

## Hyson Green and Arboretum Group Timetable: March-April 2022

All sessions are FREE! Please pre-book your place

### MONDAYS

#### Story & Rhyme Time

10am-11am

The Vine Community Hall

### TUESDAYS

#### Cook & Play

11am-12.30pm

Booking only / limited spaces  
The Bridge Centre

Book: [https://fwnpharb.  
eventbrite.co.uk](https://fwnpharb.eventbrite.co.uk)

#### Small Steps to Your English (ESOL course)

Contact us  
to enquire

### WEDNESDAYS

#### Pregnancy Yoga (via Zoom)

11.45am-12.45pm

Book: [https://pyoga.  
eventbrite.co.uk](https://pyoga.eventbrite.co.uk)

#### Yoga Stretch with Your Newborn (via Zoom)

1pm-2pm

Book: [https://yswyn.  
eventbrite.co.uk](https://yswyn.eventbrite.co.uk)

### THURSDAYS

#### Small Steps to Your English (ESOL course)

Contact us to enquire

#### Baby Massage (via Zoom)

1pm-2pm

Book: [https://fwbm.  
eventbrite.co.uk](https://fwbm.eventbrite.co.uk)

### FRIDAYS

#### Equipped2Succeed

10 week sessions for  
parents with children 0-4.

Contact us to enquire

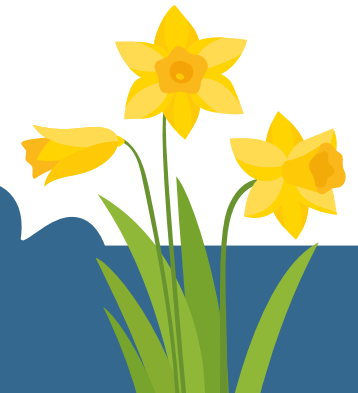
#### Triple P Tips (via Zoom)

Book a 45-min online session  
with a Triple P coach.

Book: [https://fwppp.  
eventbrite.co.uk](https://fwppp.eventbrite.co.uk)

### Triple P discussion groups

call 07790 944878 for more information and to book your place.



For all other group enquiries call **07790 944878** or email: [groups@frameworkha.org](mailto:groups@frameworkha.org)

We will review this timetable in line with any changes to Government guidance about social distancing. Please visit [www.smallstepsbigchanges.org.uk](http://www.smallstepsbigchanges.org.uk) for the most up to date information.