

## VIRTUAL TIMETABLE: JANUARY - MARCH 2021

	AM		PM	
MON	10:00-11:00	<b>BUMP, BIRTH &amp; BABY STUFF</b> 4 WEEK ANTENATAL COURSE 11 <sup>th</sup> January – 1 <sup>st</sup> February 15 <sup>th</sup> February - 8 <sup>th</sup> March 22 <sup>nd</sup> March – 12 <sup>th</sup> April	1:00-2:00	<b>READY TO POP</b> Antenatal support group Every week
	11:00-11:45	<b>BABY SIGN</b> 3 WEEK COURSE 11 <sup>th</sup> , 18 <sup>th</sup> + 25 <sup>th</sup> January 8 <sup>th</sup> , 15 <sup>th</sup> + 22 <sup>nd</sup> February 8 <sup>th</sup> , 15 <sup>th</sup> + 22 <sup>nd</sup> March	2:00-3:00	<b>SEND SUPPORT GROUP</b> 11 <sup>th</sup> + 25 <sup>th</sup> January 8 <sup>th</sup> + 22 <sup>nd</sup> February 8 <sup>th</sup> + 22 <sup>nd</sup> March
TUES	11:00-11:30	<b>BABY SING-ALONG</b> Every week	1:00-2:00	<b>INTRODUCING SOLIDS TALK</b> 19 <sup>th</sup> January 16 <sup>th</sup> February 16 <sup>th</sup> March
			1:30-2:30	<b>BABY DAYS (NEXT STEPS)</b> 4 WEEK COURSE FOR PARENTS WITH OLDER BABIES 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> + 23 <sup>rd</sup> March
WEDS	10:00-11:00	<b>PARENT PUZZLE</b> 4 WEEK PARENTING COURSE 10 <sup>th</sup> February – 3 <sup>rd</sup> March		<b>CHATTERTOTS</b> If you have any concerns regarding your child's speech, call us to be added to the waiting list.
	10:30-11:30	<b>WHAT ABOUT YOU</b> Are you struggling with your mental health? Why not talk to our Family Workers Every week		
THUR	11:00-12:00	<b>BABY DAYS</b> 3 WEEK POSTNATAL COURSE 14 <sup>th</sup> , 21 <sup>st</sup> + 28 <sup>th</sup> January 11 <sup>th</sup> , 18 <sup>th</sup> + 25 <sup>th</sup> February 11 <sup>th</sup> , 18 <sup>th</sup> + 25 <sup>th</sup> March	2:00-2:30	<b>BOOKSTART STORY + RHYME</b> 3 WEEK COURSE 11 <sup>th</sup> , 18 <sup>th</sup> + 25 <sup>th</sup> Feb 11 <sup>th</sup> , 18 <sup>th</sup> + 25 <sup>th</sup> March
	10:00-11:00	<b>TIME FOR TWOS</b> 4 WEEK COURSE 4 <sup>th</sup> February – 25 <sup>th</sup> February		
FRI	10:30-11:30	<b>COFFEE MORNING</b> Every week	1:00-2:00	<b>HEALTHY MOVERS</b> Video uploaded to Facebook fortnightly