

What's New or Coming Up!!

1 Off Sessions/Courses

Paediatric First Aid Awareness

1.00 till 3.00 Wednesday

12/01/2022, 02/03/2022, 18/05/2022 & 08/06/2022

Workshop for pregnant or new mums

Highlights emotional rollercoaster of being a new mum. Full of top tips to reduce stress & negative thinking

1.0 till 3.00 Wednesday

09/03/2022 and 25/05/2022

Weaning Workshops 2022

1.30 till 3.00 Wednesday

23/02/2022, 11/05/2022, 17/08/2022 & 09/11/2022

Places are limited, booking is essential Tel: (01752) 313293

Great Expectations

Wednesday 12:45 till 3:00

19/01/2022, 06/04/2022, 06/07/2022 & 05/10/2022

Great Expectations Re-Union

Wednesday 12:45 till 3:00

16/02/2022, 04/05/2022, 10/08/2022 & 02/11/2022

Places are limited, booking is essential Tel: (01752) 313293



LARK Children's Centre Timetable

Your local Children's Centres have a range of activities and opportunities for you and your family. Inside you will find our timetable of family activities that we currently offer.

We are here to help!!

If you require any further support or advice please call the Sure Start Shop, The Beacon, Lark Hill, Plymouth PL2 2LL.

Or call us on **(01752) 313293**

All groups are strictly booked sessions, drop in will not be accepted at this time.



Lark Children's Centre is part of the LARK Cluster



Come find us on Facebook - Look for our Logo!



LARK Children's Centre

Monday

Baby Buds & Latch On 10.00 – 11.30

Suitable from Birth
Promotes skin to skin contact & bonding with your baby, will incorporate techniques from Baby Massage

Latch On provides breastfeeding support from pregnancy and beyond & a bra fitting service.

Check out our Facebook page for more information, to keep up to date on what we are doing and to join our groups!

Tuesday

Step by Step 9.30 – 10.30 or 11.00 - 12.00

Is a group for parents who have concerns about their child/ren's (0-4 years) development. Supported by LARK and Portage Service.

Parenting Programmes Rolling timetable through the year 1.00 – 3.00

Circle of Security
Helps us understand our child's emotional needs and behaviours

Sollihull
Offers skills to build a positive relationship with your child

Wednesday

Post Natal Yoga 9.30 – 10.15

Come along and meet Ruth who will go through 6 week sessions with you and Baby **starting 2nd March 2022**

Great Expectation 1.00– 3.00

Providing parents-to-be with useful information and practical skills, to help them feel more comfortable about making choices for their new arrival.

All our groups run out of the Sure Start Room (rear of Ham Drive Nursery) PL2 2NJ

Thursday

Mini Mix 9.15 – 10.45

A group for parents, run by parents. This group prides itself on making sure all new parents are made to feel welcome and included from day one.

Welcome to the World (Baby Group) 1.00 – 2.30

A session that will encourage baby to explore & communicate from an early age. Babies welcome from birth.

Friday

Little Squirrels (Baby Group) 09.30 – 11.00

A session that will encourage baby to explore & communicate from an early age. Babies welcome from birth.

Eat Talk Thrive 1.0 – 2.45 Starts 04/03/2022

Want to learn more about healthy eating? Dealing with fussy eating? Then this 6-week programme could be for you