

# 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    Budgeting Courses

Signpost to Counselling    ESOL Courses

Home Visiting Service    Happiness Course

Antenatal    Alive and Kicking Course

Baby Massage    Support for childminders

Dads Groups    Parents/carers computer room

Quit Smoking    Well Being

Breastfeeding    English Course

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 2016

Website:

[www.bhchildrenscentre.org.uk](http://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.

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

Thursday

Childminder Group 9:30 - 11:30

An opportunity to meet other childminders in the locality and to share tips and advice around the early years curriculum.

Baby Sensory Group 12:45-2:15

Come along with your baby to experience different sensory activities designed to support your babies development.

Antenatal Classes (Arranged by Midwife)\_Alternate months.

Friday

\*Parenting Course from February 9:30-11:30.

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

\*ESOL Course 12:45-2.45

Crèche provided — please book in advance

Tuesday

Adult based courses

Please call a member

of the community team for more info

Wednesdays

**HENBURY COURT IS CLOSED**

Thursday

Valuing 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.

Friday

Baby Clinic & Breastfeeding Support from 9.15-11.15

Health visitors are available all morning

Stay and Play 9.15-11.15

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, which run all year round.

All sessions are £1 per family.