

## WATERLOO FAMILY WELLBEING CENTRE TIMETABLE APRIL – JUNE 2024

DAY	Time	Session	Location	Age	Description
<b>MONDAY</b>	9.30-10.30am	STAY & PLAY	Waterloo Family Wellbeing Centre	Parents/Carers and babies <b>DROP IN</b>	Play session to give children the opportunity to experience fun activities with outdoor play experiences for children to enjoy in a safe environment.
<b>TUESDAY</b>	10.30 – 11.00	STORYTIME BABY	Crosby Library 0151 2576400	Parents & Preschool children <b>DROP IN</b>	Storytime for preschool children/ register with the library.
	9.00 – 12.00	WEIGHING CLINIC	Waterloo Family Wellbeing Centre	Parents/ Carers & Babies <b>MUST BOOK ON</b>	Parents must book their baby with HV team on 0151 2476354 for an appointment.
<b>WEDNESDAY</b>	9.30- 10.00 10.15 – 10.45 11.00 – 11.30	BABY BALLET	Waterloo Family Wellbeing Centre	Tinies 2-3years Movers 3years + Tots 1-2years <b>MUST BOOK ON.</b>	Baby ballet classes for children of all ages,
	1.00 – 2.00	BABY MASSAGE	Waterloo Family Wellbeing Centre	Parents/Carers and babies <b>MUST BOOK ON.</b>	Session for pre-crawling babies to promote health & wellbeing
	10.30 – 12.00 (10.04.24)	EASTER STAY & PLAY	Waterloo Family Wellbeing Centre	Parents/Carers and preschool children <b>DROP IN</b>	Stay & Play session with Easter focussed activities
<b>THURSDAY</b>	9.30 – 11.30	PARENTING ADVICE <b>DROP IN</b>	Waterloo Family Wellbeing Centre	Parents/Carers <b>DROP IN</b>	Support and advice of various parenting issues.
	10.00 – 11.00	MESSY PLAY	Waterloo Family Wellbeing Centre	Parents/Carers and children 18 months <b>DROP IN</b>	Messy activities for children explore and enjoy without the mess at home!
	4.00 – 5.00pm	GIRLS EMPOWERMENT GROUP	Waterloo Family Wellbeing Centre	Girls age 11 – 16 years <b>MUST BOOK ON.</b>	Course of 5 sessions to promote self-confidence/self-esteem in a safe & friendly environment for those struggling with friendship issues & feel isolated at times.
<b>FRIDAY</b>	9.15 – 11.30	SLEEP SUPPORT <b>DROP IN</b> for 2yrs+	Waterloo Family Wellbeing Centre	Parents/Carers – 2yrs + <b>DROP IN</b>	Advice for parents supporting their child's sleep issues – 2yrs +
	10.30 – 11.00	STORYTIME	Crosby Library 0151 2576400	Parents & Preschool children <b>DROP IN</b>	Storytime for preschool children and a chance to register with the library

\*Booking essential for some activities. Please come into the centre or call on 0151 928 6539 to secure your place for sessions that to bookable.

**NB! THERE ARE NO SESSIONS DURING THE HALF TERM HOLIDAY 12.2.24 – 16.2.24**