbeing Centre Filled with a range of high quality soft play equipment, ball pools, ride toys. Refreshments provided for a small donation. DROP IN</p>

Other Services available: Home Safety: Free home safety equipment for eligible families. **Health:** Free healthy vitamins for pregnant mums and children up to 5 years.