









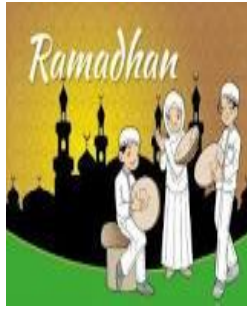




APRIL MAY JUNE 22 V7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">MORNING</p>  <p align="center">Family Wellbeing Centre</p>  <p align="center">Registration link: www.brent.gov.uk/familywellbeingcentres</p> 	<p>10.00 – 11.30am CHILD TALK 0-5 years Booking Required</p> <p>10.00-3.00pm DROP IN CLINIC PARENTING MATTERS 30 minute appointments with Family Support team providing advice for families with all age children. Booking Required</p> <p>11.00-12.00pm First Monday of the month ORAL HEALTH 25/4/22, 4/7/22 Get advice on Teeth Brushing from our Oral Health Advisor Sharon McLaggan Booking Required</p> <p>11am – 12pm ZUMBA KEEP FIT Start 25th April Crèche Provided Booking Required</p> 	<p>10.00 – 11.00am BABY TALK 0-12 months Learn about your baby's growth and speech development, social and emotional needs. Booking Required</p> <p>10.00-11.30am CHILD CARE & LIBRARY SESSION 19th July 22 (one off session)</p> <p>9.00-4.00pm MIDWIFERY SERVICES HEALTH PERINATAL Appointment only</p> 	<p>9.30-3.00pm (Every 2 weeks) CITIZENS ADVICE BRENT (CAB) CAB offer good quality independent Advice on issues such as benefits housing Welfare rights. Appointment only</p> <p>10.30 – 11.30am LET'S TALK, 0-5 years Get advice to support your child from the Speech and Language Team. Booking Required</p> <p>9.15-11.15am COFFEE MORNING INFORMATION SESSION. (SSA) Get information on Welfare benefits & Housing from Somali and Arabic Facilitators. Booking Required</p>	<p>9.30-11.30am CHILDMINDERS ONLY Booking Required</p> <p>9.00-4.00pm SMALL TALK SLT One to One Individual Appointment only</p> <p>10.00-2.00pm INFORMATION ADVICE GUIDANCE (SSA) Come and get advice re housing, property Disrepair, private landlords, employment, and welfare. Somali and Arabic speaking Booking Required</p> <p>9.00-4.00pm HEALTH VISITING 1&2 year old Development reviews Appointment only</p> 	<p>12.30 -2.30pm ESOL English Conversation Develop basic English language skills, speaking reading writing. Crèche Provided Booking Required</p> <p>10-12pm REGISTRATION DROP IN Come and get help to register at the FWC No appointment necessary</p> 	<p>10.00 - 11.30am FATHER'S SESSION (male carers only) (3rd Saturday of the Month) Covers different topics every session. See Father's Timetable for detail 9/4/22</p> <p>Curious Dad Sessions 9 April Five to thrive 10.00 – 12.00 Zoom You must book a place on the Brent online booking system</p> <div style="border: 1px solid black; padding: 5px;"> <p>Free Early Education Children may be entitled for up to 15 or 30 hours FREE childcare. Contact Brent Council for more information. Search 'free early education' on their website Brent.gov.uk. Tel: 020 8937 3010 Email: cfis@brent.gov.uk</p> </div>
<p align="center">AFTERNOON</p>  <p align="center"> www.brent.gov.uk/familywellbeingcentres </p> 	<p>9.00-4.00pm MIDWIFERY SERVICES Appointment only</p> <p>12.15pm - 2.45pm Start 25th April 22 HEALTHY EATING/COOKING Brent Start 5 weeks programme for cooking healthy meals on a budget for the whole family Crèche Provided Booking Required</p> <p>5.30pm-19.15pm 6-10 years old 10-16 years old HOME WORK CLUB UNLOCKING POTENTIAL Booking Required</p>	<p>9.00-4.00pm MIDWIFERY SERVICES Appointment only</p> 	<p align="center"><i>Ramadhan</i></p> 	<p>12.30-2.30 HENRY Parenting Programme Starts 12th may 22 for 8 weeks free crèche Booking Required</p> <p>4.00-5.30pm ART CLUB Age over 8 years Art club, learn how to draw cartoons, make Anime, mask making, canvases and pottery. Booking Required</p> 		<div style="border: 1px solid black; padding: 5px;"> <p>Help with childcare costs Check what help you could get with approved childcare costs using the government's online calculator. This could include free childcare or help with costs. www.gov.uk/childcare-calculator</p> </div>