

We are here to provide family support.

Support for all families

One to one family support Drugs and Alcohol Support

Domestic Abuse support for women

Young Parents support Returning to work/college

4YP Service Behavioural Support

Debt Advice Benefits Advice

Signpost to Counselling

Home Visiting Service Housing Service

Antenatal Healthy Eating

Baby Massage Support for childminders

Dads Groups Parents/carers computer room

Quit Smoking Well Being

Breastfeeding

Post Natal depression Support for grand parents

Parents/children with additional and emotional needs

Plus a lot more.....

Please contact us for more information

You can now find us on



facebook

Henbury Children's Centre
Trevelyan Walk, Henbury
Bristol, BS10 7NY
Tel: 0117 3534479

Brentry Children's Centre
Brentry Lane, Brentry
Bristol, BS10 6RG
Tel: 0117 9593800/3900

Brentry & Henbury Court Children's Centres



What's on at our Centres...

From January 2015

Website:

www.bhchildrenscentre.org.uk

BRENTRY CHILDREN'S CENTRE

Monday

*Rock 'a' Bye Group from 1:30- 3:00

For parents with their babies (via referral only please ask for more information)

Tuesday

Little Explorers session from 9:30- 11:00

Share music singing and story activities, advice and quality time with your toddler under 2 years.

*Baby massage 3:00-4:30

Please call to book a place.

Wednesday

Baby Clinic from 9.15-11.15 Health visitors are available all morning

Breastfeeding Drop-In 11:30-1:00

A group for expectant & breastfeeding mothers & their babies & children

Bump 2 Babe session from 1:00-2:30

Antenatal group for expectant parents and their new born babies

Thursday

*Baby Peeps 10:00 - 11:30

Keep a diary of your babies first few months, enjoy singing and activities for babies under one.

Antenatal Classes (Arranged by Midwife)_Alternate months.

Friday

CHIPS- Child, Health and Injury Prevention Course 9:30-11:30

For Parents who would like to learn about how to avoid injury and risks in the home.

*Parenting Course from February 9:00-12:00.

Please call the community team for details 01179593800

Saturday

Dad's Group 9-10:30

Give mum a break and join us on the 2nd Saturday of each month.

* These groups have limited spaces, please call for details before attending.

HENBURY COURT CHILDREN'S CENTRE

Monday

*Parenting Course 9.30-12.00

Please ring to book this course 0117 9593800

Tuesday

Adult based courses

Please call a member

of the community team for more info

Wednesdays

HENBURY COURT IS CLOSED

Thursday

Outreach Courses for Young Parents (under 21 years old), session from 9:30-1:00

Come and meet with other young people. Work towards O.C.N qualification and get parenting support. There's a free crèche and lunch provided.

Teenage Antenatal please ring to book 0117 9593800

Friday

Baby Clinic & Breastfeeding Support from 9.15-11.15

Health visitors are available all morning

Stay and Play 9.15-11.45

Come and meet other parents and enjoy creative activities with your children under 5

Bluebell Group From 12.45-2.45

This group is referral only. Please speak to a member of staff.

We also support families with particular requirements, such as ..

- ◆ Experiencing domestic abuse (Northern Arc)
 - ◆ Needing Legal advice
 - ◆ Learning/education
- ◆ Families with a parent in prison.

Sessions are term time only, excluding Baby Clinic, Stay & Play, Breastfeeding, Bump 2 Babe and baby massage which run all year round.

All sessions are £1 per family.