

Monday	<p>0-4 years Parent and Toddler sessions Every Monday 2.00pm – 2.30pm</p> <p>Fun interactive sessions to help support your child's development. Each session will be different. To book your place call 01422 266197</p> <p>Lower Valley Family Support Team If you need advice, information and support please ring 01484 386621 and a member of the team will call you between 9.00am – 11.00am on a Monday</p>	<p>0-4 years Parent and Toddler sessions Every Monday 2.00pm – 2.30pm</p> <p>Fun interactive sessions to help support your child's development. Each session will be different. To book your place call 01422 266197</p>	<p>0-4 years Parent and Toddler sessions Every Monday 2.00pm – 2.30pm</p> <p>Fun interactive sessions to help support your child's development. Each session will be different. To book your place call 01422 266197</p>
Tuesday	<p>Antenatal Clinic All day - Appointment Only</p> <p>0-18 months Get together sessions Every Tuesday 9.30am – 10.00am</p> <p>Meet, chat and take part in some fun age appropriate activities. Each session will be different. To book your place call 01422 266197.</p>	<p>0-18 months Get together sessions Every Tuesday 9.30am – 10.00am</p> <p>Meet, chat and take part in some fun age appropriate activities. Each session will be different. To book your place call 01422 266197.</p>	<p>Antenatal Clinic All day - Appointments Only</p> <p>0-18 months Get together sessions Every Tuesday 9.30am – 10.00am</p> <p>Meet, chat and take part in some fun age appropriate activities. Each session will be different. To book your place call 01422 266197.</p> 
Wednesday	<p>Postnatal Clinic 8.30am – 12:30pm Appointment only</p>		<p>Antenatal Clinic All day - Appointment Only</p>
Thursday	<p>Antenatal Clinic All day - Appointment Only</p> <p>0-18 months Get together sessions Every Thursday 10.30am – 11.00am</p> <p>Meet and chat with other parents and take part in some fun age appropriate activities to support development. To book your place call 01422 266197.</p> <p>0-4 years Parent and Toddler sessions Every Thursday 1.30pm – 2.00pm</p> <p>Fun interactive sessions to help support your child's development. Each session will be different. To book your place call 01422 266197.</p>	<p>Lower Valley Family Support Team If you need advice, information and support please ring 01484 386621 and a member of the team will call you back between 1.15pm and 2.45pm on a Thursday. (available Term Time Only)</p> <p>0-18 months Get together sessions Every Thursday 10.30am – 11.00am</p> <p>Meet and chat with other parents and take part in some fun age appropriate activities to support development. To book your place call 01422 266197.</p>	<p>0-18 months Get together sessions Every Thursday 10.30am – 11.00am</p> <p>Meet and chat with other parents and take part in some fun age appropriate activities to support development. To book your place call 01422 266197.</p> <p>0-4 years Parent and Toddler sessions Every Thursday 1.30pm – 2.00pm</p> <p>Fun interactive sessions to help support your child's development. Each session will be different. To book your place call 01422 266197.</p>
Friday	<p>Antenatal & Postnatal Clinic All day - Appointment Only</p> <p>Lower Valley Family Support Team If you need advice, information and support please ring 01484 386621 and a member of the team will call you between 9.30am – 11.30am on a Friday</p>		
<p>Additional Activities –</p> <p>We are currently offering a range of: Virtual college online courses including Paediatric First Aid, Creating confidence, Boost your wellbeing and Transform your anxiety into resilience.</p> <p>If you are interested in any of these you can follow the link below to book on: http://surestartchildrenscentresnhp.org.uk/core-services/family-learning/</p>			

You can book any of our training or activities online through our website <http://surestartchildrenscentresnhp.org.uk> Alternatively complete a booking form and hand in at your nearest children's centre or ring 01422 266197



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