

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

**9:30am - 12pm
Family Advice and
Guidance
Drop-in**

**Children's
Continence Nurse
Appointment Only**

**9:30am-11:30am
Sefton Community
Learning
Call us to book**

**9:30am - 5pm
Healthy Start
Vitamins**

**9:30am - 12pm
Family Advice and
Guidance
Drop-in**

**11am - 12pm
Relax Kidz
Call us to book**

**10:30am-12pm
Drawing and Talking
Call us to book**

**Midwife
Appointment
Book through your
GP**

**9:15am – 10:15am
Coffee Morning -
Chill and Chat**

**10:30am - 12:30pm
Riding the Rapids
Targeted Group**

Afternoon

**1pm - 2pm
ELSA Sessions
Call us to book**

**3:30pm – 5pm
Tiger Hill Playground
Drop-in Play Session**

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