

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm
Family Advice & Guidance
Drop-in

10am - 11:30am
Little Explorers/Peeps (0-4 years)
Drop-in

11am - 1pm
Draw & Talk
1-1 Session
Targeted Session

9am - 5pm
Family Advice & Guidance
Drop-in

9:15am - 10:15am
Tea and Toast
Drop-in

10am - 12pm
Riding the Rapids (Primary)
Targeted Group
Booking required

9am - 5pm
Family Advice & Guidance
Drop-in

9am - 5pm
IAPT
1-1 Session
Appointment Only

11:30am - 1:30pm
PACE's
Targeted Group

9am - 5pm
Family Advice & Guidance
Drop-in

9am - 3pm
Midwife Clinic
Appointment Only

10am - 11am
Bee Kind Parenting Course
Booking required

9am - 5pm
Family Advice & Guidance
Drop-in

9:30am - 11:30am
Peep Programme
Targeted Group
Booking required

10am - 11am
The Neurodiversity Project
Umbrella Stay & Play
Drop In Session for 1-5yrs

Afternoon

1pm - 5pm
C-Card
Drop-in

6pm - 8pm
Caring Dads
Targeted Group through
Brighter Kinder Futures -
brighterkinderfutures@sefton.gov.uk

10am - 12pm
ACES (Young People)
Targeted Group in Schools
Booking required

1pm - 2pm
Sensory Baby
Drop-in

1pm-4pm
Baby Weigh-in Clinic
Appointment Only

12:30pm - 2pm
Trinity Wellness
Drop-in

12pm - 3pm
ACES (Female)
Targeted Group Booking required

1pm - 3pm
Baby Massage
Booking required

1:30pm - 3pm
Volunteer Programme
Booking required

12:30pm-3pm
ACES (Male)
Targeted Group
Booking required

5pm - 8pm
Parent Carer Forum
Online Twilight Session

11am - 2.30pm
Neurodiversity Parent /Carer
Advice session
A bookable one to one session

Virtual Offer

- Information, Advice and Guidance
- Breastfeeding support
- Parent Carer Panel

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