



# 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    Volunteering

Antenatal    Alive and Kicking Course

Baby Massage    Support for childminders

Dads Groups    Parents/carers computer room

Quit Smoking    Well Being

Breastfeeding    English/Maths Course

Post Natal depression    Support for grand parents

Parents/children with additional and emotional needs

Families affected by imprisonment

Plus a lot more.....

Please contact us for more information



Keep up to date & follow us on

Facebook & Twitter



Henbury Children's Centre  
Trevelyan Walk, Henbury  
Bristol, BS10 7NY  
Tel: 0117 353 4479

Brentry Children's Centre  
Brentry Lane, Brentry  
Bristol, BS10 6RG  
Tel: 0117 959 3800/3900

## Brentry and Henbury Children's Centre



### What's on at our centres

### From January 2018

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

[admin@bhchildrenscentre.org.uk](mailto:admin@bhchildrenscentre.org.uk)

Telephone 0117 959 3800

Text 07551 153257

	Monday	Tuesday
MORNING	<p>Rock 'A' Bumps 10.00 - 11.30am (Term-Time only) @ Brentry Children's Centre</p> <p>Antenatal Group for expectant mums (via referral only, please ask for more information)</p> <p>Adult Learning Course @ Henbury Court</p> <p>Please call a member of the Family Support Team for more information</p>	<p>Rock 'A' Bye 9.30 - 10.30am (Term-Time only) @ Brentry Children's Centre</p> <p>For parents and their babies 3 - 9 months old (via referral only, please ask for more information)</p>
AFTERNOON	<p><u>Upcoming courses</u> Parenting course - Jan 2018 Brush up Maths - Jan 2018 Volunteering - Jan 2018 Health &amp; Social Care - Jan 2018 Please call a member of the Family Support Team for more information</p>	<p>Adult Learning ESOL Course 12.45—2.45 @ Brentry Children's Centre</p> <p>With a crèche Please call a member of the Family Support Team for more information</p>
<p><b>DAD'S ARMY - RUNS THE SECOND SATURDAY OF THE MONTH</b> 9.00 - 11.00 AM @ BRENTRY CHILDREN'S CENTRE</p>		

Wednesday	Thursday	Friday
<p>Baby Clinic 9:15 - 11.15am @ Brentry Children's Centre</p> <p>Come to weigh your baby and discuss their progress with local Health Visitors</p> <p>Breastfeeding Drop-In 11.30am - 1.00pm @ Brentry Children's Centre</p> <p>For expectant and breastfeeding mothers, their babies or children</p>	<p>Sensory Babies 10.00 - 11.30am @ Brentry Children's Centre</p> <p>Come along with your baby to experience different sensory activities designed to support development</p> <p>Young Parents Group 9.30am - 12.30pm @ Henbury Court Children's Centre</p> <p>Meet other young parents under 21 . Work towards a qualification and get parenting support. There's a free crèche provided</p>	<p>Baby Clinic &amp; Breastfeeding 9:15 - 11.15am @ Henbury Court Children's Centre</p> <p>Come to weigh your baby and discuss their progress with Health Visitors, breastfeeding support</p> <p>Stay &amp; Play 9:15 - 11.15am @ Henbury Court Children's Centre</p> <p>Meet other parents and enjoy creative activities with your child under five</p>
<p>Legal Advice Drop-In 1.30 - 3.00pm @ Brentry Children's Centre</p> <p>Free legal family advice. Call if you would like more information</p>	<p>Adult Learning Courses</p> <p>Please call a member of the Family Support Team for more information</p>	<p>Bluebell Group 12.45 - 2.45pm @ Henbury Court Children's Centre</p> <p>This group is referral only. Please speak to a member of staff</p>
<p>Sessions are term time only, excluding Baby Clinic, Stay &amp; Play and Breastfeeding, which are all year round. We would appreciate £2 donation per family to help fund activities and snacks.</p>		