

Sefton Family Hubs

Litherland Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm
Advice Guidance

10am - 11:30am
Little Explorers (0-3
years)
Drop-in

9am - 5pm
Advice Guidance

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

9am - 5pm
Advice Guidance

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

9am - 5pm
Advice Guidance

9:30am - 11am
Chatter Time
Drop-in

9am - 3pm
Midwife Clinic

9am - 5pm
Advice Guidance

9:30am - 11:30am
Peep Programme

Afternoon

1pm - 5pm
C-Card Drop-in

Draw & Talk
1-1 Session
Appointment Only

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

1pm - 4pm
Baby Weighing Clinic
Appointment Only

5pm - 8pm
Aiming High
Closed Group

12:30pm - 2pm
Trinity Wellness

1pm - 2pm
Volunteer Programme

IPTA - A
1-1 Session
Appointment Only

12pm - 2:30pm
ACES (Female)
Targeted Group

5pm - 8pm
Parent Carer Forum
Online

1pm - 3:30pm
Caring Dads
Targeted Group

Virtual Offer
Information advice
and Guidance

Breastfeeding support

Parent Carer Panel

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