










VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Kelvin Grove Children & Family Centre Kirkdale SE26 6BB 0208 613 0172</p>	<p>10am-12pm <u>Family Support & Advice Service</u> Call 0208613 0127 to book appointment</p>	<p>10am-11.30am <u>A positive Relationship with your child</u> (4 wk course) Please call 02086130172 to book your place as spaces limited *Starts 7th September</p> 	<p>We appreciate any food, toiletries & toy donations for our community supermarket. Please call 02086230172 for an updated donation list</p> 	<p>9am-1.30pm 2pm-4pm <u>Sydenham Community Supermarket</u> £3.50 per week membership, for more information call 0208 613 0172 or 07535911904 10am-2pm <u>Employment & Training Back to Work Advice & support</u> Call 02086130172 to book an appointment</p>	<p>Come Correct-Free condom service for under 25's available at Kelvin Grove Centre Call 0208 613 0172 for further details</p>
<p>Eliot Bank Children & Family Centre Thorpewood Avenue, SE26 4BU 0208 325 4600</p>	<p>10am-11.30am <u>Babies & Crawlers</u> A great session for your little humans aged 0-18mths. A lovely calm, safe space to explore & have fun</p>  <p>1.30pm-2.30pm <u>Art Attack</u> Let your little artists explore their creative talents & improve their fine motor skills</p> 	<p>9am-5pm <u>WGN Counselling Service</u>-call 08088010660 for further information 10am-12pm <u>Happy Child, happy life (for parents)</u> <u>20.09.22-11.10.22 4 Wk course</u> Explore new strategies to reduce parenting stress associated with raising your children-. To book call Adult learning Lewisham 02083146959/0208314775 Ref WFA1A17EB 1pm-2.30pm <u>Sensory story & rhyme time (under 5's)</u> <u>20.09.22-11.10.22 4 wk course</u> A session that will explore a range of activities that you can include in your daily life & play. Learn new songs with your child.. To book call Adult learning Lewisham 02083146959/0208314775 Ref WFJ1P17EB</p>	<p>10am-11.30am <u>Mum & baby yoga class (6 weeks to crawling)</u> <u>21.09.22-19/1022</u> Practice poses to strengthen muscles affect by giving birth- your tummy, pelvic floor & back. Learn ways of calming & relaxing yourself & your baby & even make your bond stronger. Call 02083146959/0208314775 Ref WFJ1A16EB</p> 	<p>Check out our website www.lewishamcfc.org.uk You can find us on    look for eliot&kelvin</p> <p><i>In all of our sessions we promote Five to Thrive because your child's brain grows better when you do five simple things... Respond, Cuddle, Relax, Play and Talk</i></p> 	<p>10am-12pm <u>Free legal Advice @ Duncun lewis Solicitors</u> Call 0208325 4600 to book an appointment</p> <p>11am-1.15pm <u>L.I.F.E</u> are you a mum aged 16-35? Learn to cook quick & easy healthy meals. In a friendly environment & you get to shop the ingredients & more for free. Crèche available. Please call 02086130172 to book a place as spaces are limited LIVING INDEPENDENTLY FOR EVER</p>
<p>TNG 111 Wells Park Rd SE26 6AD</p>	<p>All sessions held at TNG will be charged @ £2 per adult. Low income families are free</p>	<p>9.30am-10.15am <u>Latino Bambino Toddlers</u> 10.15am-11.00am <u>Latino Bambino babies</u></p>	<p>10am-11.30am <u>Adventure Time or Messy Play</u> Sessions on alternate weeks</p>	<p>10am-11am <u>Mini Music Players</u> A fun active, expressive session for children to tap into their creativity & develop speech & language</p>	<p>ALL CHILDMINDERS MUST REGISTER ALL CHILDREN IN THEIR CARE</p>